

LFMO's Mental Health and Crisis Resource List

This resource list provides Métis-specific and culturally safe mental health and crisis support services for Métis individuals, families, and communities across various Métis regions in Canada. All services are toll-free unless otherwise noted, and many offer 24/7 support. For immediate crisis support, call **9-1-1** or the **Hope for Wellness Helpline** at **1-855-242-3310**.

National Resources for Métis People

- **Hope for Wellness Helpline:** Immediate mental health counselling and crisis intervention for all Indigenous peoples, including Métis, across Canada. Culturally competent counsellors provide support and referrals to local resources.
 - Phone: 1-855-242-3310 (24/7)
 - Online Chat: hopeforwellness.ca
 - Languages: English, French, Cree, Ojibway, Inuktitut (upon request)
- **Missing and Murdered Indigenous Women, Girls, and 2SLGBTQQIA+ Crisis Line :** Support for those impacted by this issue, including Métis families.
 - Phone: 1-844-413-6649 (24/7)
- **988 Suicide Crisis Helpline:** Canada-wide 24/7 support for anyone experiencing suicidal thoughts or emotional distress.
 - Phone or Text: 9-8-8 (24/7)
- **Kids Help Phone:** Confidential support for youth aged 5–29, including Métis youth, with online resources and culturally relevant programs like Brighter Days: An Indigenous Wellness Program.
 - Phone: 1-800-668-6868 (24/7)
 - Text: CONNECT to 686868
 - Website: kidshelpphone.ca
- **Indian Residential Schools Crisis Line:** Emotional support for former Indian Residential School students and their families, including Métis survivors.
 - Phone: 1-866-925-4419 (24/7)



1. British Columbia (Métis Nation British Columbia - MNBC)

Métis Nation British Columbia provides culturally relevant mental health and crisis support for Métis citizens across the province.

Métis-Specific Resources

- **MétisCrisisLine** : Free, 24/7 phone support for Métis people experiencing challenges like anxiety, grief, loss, abuse, or bullying. Crisis line workers assist with problem-solving, safety planning, suicide risk assessments, and referrals.
 - o Phone: 1-833-Métis-BC (1-833-638-4722) (24/7)
- **MNBC Mental Wellness Program**: Offers up to 10 free 60-minute counselling sessions for Métis citizens with financial needs. Contact a Mental Wellness Coordinator for registration.
 - o Email: mentalwellnesscoordination@mnbc.ca (include name and region)
 - o Website: mnbc.ca
- **MNBC Harm Reduction Coordinators**: Provide information on regional mental health and substance use resources.
 - o Email: harmreduction@mnbc.ca
- **MNBC Regional Mental Health Navigators**: Support access to mental health and substance use resources tailored to Métis communities.
 - o Contact: Regional offices via mnbc.ca

Additional Culturally Safe Resources

- **KUU-USCrisis ResponseServicesLine** : Offers 24-hour support to individuals in the Port Alberni area and Indigenous communities across British Columbia including Métis.
 - o Phone: 1-800-KUU-US17 (1-800-588-8717) (24/7)
 - o Adults/Elders: (250-723-4050)
 - o Child/Youth: (250-723-2040)
 - o Métis Line: (1-833-638-4722)
 - o Chat and text support available 7 days a week, from 6:00 pm to 7:00 am.
Chat & Text Support (778-601-8009)
- **VictimLinkBC**: Confidential support for victims of family violence, crime, or abuse, including Métis individuals.
 - o Phone: 1-800-563-0808 (24/7)

2. Alberta (Métis Nation of Alberta - MNA) The Métis Nation of Alberta offers limited in-house mental health services but connects citizens to culturally safe supports through navigators and external resources.

Métis-Specific Resources

- **MNA Supports and Services Navigator:** Assists Métis citizens in finding low-cost/no-cost mental health supports tailored to cultural needs.
 - o Contact: Provincial Head Office at albertametis.com
 - o Phone: 1-780-455-2200
- **Alberta Indigenous Virtual Care Clinic:** Free virtual doctor consultations for Indigenous peoples, including Métis, via phone or computer.
 - o Website: Contact via albertametis.com
- **CityU Edmonton's Virtual Clinic:** No-cost professional counselling sessions for Métis Albertans through secure video conferencing.
 - o Contact: albertametis.com for referral

Additional Culturally Safe Resources

- **Addiction Helpline** 24/7 confidential support for alcohol, drug, tobacco, or gambling challenges, with referrals to culturally appropriate services.
 - o Phone: 1-866-332-2322 (24/7)
- **Bent Arrow Traditional Healing Society (Edmonton):** Offers holistic programs, including mental health counselling and healing circles, for Indigenous Peoples.
 - o Phone: 780-481-3451
 - o Website: bentarrow.ca
- **Wellness Together Canada:** Free online portal with resources, tools, and connections to mental health professionals for all Albertans, including Métis.
 - o Website: wellnesstogether.ca

3. Saskatchewan (Métis Nation-Saskatchewan - MN-S) Métis Nation-Saskatchewan provides limited direct mental health services but partners with provincial health authorities to support Métis citizens.

