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RESEARCH ARTICLE

An environmental scan of mental health services for Indigenous youth in Canada

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Abstract

Background: There is an urgent need for culturally and contextually relevant mental health support for First Nations, Inuit and Métis youth. **Objective:** Our aim was to identify mental health and wellness services that are currently available to Indigenous youth across Canada. **Methodology**: As a first step, we conducted a web-based environmental scan of services tailored to Indigenous youth. Specific factors were examined for each program, including organization type and mission, types of services, and who provides services. **Results:** One hundred and seventeen programs were found, with 54% being non-profits and 34% being on-reserve. Four core features were identified. The first was a strengths-based focus, rather than a pathology/deficit-focus, in programs' vision and mission statements, reflected in words like wellness and resilience. The second (87% of included programs) was the integration of mental health services with a range of other services and supports (e.g., health, employment, housing). The third was the provision of land-based programming (in 34% of programs) such as camps or hunting. Such programs were framed as promoting wellness and healing and strengthening identity. The fourth was the role of community members without formal mental health professional training (in 42% of programs), for example, as youth workers or knowledge keepers. This stems not only from the dearth of specialists in many Indigenous settings, but also a valuing of Indigenous knowledge. **Conclusion:** These core features in mental health services for Indigenous youth may be promising avenues for communities seeking to strengthen the services they offer to First Nations, Inuit and Métis youth.

Key Words: *mental health, Indigenous, Canada, environmental scan, youth*

Résumé

Contexte : Il y a un besoin urgent de soutien en santé mentale adapté à la culture et au contexte pour les jeunes des Premières Nations, Inuits et Métis. Objectif : Nous cherchions à identifier les services de santé mentale et de bien-être actuellement disponibles pour les jeunes autochtones du Canada. **Méthodologie :** Dans un premier temps, nous avons

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mené une analyse environnementale en ligne des services adaptés aux jeunes autochtones. Des facteurs spécifiques ont été examinés pour chaque programme, notamment le type et la mission de l'organisation, les types de services offerts, et les prestataires de ces services. **Résultats :** Cent dix-sept programmes ont été recensés, dont 54 % étaient sans but lucratif et 34 % situés dans une réserve. Quatre caractéristiques principales ont été identifiées. La première était l'accent mis sur les forces plutôt que sur la pathologie ou le déficit, reflété dans les énoncés de vision et de mission des programmes, où des termes comme bien-être et résilience étaient utilisés. La deuxième caractéristique (présente dans 87 % des programmes) était l'intégration des services de santé mentale avec une gamme d'autres services et soutiens (p.ex., santé, emploi, logement). La troisième était l'offre de programmes liés au territoire (dans 34 % des programmes) comme des camps ou des activités de chasse, conçus pour promouvoir le bien-être, la guérison et le renforcement de l'identité. La quatrième caractéristique était le rôle des membres de la communauté sans formation professionnelle officielle en santé mentale (dans 42 % des programmes), par exemple en tant que travailleurs auprès des jeunes ou gardiens du savoir. Cela découle non seulement du manque de spécialistes dans de nombreux contextes autochtones, mais aussi de la valorisation des connaissances autochtones. **Conclusion :** Ces principales caractéristiques des services de santé mentale pour les jeunes autochtones peuvent constituer des avenues prometteuses pour les communautés cherchant à consolider les services qu'elles offrent aux jeunes des Premières Nations, Inuits et Métis.

Mots clés: *santé mentale, autochtone, Canada, analyse de l'environnement, jeunes*

1. Introduction

A high prevalence and incidence of mental health problems among youth has been reported, with the majority of mental health problems emerging during adolescence and young adulthood (1,2). According to the 2021 Canadian Census, there are over 1.8 million First Nations, Inuit and Métis people living across Canada (3). Indigenous people represent one of the youngest populations in Canada, with 49% being under the age of 25 (3). Many factors, including intergenerational trauma, cultural disruption, racism, and discrimination that Indigenous peoples have experienced and continue to experience, can increase their risk for mental health and substance use problems (4). Furthermore, substantially higher rates (3 to 9 times) of suicide have been reported for Indigenous young people aged 15-24 compared to young people who are not Indigenous (5).

Despite there being widespread acknowledgement of the need for mental health services for Indigenous youth, their access to culturally and contextually relevant mental health services remains limited (6). This is partly ascribable to the lack of a consistent presence of mental health providers in remote or rural communities.

It is well-acknowledged that mental health services for Indigenous people should be designed to include Indigenous values, worldviews and practices (7). These include a holistic emphasis on wellness that considers the connection of mind, body, and spirit (8,9), as well as colonialism and intergenerational trauma and their continuing impacts (10). Mental health services that pay due heed to these factors are likelier to foster a strengthened sense of community, and to help youth to connect to their Indigenous cultures, feel supported and see their futures positively, all of which are known to be protective factors for mental health (11).

