

INDIGENOUS CULTURAL HEALING SUPPORTS DURING COVID-19

1. Aboriginal Centre of Winnipeg
 - 204-925-3700, 181 Higgins Ave., <http://ahwc.ca/>
 - COVID screening is being done for all people entering the building.
 - All groups are on hold at this time.
 - Spiritual Care Providers may provide service by telephone.
2. First Nation & Inuit Health Branch – Non-Insured Health Benefits (NIHB)
 - 1-800-665-8507, www.canada.ca and go to Indigenous Health>First Nations & Inuit Health>Benefits-Information NIHB>Mental Health Counselling Benefits
 - Cultural supports are available through the **Indian Residential Schools - Resolution Health Support Program** and **Missing and Murdered Indigenous Women and Girls Counselling Program** – see item #1 in the section below.
3. Ma Mawi Wi Chi Itata Centre
 - 204-925-0300 445 King St., administrative site (no services), www.mamawi.com
 - May facilitate connection to elders/healers in community who may provide service by telephone.
 - Call back often to see if there is an update to service delivery.
4. WRHA Indigenous Health - Patient Services
 - Call WRHA Indigenous Health - Centralized Services at 204-940-8880 or 1-877-940-8880, or fax 204-943-1728, www.wrha.mb.ca and go to Indigenous Health
 - Spiritual Cultural Care Providers may perform ceremonies and prayers with patients in hospitals and WRHA personal care homes via telephone or tablet. Will use PPE and physical distancing, and may provide telephone support as well.

MENTAL HEALTH COUNSELLING SPECIFICALLY FOR INDIGENOUS PEOPLE

1. First Nation & Inuit Health Branch – Non-Insured Health Benefits (NIHB)
 - Connect with NIHB for a mental health therapist: Tel: (204) 983-4571 or 1-800-665-8507 toll-free in Manitoba, or see www.canada.ca
 - May provide coverage for mental health counselling for eligible individuals when no other mental health services are available and/or being provided
 - People may contact a mental health service provider to confirm whether they can provide counselling services via telephone.
 - According to the COVID-19 Pandemic Updates to First Nations, NIHB still have many therapists travelling into communities, as of March 24, 2020.
 - **Mental Health Counselling**
 - A First Nations person who is registered under the *Indian Act* (commonly referred to as a status Indian; NIHB “treaty number”).
 - An Inuk recognized by an Inuit land claim organization (NIHB T or N number).
 - A child less than 18 months old whose parent is a registered First Nations person of a recognized Inuk.
 - Provides up to a maximum of 20 one hour sessions per 12 month period; may be extended on request by therapist.



- **Missing and Murdered Indigenous Women and Girls Counselling**
 - Survivors, family members and loved ones who are affected by Missing and Murdered Indigenous Women and Girls are eligible for support whether they participated or not in the Inquiry – including before and after these events.
 - May access up to a maximum of 20 one hour counselling sessions per 12 month period; may be extended on request by therapist.
 - May access cultural healing, both short term and long-term; provided by Manitoba Keewatinook Okimakinak (MKO).
 - Individuals may qualify whether they are status or non-status/Metis/Inuit.
 - Persons of all genders who identify as being affected by having a missing or murdered family member (the missing or murdered person may be a woman, man, or a child).
 - **Indian Residential Schools - Resolution Health Support (RSH) Program Individual and Family Counselling**
 - 1-866-818-3505 toll-free in Manitoba
 - All former Indian Residential School students, regardless of the individual's status or place of residence within Canada, who attended an Indian Residential School listed in the 2007 Indian Residential Schools Settlement Agreement are eligible to receive services from the RSH Program.
 - In recognition of the intergenerational impacts that the schools had on families, RSH Program services are also available to family members of former students.
 - May access up to a maximum of 20 one hour counselling sessions per 12 month period; may be extended on request by therapist.
 - May access cultural healing, both short term and long-term; provided by a number of Indigenous agencies in Manitoba listed in their brochure.
 - Individuals may qualify whether they are status or non-status/Metis/Inuit.
 - Applicants will be asked to provide the name and DOB of the family member who was a survivor and went through the claims process/is going through it.
2. **First Nations Nursing Stations or Health Administration Offices**
- Call to find out if the community has any of the following services: Mental Health Therapist, Native Alcohol & Drug Abuse Program Coordinator, Brighter Futures Coordinator, as these staff may be able to provide support or connect to other options.

