

Federal Indian Day Schools Health Support Services

Who is eligible?

All Federal Indian Day Schools Settlement Agreement class members and their family members are eligible for these supports.

What Mental Health Supports are Available?

Mental Health Counselling

Mental health support will be available from mental health professionals such as psychologists and social workers who are registered in their Province or Territory and who are enrolled with Indigenous Services Canada. Mental health counsellors will work with their clients to develop a wellness plan and provide ongoing individual or family counselling to support healing as determined with the client.

Emotional Support

Emotional support is available from community-based Indigenous health workers, who are hired by Indigenous organizations. They will be available to provide culturally grounded support to people affected by trauma associated with their attendance at an Indian Day school.

Cultural Supports

Through Indigenous organizations, elders and traditional healers will be able to provide cultural supports. Cultural supports include a variety of services, such as ceremonies, prayers, Elder services or traditional healing, and they will be provided based on each individual's needs during their healing journey.

Transportation

In cases where mental health professionals and cultural supports are not locally available, assistance with transportation or with transportation costs will be provided wherever possible.

To find out more or access supports near you, please call the number in your province or territory:

- Atlantic: 1-866-414-8111
- Quebec: 1-877-583-2965
- Ontario: 1-888-301-6426
- Manitoba: 1-866-818-3505
- Saskatchewan: 1-866-250-1529
- Alberta: 1-888-495-6588
- Northwest Territories, Nunavut, and Yukon: 1-866-509-1769
- British Columbia: 1-877-477-0775

Former students of Federal Indian Day Schools and their families requiring immediate assistance can also access the Hope for Wellness Help Line, which offers immediate access to culturally safe crisis intervention. The Hope for Wellness Help Line is also available 24 hours a day, 7 days a week and can be accessed by calling **1-855-242-3310** or connect to the online chat at <http://www.hopeforwellness.ca>.