Land-based programs that foster connections with nature and land have been shown to promote mental health among Indigenous peoples (12,13). A recent study found that by engaging with the land, Indigenous youth in Canada were able to strengthen their resilience, well-being, hope and positivity (14). In a participatory research study, youth of the Yellowknives Dene First Nation voiced that building a relationship with the land was a necessary determinant of health (12). More broadly, connecting with one's culture and community can be protective for Indigenous youth in terms of their health, mental health, and well-being (13).

In many Indigenous communities, the limited availability of mental health professionals constrains access to care. This is like many settings in low-and middle-income countries where "non-specialists" have emerged as a key strategy for addressing the mental health treatment gap. In the global mental health literature, the term "non-specialists" has often been used to refer to "any professional health worker (e.g. doctors, nurses and social workers) or lay health worker without specialised training in MNS [mental, neurological and substance use] disorders" (15,16). In Indigenous contexts too, members of the community who do not have formal training as mental health professionals often play an important role in providing mental health services. These include Elders, peers, traditional knowledge keepers and traditional healers. In these contexts, they are not referred to as "non-specialists", being recognized instead as "experts" and holders of valuable knowledge. Unlike "fly-in" mental health practitioners, community members who play a role in providing mental health and wellness services often share the same cultural background as the Indigenous

youth they serve and are more consistently present in the community. Indigenous youth in Saskatoon reported preferring having mentors with the same cultural background or ones who have a strong understanding of their culture and history (17). By engaging in culturally relevant programming with community members, including Elders and local mentors, Indigenous youth in Ontario reported gaining a sense of identity and belonging, which in turn promoted their well-being (18).

Over the last decade, there have been massive investments in youth mental health services reform and research in Canada (19). In 2014, ACCESS Open Minds (AOM), a youth mental health network with 16 participating sites across Canada was funded by the Canadian Institutes of Health Research (CIHR) as the first Strategy for Patient-Oriented Research initiative (20). Within AOM, four First Nations communities and two Inuit communities formed an AOM Indigenous Council to inform and support Indigenous engagement, knowledge, mental health service transformation efforts, practices and advocacy (21). CIHR is now supporting an Indigenous Integrated Youth Services (IYS) Network (led by authors CM and SNI; Phase 0 funded in 2022; Phase 1 funded from 2024-29) that builds on AOM's Indigenous Council and seeks to strengthen and scale up holistic youth mental health and wellness services in Indigenous contexts across Canada (22), called the ACCESS Open Minds Indigenous Youth Mental Health and Wellness Network.

Members of the AOM Indigenous network have expressed the need to map and synthesize existing mental health and wellness services for First Nations, Inuit, and Métis youth in Canada to inform the network's future activities. As an initial useful step towards this synthesis, author and AOM Indigenous Council member (GB) suggested a web-based environmental scan to identify services that Indigenous youth seeking services online would find, the results of which form the basis for the present article. Previous studies have shown that online search, including Google, is the most prevalent search strategy used by youth to explore mental health services (23,24). This web-based environmental scan was supported by Indigenous authors on our team (GB and CM) as being youth-attuned albeit not comprehensive. Furthermore, this scan is a part of a larger program of research which will entail additional methods (e.g., widespread stakeholder consultations) to map existing services for First Nations, Inuit and Métis youth and evaluate youth and other stakeholder perceptions regarding them.

2. Methods

A web-based review of organizations offering mental health services for Indigenous youth in Canada was conducted for this environmental scan. Two research assistants (SHP & IK) were trained and supervised by senior author (SNI) in running the web-based search and extracting relevant data from the organization's websites. The research assistants also received guidance from all other authors at multiple stages (conceptualization, literature review, during and after extraction, and analysis and interpretation).

Web search

We initially ran a Google search using the following search terms and Boolean operators: ("mental health services" OR "mental health organizations" OR "wellness programming" OR "wellness" OR "mental health") AND ("Indigenous" OR "Aboriginal" OR "First Nations" or "Inuit" or "Métis"; aligned with a distinctions-based approach, we specifically used First Nations, Inuit and Métis as terms in addition to Indigenous or Aboriginal) AND ("youth" OR "young people" OR "adolescents"). Results were geographically constrained to Canada. The first ten pages of search results on Google were included, as when further pages were explored, they did not yield relevant results. This initial Google search revealed twelve organizations providing in-person mental health services to Indigenous youth.

We then supplemented our scan with a more targeted search strategy, using various online resource locators. Specifically, we used the "Resources around Me" function on Kids Help Phone, which displays a map of Canada on which one can select mental health and Indigenous-specific resources in one's vicinity (25). Further, the Network for Aboriginal Mental Health Research lists resources in a similar manner on a map of mental health services in Canada that can be filtered by location (26). Other organizations were found through the Firelight Group website, an Indigenous-led group that provides information about supports and services available to Indigenous communities, including mental health supports (27). We identified additional organizations by looking at the list of "Partner Organizations" listed on the websites of identified organizations. Lastly, some organizations were found through published reports on Indigenous mental wellness, for example, the "Land for Healing: Developing a First Nations Land-based Service Delivery Model" document published by the Thunderbird Partnership Foundation (28). After programs were found through these online resources, we went to programs' own websites to confirm their web-presence before including them in our scan.

