

Indigenous Mental Wellness Supports:

Alberta Health Services Indigenous Support Line:

1.844.944.4744

Connecting Indigenous callers with Indigenous listeners 12pm-8pm, Monday to Friday.

Alberta Indigenous Virtual Care Clinic:

1.888.342.4822

Serves individuals self-identifying as First Nations, Inuit and Métis and their immediate family members.

The Alberta Virtual Opioid Dependency Program:

1.844.383.7688

Technology to connect clients with doctors, case workers and other supports.

First Nations and Inuit Hope for Wellness Help Line:

1.855.242.3310 or www.hopeforwellness.ca

Available 24 hours a day, 7 days a week to First Nations, Inuit, and Peoples seeking emotional support, crisis intervention, or referrals to community-based services

Hope for Wellness Line:

1.855.242.3310

24 hours a day, 7 days a week. First Nations, Inuit, and Métis Peoples seeking emotional support, crisis intervention, or referrals to community-based services.

Maskwacis Mobile The Addiction Helpline:

1.866.332.2322

24 hours a day, 7 days a week, confidential and toll-free.

Mental Health Crisis Line:

780.362.2150

If you're experiencing emotional distress and want to talk, 24 hours a day, 7 days a week.

Missing and Murdered Indigenous Women and Girls Support Line:

1.844.413.6649

Immediate emotional support line for those affected by missing and murdered Indigenous women, girls and 2SLGBTQQIA+ people.

National Indian Residential School Crisis Line:

1.866.925.4419

Crisis support is available to former Indian Residential School students and their families 24 hours a day, 7 days a week.

The Thunderbird Wellness App:

Available for download on Android or Apple

A strengths-based, trauma-informed approach to supporting Indigenous wellness.

*REGULARLY UPDATED IMPORTANT WILDFIRE EMERGENCY INFORMATION FOR EVACUEES:
www.alberta.ca/emergency