INDIGENOUS SPECIFIC CRISIS SERVICES

1. **First Nations and Inuit Hope for Wellness Help Line**
 - 1-855-242-3310 and online chat at www.hopeforwellness.ca
 - A 24 hour national line provides immediate, culturally competent, telephone crisis intervention counselling support. Counsellors can also identify follow-up services, and is available in English and French and, upon request, in Cree, Ojibway, and Inuktitut.
2. **Manitoba Keewatinowik Okimakanak (MKO) and Keewatinohk Inniniw Minoayawin Inc. (KIM)**
 - See <https://mkonation.com/covid19mentalwellness/> for more details.
 - MKO & KIM are collaborating with Mental Wellness Services in Manitoba to support First Nations' leadership and Health Directors during the COVID-19 global pandemic.
 - Ensuring all services and on-call crisis responses are accessible via telephone or text with various services, including virtual support with FaceTime and/or Zoom video conferencing, where applicable.

- Ensuring their mental wellness team members and health care providers are trained to help manage an individual's mental health during COVID-19.
 - Service areas & contact information:
 - **MKO Mobile Crisis Response Team:** Manitoba First Nations, eligible status citizens living on or off reserve in Manitoba.
 - 1-844-927-LIFE (5433) or crisisresponse@mkonorth.com
 - **Dakota Ojibway Tribal Council:** Birdtail Sioux, Dakota Tipi, Long Plain, Roseau River, Sandy Bay, and Swan Lake
 - 1-833-600-0087
 - **Interlake Reserves Tribal Council:** Dauphin River, Kinonjeoshtegon, Lake Manitoba, Little Saskatchewan, Peguis, and Pinaymootang
 - Marcie Tavares, Tel: (204) 803-0700, mtavares@irtc.ca
 - Sheri Gould, Tel: (204) 302-0078, sherigould@irtc.ca
 - Treena McPherson, Tel: (204) 302-1344, treenamcpherson@irtc.ca
 - **Southeast Resource Development Council:** Berens River, Black River, Bloodvein, Brokenhead Ojibway Nation, Hollow Water, Little Grand Rapids, Pauingassi, and Poplar River
 - Carol McCorrister, Tel: (204) 956-7500, Fax: (204) 934-0374, carolm@serdc.mb.ca
 - **Keewatin Tribal Council:** Barren Lands, Bunibonibee, Fox Lake, God's Lake, Manto Sipi, Northlands, Sayisi Dene, Shamattawa, Tataskweyak, War Lake, and York Factory
 - Connect with the Crisis On-Call: Cell: (204) 307-1905 or (204) 307-0118
 - KTC Mental Wellness Team: Tel: (204) 677-7410, Fax: (204) 677-0255
 - **Natawiwewak Medical Clinic:** Winnipeg residents from Bunibonibee, Chemawawin, God's Lake, and Manto Sipi
 - Connect with the Mental Wellness Team: Tel: (204) 417-8877, Fax: (204) 417-7744
 - **Traditional Healer Services:** based in Thompson, has a team of three working from home during COVID-19 and provides culturally safe access to traditional healing. For Manitoba First Nations, eligible status citizens living on or off reserve in Manitoba.
 - Duke Beardy, Tel: (204) 307-8192,; Duke.beardy@mkonorth.com
 - **Missing and Murdered Indigenous Women & Girls (MMIWG)** for family members who are affected by MMIWG, or to those who are survivors of violence. Includes First Nations, Inuit, Metis, non-status, and non-Aboriginal people living in Manitoba.
 - Hilda Anderson-Pyrz, Tel: (204) 307-5919, anderson.pyrz@mkonorth.com
3. Missing & Murdered Indigenous Women and Girls' Inquiry Support Line
- 1-844-413-6649 and info@mmiwg-ffada.ca
 - A 24 hour national line has been set up to provide support for individuals affected by a missing or murdered Indigenous woman/girl's experience.
4. National Indian Residential School Crisis Line
- 1-866-925-4419
 - A 24 hour national line has been set up to provide support for former students.

Also check out the Culture of Well-being Guide to Mental Health Resources on our website at <http://www.wrha.mb.ca/aboriginalhealth/services/files/MentalHealthGuide.pdf>.
The guide describes an Indigenous cultural perspective on mental health.