

Mental Health Counselling Resources



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Shkaabe Makwa

This resource is a collection of community-based Indigenous and non-Indigenous mental health therapy services. Shkaabe Makwa does not endorse or recommend these services. Please complete your own research when choosing a mental health provider.


ConnexOntario (24/7)

ConnexOntario provides service information for people experiencing problems with gambling, drugs, alcohol, or mental health. Helpful, supportive system navigation specialists answer all calls, emails or web chat requests 24/7.

 [connexontario.ca](https://www.connexontario.ca)

eMentalHealth.ca

The eMentalHealth.ca service directory provides a list of publicly funded and privately funded mental health resources including: Counselling and Therapy, Day treatment programs, Drop-in centres, Walk-In Counselling, and Housing and Home Supports. The list can also be searched for counselling services appropriate for Indigenous, First Nations, Inuit, and Métis (FNIM) peoples.

 [ementalhealth.ca](https://www.ementalhealth.ca)

Fort Francis Tribal Area Behavioural Health Services

Behavioural Health Services offers mental health counselling services that are available for brief or on-going one-to-one, couples or family support services for ages 18+. Grief & loss, relationship struggles, codependency, anger management, caregiving struggles, trauma & abuse are just a few concerns that can be of focus in counselling sessions. In person or telephone sessions are available.

 fftahs.com/mental-health-counselling


Healing in Colour

Healing in Colour is a directory of BIPOC (Black, Indigenous, People of Colour) counsellors and therapists, focused on anti-oppressive values. Healing in Colour's values are pro-queer, pro-trans, pro-sex worker, pro-Black, pro-Indigenous, and anti-colonial. There is a directory of NIHB and IRS approved providers.

 healingincolour.com


Nodin Mental Health Services

Nodin Mental Health Services provides counselling, support and intervention services to First Nation children, youth, adults and families from communities served by the Sioux Lookout First Nations Health Authority, who are experiencing social, emotional or behavioural problems. Nodin is a resource available to 33 First Nation communities in the Sioux Lookout region.

 slfnha.com/health-services/nodin-cfi-services/

Non-Insured Health Benefits (NIHB) Mental Health Counselling

Indigenous Services Canada's Non-Insured Health Benefits program is a national program that provides eligible First Nations and Inuit clients with coverage for a range of medically necessary health benefits (including mental health counselling) when these benefits are not otherwise covered through private or provincial or territorial health insurance plans or social programs.

 [sac-isc.gc.ca/
eng/1579274812116/1579708265237](https://sac-isc.gc.ca/eng/1579274812116/1579708265237)

Psychology Today

The Psychology Today website provides a directory of counsellors and therapists in different regions, with an option to search for professionals with experience supporting Indigenous people.

 psychologytoday.com/ca