Métis-Specific Resources

- **MN-S Health Services:** Connects Métis citizens to mental health resources through the Saskatchewan Health Authority's First Nations and Métis Health Services.
 - o Contact: metisnationsk.com or regional offices
 - o Phone: 1-306-343-8285 (Saskatoon office)

Additional Culturally Safe Resources

- **Saskatchewan Health Authority First Nations and Métis Health Services**
Offers culturally safe counselling, crisis support, and traditional care practices for Métis patients in hospitals and communities.
 - o Regina General Hospital: 306-766-4155 (M-F, 8:00 a.m.–4:30 p.m.)
 - o Royal University Hospital (Saskatoon): 306-655-0166 (M-F, 8:00 a.m.– 4:30 p.m.)
 - o Website: saskhealthauthority.ca
- **HealthLine 811:** Free, confidential 24/7 consultation with mental health professionals, with referrals to Indigenous-specific services.
 - o Phone: 8-1-1 (24/7)

Native Youth Crisis Hotline: 24/7 support for Indigenous youth across Canada.

- o Phone: 1-877-209-1266 (24/7)

4. Manitoba (Manitoba Métis Federation - MMF) The Manitoba Métis Federation focuses on advocacy and partnerships to provide mental health support for Métis citizens.

Métis-Specific Resources

- **MMF Health and Wellness Department:** Coordinates access to mental health resources and culturally safe programs for Métis citizens.
 - o Contact: Regional offices via mmf.mb.ca
 - o Phone: 1-204-586-8474 (Winnipeg office)

Additional Culturally Safe Resources

- **Manitoba Crisis Line:** 24/7 support for mental health and addiction crises, with referrals to Indigenous-specific services.
 - o Phone: 1-877-435-7170 (24/7)

5. Ontario (Métis Nation of Ontario - MNO) The Métis Nation of Ontario offers mental health and wellness programs through its Healing and Wellness branch, with culturally specific services.

Métis-Specific Resources

- **Mental Health and Addiction Program** :The MNO's Mental Health and Addictions (MHA) Program helps Métis Citizens of all ages in Ontario.
 - Toll Free Number 1-800-263-4889 Ext. 7
 - Email: MHA@metisnation.org
- **MNO Healing and Wellness Branch**: Provides individual counselling, family therapy, assessments, and referrals by Métis clinicians using a cultural lens. Services are available in-person, by phone, or video.
 - Phone: 1-800-263-4889 (Ext. 7)
 - Website: metisnation.org
- **MNO Health Promotion Program**: Offers education and support for tobacco cessation, gaming, and gambling issues, with resources for all ages.
 - Contact: 1-800-263-4889 (Ext. 7)
 - Website: metisnation.org
- **Talk4Healing Helpline**: Culturally grounded support for Indigenous women, including Métis, in Ontario, available in 14 languages.
 - Phone: 1-855-554-HEAL (24/7)

Additional Culturally Safe Resources

- **Ontario Native Women's Association - Mental Health & Wellness Services**

Provides trauma-informed, culturally grounded mental health and addictions support for Métis, First Nations, and Inuit women and their families. Services include traditional counselling, land-based healing, Elder and healer access, healing circles, care coordination, and referrals.

- Service Areas: Province-wide, including Thunder Bay, Timmins, Greenstone, Kenora, Sioux Lookout
- Access: Call 1-800-667-0816 (Central Intake) or 1-855-554-4325 (Crisis Line)

- **Ontario Native Women's Association Trauma-Informed Care (Babaamendam Program)** : Supports Indigenous women who have experienced trauma, violence, or systemic barriers. Services include safety and care planning, traditional and therapeutic counselling, land-based healing, advocacy, and ceremony.
 - o Service Areas: Hamilton, Napanee, Ottawa, Thunder Bay, Timmins
 - o Access: Call 1-800-667-0816
- **Wabano Centre for Aboriginal Health (Ottawa)**: Offers crisis support, mental health counselling, and traditional healing for Métis individuals.
 - o Phone: 613-748-0657 (M-F, by appointment or walk-in)
 - o Website: wabano.com
- **Anishnawbe Health Toronto**: Provides mental health counselling and traditional healing for Métis and other Indigenous peoples.
 - o Phone: 416-360-0486
 - o Website: aht.ca
- **ConnexOntario**: 24/7 referral service for mental health and addiction supports, including Indigenous-specific programs.
 - o Phone: 1-866-531-2600 (24/7)