Inclusion and exclusion criteria

Services were included if they specified that they provided mental health services/programming for First Nations, Inuit and/or Métis youth in Canada. Services could include mental health and wellness promotion, prevention and/or intervention, as mental health is viewed in a holistic manner in Indigenous communities and settings, which often integrate a range of services and supports (29). Services could be available online or in-person. Youth was defined by researchers to include ages 11-25; however, if programs stated that they worked with youth or young people without specifying ages, they were still included. Organizations without websites were not included. Crisis phone lines were not included in this scan when they were the only service offered.

Data extraction and analysis

Information about each organization included in this environmental scan was found on their websites, including where relevant in annual reports or brochures posted on their websites. The following information was collected for each organization: organization name, website link, location, size details, board structure, funding, mission of the organization, date founded, type of organization, population served, and mental health services offered. Organizations' mission statements were analyzed. Where this was not available, we used instead whichever of the following was available: goal, purpose, mandate, or vision statement.

After the first round of data extraction, it was noted that many programs offered land-based activities and deployed community workers. Additional details on these aspects, including types of land-based activities and titles and roles of community workers were then extracted from the programs' websites in a second round of analysis.

Results are presented in the form of descriptive and frequency analyses.

3. Results

In total, 117 programs were found across Canada that offered mental health services to First Nations, Inuit and/or Métis youth. Of these programs, 32% targeted First Nations youth specifically, 8% targeted Inuit youth; and 1% were specifically for Métis youth. The majority of programs targeted Indigenous communities more broadly (59%). The geographical distribution of programs was: 42 programs in Kanadario (Ontario), 26 in British Columbia, 8 in Alberta, 8 in Quebec, 6 in Northwest Territories, 6 in Man-Into-Wahpaow (Manitoba), 6 in Kisiskatchewanisipi (Saskatchewan), 5 in Nunavut, 4 in Mi'kma'ki (Nova Scotia), 3 in New Brunswick, 2 in Newfoundland and Labrador and 1 in Yu-kun-ah (Yukon). No programs were found in Abeqweit (Prince Edward Island). A total of 34% of the programs were on-reserve.

3.1 Types of Programs (see Supplemental Table 1)

Non-profit organizations made up 53% of the programs (n=62). Of these, 30 were Friendship Centres that are part of a large national network (the National Association of Friendship Centres) of volunteer-driven providers of broad-spectrum services to urban Indigenous populations (30). Indigenous bands or organizations that deliver services directly to Indigenous communities made up 15% of the programs (n=18). All bands or organizations served First Nations communities, aside from the Métis Nation of Ontario (83). This includes health services, both on- and off-reserve, as well as community services. Registered charities made up 14% of the identified programs (n=16) and 3% were government programs (n=3) Additionally, 3% of the identified programs (n=3) had each listed themselves on their websites as a foundation, a multi-funded agency and a regional corporation, respectively. Lastly, 13% of programs (n=15) did not specify their organization type on their website.

3.2 Mission Statements

The mission statements of all included programs (see Supplemental Table 2) were explored to understand their goals, values, and purposes. When not available, the goal, purpose, or vision statement was used (n=102/117 programs had statements that were included). A frequency count was used to identify the key words or phrases that were most commonly used across mission statements. These frequently used words help identify recurring themes in the mission and values across programs. Of these, 61% were mission statements, 11% vision statements, 7% statements of purpose, 5% were goal statements, and 3% organizational mandates. Fifteen programs did not have any of these statements on their websites.

Many programs emphasized the importance of community, holistic wellness, and well-being, along with culturally relevant services. The most frequently mentioned keywords were 'community' (25 times), 'holistic' (25 times), and 'well-being' (23 times). Other terms of note include healing (10 times), traditional (10 times), empower (7 times), pride (5 times), and wellness (5 times). Altogether these terms emphasize that many programs use a strengths-based and culture-centered ideology in their programming, reflecting Indigenous models of healing.

3.3 Mental Health Services (see Supplemental Table 1)

While some programs had one dedicated service that was aimed at promoting youth mental health, others had numerous services that supported youth mental health. For example, the Kermode Friendship Society had one primary program, the Aboriginal Child & Youth Mental Health Program, that offered individual and group support (31). In contrast, Urban Native Youth Association had five different services including a wellness centre, meditation program, youth outreach team, healing lodge for addiction-related concerns, and clinical counsellors (32). This highlights the wide variation in services that were offered, including services that can be seen as more formal or Western (e.g., sessions with psychiatrists, psychologists, social workers and/or occupational therapists; case management) and those that were more traditional (e.g., sessions with Elders, traditional healing through cultural activities). Many programs provided both types of services, for example, the Edson Friendship Centre in Edson, Alberta offers cultural experiences such as medicine picking and drying meat, as well as mental health counselling (33). Three programs, Southwest Ontario Aboriginal Health Access Centre (34), Nunavut Department of Health's Mental Health and Addictions Team (108), and Iqualuit Mental Health (143) offered online tele-mental health services with professionals such as psychologists and psychiatrists. Additionally, 87% of the programs (n=102) integrated mental health services with other health or social services such as health (n=51), employment or education (n=30), housing (n=20), substance use (n=12), life skills (n=10), justice system (n=15), outreach (n=12), prevention (n=6), and food services (n=2).

