

Indigenous Well-being Resources

serving Halton



HOPE FOR WELLNESS

Hope for Wellness Helpline

- 1-855-242-3310
- mental health telephone helpline for Indigenous people
- on-line chat counselling
- provides immediate, culturally relevant crisis counselling support
- refers callers to additional supports if needed
- hopeforwellness.ca



Hamilton Regional Indian Centre

- 905-548-9593, Mon-Fri 9 am-5 pm
- Provides culturally sensitive programs and services for the betterment of the local Indigenous population
- Aboriginal Healing and Wellness Program
- Aboriginal Prenatal and Nutritional Program
- Native Learning Centre
- hric.ca

Métis Nation
of Ontario 

Métis Nation of Ontario

- 1-877-767-7572 Mental Health and Addictions Crisis Line (24/7)
- online resource directory with community and virtual supports
- metisnation.org



First Nations Counselling Portal Ontario

- 1-855-339-1666
- Trauma Responsive Counselling Support for Mental Health Crisis and Residential School Health Supports for First Nations in Ontario
- firstnationscounselling.com



Native Women's Centre

- 1-888-308-6559
- emergency shelter, Transitional Housing Support, Counseling services, information and/or referrals
- nativewomenscentre.com



2-Spirited People of the 1st Nations

- online information and resources
- 2spirits.org



Halton Community
Services Directory



Halton
Information
Providers



hipinfo.ca