Land-based services were commonly offered across programs (34%) and community workers were often involved in service delivery (42%).

3.3.1 Land-based Programs

Of the 117 included programs, 34% (n=39) provided land-based services. Land-based activities included fishing and trapping workshops, medicine walks, spring and fall feasts, learning to hunt, fish, gather, and clean and prepare wild game, snowshoeing, constructing Innu tents, walks and hikes through nature, maintenance of the Land, identifying medicine, etc. Often these activities were led by Elders or traditional knowledge keepers. For instance, the Southwest Ontario Aboriginal Health Access Centre offered storytelling to youth followed by guided discussions where on-the-land healing was fostered by Elders (34).

While some programs offered land-based activities to on-reserve youth, others offered camps on Indigenous land to Indigenous youth living in urban or off-reserve contexts. For example, Native Child and Family Services of Toronto offered Indigenous youth from urban Toronto the opportunity to travel to Indigenous communities to gain cultural experiences on the land (35).

Several programs provided both types of programming, for example, the Carrier Sekani Family Services Culture Camps program in which youth from the Carrier and Sekani First Nations were taught cultural activities by their Elders on traditional land (36). Some programs integrated land-based activities within large mental health and substance use programs. We provide here two illustrative examples. The Nenqayni Wellness Centre Society integrated land-based programming in their Youth and Family Inhalant Program (37). The Walgwan Centre brought youth on a multi-day trip to the Nipissis River with psychologists, counsellors, and cultural supports to promote land-based healing (38).

3.3.2 Community Members Providing Mental Health Care

Of the 117 organizations, 42% (n=49) described the role of community members (i.e., those without formal mental health professional training) in service provision.

Descriptions of these community workers included: Elders (n=28), traditional healers (n=10), youth support/youth care workers (n=10), Indigenous or traditional knowledge keepers (n=8), peer mentors/supporters (n=9), community/children/youth wellness workers (n=4), youth/child/mental wellness outreach workers (n=4), youth navigator (n=3), spiritual/mental wellness facilitator (n=2), youth wellness coordinator (n=2), Indigenous mental health worker (n=1), child mental health worker (n=1), Aboriginal mental health liaison worker (n=1), youth assistant (n=1), firekeeper (n=1), medicine people (n=1), mental health cultural worker (n=1), Aboriginal healing & wellness worker (n=1) , client care coordinator (n=1), and student and family support worker (n=1).

In the context of mental health care, Elders were described as providing individual and group counselling, and giving spiritual guidance, often incorporating holistic healing and healing ceremonies. They were also described as leading workshops and providing traditional teachings about fasting, sweat lodges, medicine walks and other traditional healing practices. Traditional healers and traditional knowledge keepers played similar roles. For instance, they guided youth in exploring their ancestry and cultures; led talking circles; and taught youth about holistic healing, ceremonies and connecting with the earth. Further, they provided support and emphasized balance and healing in all dimensions including the spiritual, mental, physical, and emotional.

4. Discussion

This environmental scan found 117 programs and many of these were not found through a Google search alone reflecting the limited web footprint and searchability of mental health programs for Indigenous youth. This is noteworthy given that the Internet is an important interface for many young people (39), although we do not fully know the extent to which this is the case among varied Indigenous youth populations in Canada, some of whom do not enjoy adequate internet connectivity (40).

4.1 Core Elements

Our analysis of the included programs resulted in the identification of four core features. The first, which was identified from analyzing programs' mission statements, was the focus on community, holistic health, and well-being. These themes indicate that a strengths-based ideology was emphasized by most programs, rather than one focused on reducing symptoms or pathology. Themes in programs' mission statements resonated with Indigenous culture and values, including the holistic connection of the mind, body, and spirit (41).

Secondly, aligned with the emphasis on holistic healing, most programs also integrated mental health services into other health and social services, a finding that aligns with the central philosophy of the growing IYS movement in Canada (42). Prior research has also found that programs targeting Indigenous youth's well-being are likely more effective when they engage in strategic local partnerships with other youth services (43). Future work with methods like detailed stakeholder consultations and document analysis can further elucidate the ways in which youth mental health services are connected with or integrated into other youth-focused services (e.g., child welfare services, schools, healthcare, social services, community events, etc.) in various Indigenous contexts.

Thirdly, many programs offered land-based activities underpinned by the view that connection to the land is integral to health and well-being. For example, Carrier Sekani Family Services in the Carrier and Sekani First Nations of British Columbia provided land-based therapy, in which "*the traditional land is viewed as an active spiritual and energetic partner to help heal youth through their struggles with mental health*" (36). The Chisasibi Land-Based Healing Program also emphasized the positive impact of land-based healing, "*Elders stress that the land and cultural traditions have healing power that can enable individuals in distress [to] deal with pain and self-hurt. Ultimately, we aim to improve the mental health of individuals [..]*" (44). Youth who engage in land-based programming have reported that land-based teachings shift the focus from individualistic thinking to community-based caring, allowing Indigenous youth to feel more connected to their culture, along with fostering well-being and a sense of value (45).

Incorporating on-the-land programming increases the availability and cultural relevance of services and supports for Indigenous youth. Given this, more work on the implementation of land-based programs and possible facilitators and barriers may be helpful.

Finally, many programs involved community members in the delivery of mental health services to young people. Their titles and/or role descriptions differed from program to program although their functions across programs revolved around providing culturally relevant mental health and related supports. Indeed, there is a strong emphasis across studies, reports and frameworks on the need for mental health programs to be guided by local Indigenous knowledge, traditions, Elders and traditional healers (46,47,48). On the other hand, a few studies have also highlighted a disconnect between some Indigenous youth and their culture, traditions, and Elders (49). In the future, it would be beneficial to understand the experiences of youth being connected with Elders and other community members involved in mental health and wellness programs, the impact of these connections on their well-being, mental health and substance use, and any concerns young people have (e.g., confidentiality) (50,51,52). Given the very broad range of roles for community members in mental health and wellness programs in Indigenous contexts, developing a comprehensive typology (titles, interventions they provide, qualifications, training and supervision if any, settings, payment/recognition mechanisms, etc.) may be beneficial for future service planners/managers and researchers.

4.2. Implications for practice and research

Our scan identified the availability and types of mental health services for Indigenous youth in Canada that have a web-based presence. Our scan yielded several implications for practice and research, that could be further honed if supplemented by additional methods (e.g., consultations with a wide range of stakeholders, a review of published literature). First, we identified programs currently offering mental health and wellness services for Indigenous youth that could be invited to share experiences and support each other as part of the AOM Indigenous network that is being developed. Second, our scan identified geographies where there may be fewer mental health and wellness programs for Indigenous youth and therefore should be specifically targeted for program development. Third, our work highlighted core features that could be considered when further developing and strengthening services for Indigenous

youth. Finally, our work points to potential avenues for future research – an examination of the mechanisms for integrating land-based activities into mental health or youth services, and a comparison of different characteristics or modes of delivery of community workers and the effects of these variations on uptake or perceived benefits by youth.

4.3. Limitations and Future Directions

In this environmental scan, we did not cover organizations that lacked a web presence, therefore, we are unsure if there is a minority or majority of services available to Indigenous youth that are not found online. Further, the scope of our study precludes us from commenting on the effectiveness of the services and whether the information presented on program websites is representative of their true functioning. Our methodology also does not allow us to draw any inferences about the accessibility of the services offered by various programs (e.g., wait-times, open to people from a different region, etc.). Further, not all organizations may have updated their websites close to the time of our data collection, therefore, some information we gathered may not be up to date. Despite these limitations, our scan is a valuable initial step in understanding the current landscape of mental health services for First Nations, Inuit and Métis youth in Canada.

Future research (including what we seek to undertake through the AOM Indigenous network) should address these shortcomings by connecting and partnering with these programs, requesting them to share documents/reports and participate in interviews/focus groups and identifying additional programs through wider stakeholder engagement and literature reviews.

Although our scan did not highlight information on the extent to which Indigenous youth are involved in the design of mental health services, there is growing acknowledgment of the value of services being co-designed by young people (53,54,55). Given that many Indigenous communities value the role of young people in community life, the involvement of young people in the design of mental health services for Indigenous youth may be especially feasible and relevant, if not already prevalent. Future research should systematically understand and examine such involvement.

It would also be valuable to study young people's uptake of these programs and their impacts, including from the perspectives of the youth using these services. There is still a gap in our understanding of Indigenous experiences with healthcare services, especially among youth (56). Gaining this understanding could be beneficial for improving the services that youth receive, while at the same time respecting their agency (57,58,59).

5. Conclusion

Our web-based scan of mental health and wellness programs for First Nations, Inuit and Métis youth found 117 programs. Programs often employed a strengths-based perspective with an emphasis on holism and wellness, and integrated mental health services with other supports and services. Many programs also integrated land-based programming and involved community members (not trained as mental health professionals) in various roles. Each of these features are significant in that they facilitate the centering of mental health service delivery for Indigenous youth in Indigenous culture, worldviews, and experiences. These elements are also specific promising avenues that could be considered by efforts to develop and strengthen mental health services for young people in Indigenous contexts.

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Conflicts of Interest

The authors have no financial relationships or other ties to disclose.

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Supplemental Tables

Table 1. Mental Health and Wellness Services Provided by Each Program

Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
Abbotsford Child and Youth Committee	British Columbia	Not Specified	Aboriginal, Métis, Inuit, status, and non-status individuals in Abbotsford	**-Aboriginal Child & Youth Mental Health:** mental health services that are rooted in traditional teachings			
Canim Lake Band Organization	British Columbia	Indigenous Health Services	The People of the Canim Lake Band (the Tsq'escenemc)	-Cultural activities -Family support services -Assessments and referrals -Individual and group sessions			✓
Cariboo Friendship Society	British Columbia	Non-Profit	Local community members	**-P.E.A.C.E. Program for Children and Youth Experiencing Violence:** individual and group counselling for children who have experienced violence -Aboriginal Child and Youth Mental Health Program: for youth suffering from social, emotional, or behavioral disorders			
Carrier Sekani Family Services	British Columbia	Non-Profit	Carrier and Sekani people in North Central British Columbia	**-Health and Wellness Counselling Program:** evidence based and culturally relevant mental health consultation, assessment, and treatment **-Youth Services:** includes workshops that cover healthy sexuality, drug and alcohol education, nutrition, mental wellness, etc.	✓	✓	
Denisiqi Services Society	British Columbia	Not Specified	Support the following indigenous communities: Tlesqox First Nations, Tsideldel First Nations, Ulkatcho First Nations, Xeni Gwet'in First Nations, Esdilagh First Nations, Yunesit'in First Nations)	**-Aboriginal Child and Youth Mental Health Program:** includes individual clinical counselling, family counselling, group work and programs, and Healing Circles for Tsilhqot'in & Ulkatchot'en families	✓	✓	

Table 1. continued part 2

Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
Fraser Region Aboriginal Friendship Centre	British Columbia	Non-Profit	Urban Indigenous people in the Fraser Salish Region	-**All Nations Youth Safe House:** youth shelter and support services -**Indigenous Youth Urgent Needs Worker:** outreach for youth at risk of homelessness. Includes advocacy, mentorship, mental health support, job support, and more -**Indigenous Youth Outreach and Empowerment Services:** street outreach and support services to youth at risk of or are homeless -**Youth Culture Night:** weekly dinner that involves cultural activities -**Indigenous Youth Reaching Home Outreach Program:** intense support services for homeless youth to help them reach housing goals			
Fort Nelson Aboriginal Friendship Society	British Columbia	Not Specified	Aboriginal and non-aboriginal individuals of the Fort Nelson community	-**Mental Health and Addiction Support:** individual and group counselling -**The Youth Outreach Program:** individual advocacy & support, development of positive support systems, and healing services		✓	
Hiiye'yu Lelum (House of Friendship) Society	British Columbia	Non-Profit	Urban Aboriginal Population	-**Youth Inclusion Project:** crime prevention program that helps develop coping skills and build healthy connections to oneself and the community			
Huli'tun Health Society	British Columbia	Non-Profit	Individuals of the Halalt First Nation and Lyackson First Nation	-**Youth Mental Health Access Program:** individual counselling, family and group counselling, crisis response, and school visits		✓	
Kermode Friendship Society	British Columbia	Non-Profit	Aboriginal and non-Indigenous community members the Terrace area	-**Aboriginal Child & Youth Mental Health Program:** individual and group support with focus on prevention, delaying the onset, or reducing the duration of mental illness	✓	✓	
Ki-Low-Na Friendship Society	British Columbia	Non-Profit	Aboriginal Kelowna community	Mental Health & Addictions Counselling for Youth		✓	
Lake Babine Nation Wellness Team	British Columbia	Indigenous Health Services	Lake Babine Community members	-Addiction recovery -Suicide prevention, trauma recovery, grief & loss recovery -Stress/anger management			✓

Table 1. continued part 3

Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
Nawican Friendship Centre	British Columbia	Non-Profit	Citizens of the South Peace River District	-**Youth Counselling:** Individual and group therapy, seminars and workshops, mentorships -**Power to Her:** exploring your own mental health while learning tools and skills for boundaries setting, self-care, and self-esteem -**Youth Council:** allows youth to gain valuable leadership skills			
Nenqayni Wellness Centre Society	British Columbia	Non-Profit	First Nations and Inuit female youth	-**Youth and Family Inhalant Program:** residential solvent abuse center for females	✓		
North Wind Wellness Centre Society	British Columbia	Non-Profit and Registered Charity	Primarily First Nations, Métis, and Inuit individuals	-**Youth and Back-to-the-Land Programming:** includes cultural activities, counselling, and assessments for at-risk youth			
Okanagan Nation Alliance	British Columbia	Indigenous Community Services	Four South Okanagan bands (Penticton, Osoyoos, Upper Similkameen, Lower Similkameen) and urban Aboriginal individuals	-**Aboriginal Child & Youth Mental Health:** early identification services, mental health promotion, community mental health coordination, culturally relevant mental health services, group and family programming		✓	✓
Prince George Native Friendship Centre	British Columbia	Non-Profit	Aboriginal and non-Aboriginal individuals in Prince George	-**The Aboriginal Child & Youth Wellness Program:** promotes wellness through clinical counselling, cultural and spiritual advisors, group therapy, assessment, and workshops -Outreach/ Street Outreach Services -Drug and Alcohol Counselling			
Scw'exmx Child & Family Services Society	British Columbia	Not Specified	Urban Indigenous population of the Nicola Valley	-**Child and Youth Mental Health Program:** free outreach services for youth both on and off reserve. -**Youth Support Program:** support to youth transitioning into adulthood. Includes advocacy, life skills, and crisis management -**Youth Wellness:** wellness workers provide knowledge and tools to help manage mental health			
Southern Stl'atl'imx Health Society	British Columbia	Non-Profit	Children, women, and men of N'Quatqua, Skatin, Samahquam, and Xax'sta First Nation	-**SSHS Mental Wellness Program:** counselling, referrals, cultural mental wellness programming, and prevention services			✓

Table 1. continued part 4

Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
St'at'imc Outreach Health Services	British Columbia	Indigenous Health Services	Aboriginal people living on-reserve and off-reserve in Northern St'at'imc communities	-**Child and Youth Mental Health Services:** assessment, individual treatment, support and counselling groups, traditional ceremonies, and art therapy			✓
Stó:lō Service Agency (SSA)	British Columbia	Non-Profit	Stó:lō and Aboriginal communities throughout S'olh Temexw (The Stó:lō traditional territory extends from Yale to Langley, BC)	-**Community Wellness Workers:** addictions prevention counselling and support services -**Aboriginal Mental Health Liaison Worker:** assists in accessing mental health services -**Aboriginal Suicide and Crisis Intervention Response Team:** improve and strengthen crisis response efforts and enhance knowledge of successful youth suicide prevention strategies			✓
Three Corners Health Services Society	British Columbia	Not Specified	Members of the Soda Creek, Canoe Creek, and Williams Lake communities	-**Youth Counsellor:** intake, assessment, counselling, referral, advocacy, etc.			
Tillicum Lelum Aboriginal Friendship Centre	British Columbia	Non-Profit	Indigenous students in Nanaimo	-Youth Peer Counselling Support Group -**Child and Youth Therapist:** counselling services for those impacted by abuse, trauma, and life stressors -**Friendship Lelum Aboriginal Youth Safe House:** short-term shelter for at-risk youth -**Children's Wellness Program:** counselling for those impacted by abuse, trauma, life stressors			
Urban Native Youth Association	British Columbia	Registered Charity	Urban Indigenous youth in Metro Vancouver	-Native Youth Health and Wellness Centre: services and programs that support physical, mental, emotional, and spiritual health -Mediation Program offers support and resources to positively resolve conflicts or misunderstandings -**Aboriginal Outreach Team:** street outreach and support -**Young Bears Lodge:** culturally based, holistic healing lodge for Indigenous youth to make changes to their relationship with drugs or alcohol. -**Clinical Counsellors:** individual counselling		✓	
Victoria Native Friendship Centre	British Columbia	Registered Charity	Indigenous people living off-reserve in the greater Victoria area	-**Youth Department:** services to assist youth with mental health issues and navigating mental health services		✓	
Westbank First Nation	British Columbia	Indigenous Health Services	Members of Westbank First Nation	-**Children and Youth Counselling:** counselling for loss and grief, family conflict, violence, bullying, depression, anxiety, and more			✓

Table 1. continued part 5

Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
Bent Arrow Traditional Healing Society	Alberta	Registered Charity	Indigenous children, youth, and families in Edmonton and area	-**Coyote Pride Youth Mentoring Program:** mentorship to promote youth well-being -**Pop Up in the Park:** hand out resources on youth mental health -**Relaxation Yoga:** focus on mental relaxation		✓	
Creating Hope Society of Alberta	Alberta	Non-Profit	Aboriginal people in Alberta	-**Youth, Elder, Parent (YEP) Cultural Program:** support groups, sharing circles, strengthening cultural identities, and building healthy lifestyles/ relationships			
Edson Friendship Centre	Alberta	Non-Profit	Indigenous and non-Indigenous community members in Edson	-**Junior Youth Group:** cultural activities, campfires, bike park trips, skating, snowshoeing, etc. -**Senior Youth Group:** fire gatherings, homework drop in, summer employment support, assisting elders in community, assisting in celebrations -**Cultural Experiences:** connects youth with Elders through picking medicine, learning how to dry meat, and more -**Individual Youth Support:** individual mental health support	✓		
Grande Prairie Friendship Centre	Alberta	Non-Profit	Indigenous community members	-**Pikiskwetan Program:** mental health program aimed at helping manage low moods, anxiety, and stress -**Pictone (Youth Group):** offers various activities for youth to engage with their culture and learn traditional skills			
Kainaiwa Children's Services Corporation	Alberta	Not Specified	First Nations, Métis, and Inuit youth ages 12-17	-**Youth Wellness Centre:** prevention focused services for youth experiencing drug or alcohol abuse			
Native Counselling Services of Alberta	Alberta	Registered Charity	Indigenous people and families in Alberta	-**Family Reconciliation Program:** sharing concerns, strengthening relationships, and referrals -**Residential School Health Support:** emotional support, referrals to healing & wellness programs		✓	
Nunee Health Board Society	Alberta	Not Specified	Fort Chipewyan residents	-**Counselling Support Services:** psychiatric consultations, ACT counselling, and crisis services -**Youth Suicide Prevention:** increase awareness of youth suicide and reduce suicide attempts in the community			✓

Table 1. continued part 6

Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
Pee Kis Kwe Tan «Let's Talk» Society	Alberta	Non-Profit	Métis, Status, and Non-Aboriginal population living in Wabasca	-**Youth and Elder Support:** crisis intervention for at-risk youth and elders -Mental Health and addictions services			
ACCESS Open Minds-Sturgeon Lake First Nation	Kisiskatchewan-isipi (SK)	Non-Profit	Youth in the Sturgeon Lake community	-**Youth mental health services:** traditional healing and Western mental health care			✓
Battleford Indian and Metis Friendship Centre	Kisiskatchewan-isipi (SK)	Non-Profit	First Nation and non-Indigenous families	-**Youth Enrichment Program:** provides programs and activities to youth that focus on recreational and cultural activities that improve mental health			
Battle River Treaty 6 Health Centre	Kisiskatchewan-isipi (SK)	Indigenous Health Services	People of Little Pine, Lucky Man, Mosquito, Moosomin, Sweetgrass and Poudmaker (First Nation and Cree Nation communities)	-**Mental Health and Addictions Wellness Department:** mental health and addictions counselling with youth -**Youth Outreach Program:** programs on suicide prevention, self-esteem, stress reduction, addictions, supports etc. -**Youth Wellness Counselling:** counselling for youth ages 10-17			✓
Fond Du Lac Denesuline First Nations Health Services	Kisiskatchewan-isipi (SK)	Indigenous Health Services	Fond Du Lac's Denesuline First Nations community	-**Mental Health Therapy:** therapy, outreach programs, workshops, school presentations, and evening activities -**Addiction Services:** support, outreach programs, referrals for in-patient treatment centers, workshops, school presentations, and evening activities -**Specialized Therapies:** a Physiotherapist, Occupational Therapist, Speech Therapist, and Autism Therapist offer therapy, consultations, and workshops -**Youth Wellness**: suicide prevention program, support group, Safe Talk workshops, referrals			✓
Saskatoon Indian Metis Friendship Centre	Kisiskatchewan-isipi (SK)	Non-Profit	First Nations, Métis, and Inuit individuals in Saskatoon	-**Safe Talk:** access to mental health supports		✓	
White Buffalo Treatment Centre	Kisiskatchewan-isipi (SK)	Non-Profit	First Nations population in Northern Saskatchewan	-Residential treatment and outreach services for female youth experiencing drug and alcohol abuse			

Table 1. continued part 7

Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
Beatrice Wilson Health Centre	Man-Into-Wahpaow (Manitoba)	Not Specified	Members of the Opaskwayak Cree Nation.	-**Wellness Counselling Department:** psychiatric assessments, addiction assessments/counselling, individual and family support, spiritual guidance/ healing, suicide intervention/training, anger management		✓	✓
Ginew Wellness Centre	Man-Into-Wahpaow (Manitoba)	Not Specified	The Roseau River Anishinabe First Nation community	-**Mental Health, Wellness & Addictions Services:** individual and family counselling - Jordan's Principle: services for mental, physical, emotional, and spiritual wellness			✓
The Link Youth and Family Supports	Man-Into-Wahpaow (Manitoba)	Registered Charity	Indigenous and non-Indigenous individuals in the community	-**Youth Crisis Centres:** counselling, advocacy, & referrals -**Healing Homes:** individual support & specialized therapy at higher levels of support, supervision & intervention	✓	✓	
Ma Mawi Wi Chi Itata Centre	Man-Into-Wahpaow (Manitoba)	Non-Profit	Indigenous individuals in Winnipeg	-**Windy Hill Community Training, Healing and Learning Centre:** individual and group healing services	✓		
Project Neecheewam	Man-Into-Wahpaow (Manitoba)	Non-Profit	Youth in Winnipeg	-Various treatment facilities: provide therapeutic interventions			
Sagkeeng Health Centre	Man-Into-Wahpaow (Manitoba)	Indigenous Health Services	The Sagkeeng First Nation community	-Counselling services			✓
Anishnawbe Health Toronto	Kanadario (Ontario)	Foundation	Aboriginal community of Toronto (Status or non-status)	-**Mental Health Services:** services with traditional counsellors or specialized mental health counsellors -**Child and Family Therapy Services:** consultation and/ or ongoing family therapy to the child and the parents of the child -**Oshkii Okitchiidak (Youth) Program:** counselling, school advocacy, cultural groups, etc.		✓	
Can-Am Indian Friendship Centre	Kanadario (Ontario)	Non-Profit	Indigenous community of Windsor and Essex County	-**Indigenous Child & Youth Mental Heath and Addictions Program:** offers support for mental health/addictions based on an Indigenous holistic worldview -**Wasa-Nabin:** provides activities for at-risk youth			

Table 1. continued part 8

Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
CHIGAMIK Community Health Centre	Kanadario (Ontario)	Registered Charity	Indigenous and Francophone communities of the entire North Simcoe and Muskoka LHIN and the Anglophone community of Midland, Penetanguishene, Tay, and Tiny	-Single Session Mental Health Counselling -Mental Health and Addictions Counselling -**North Simcoe Youth Wellness Hub:** wide range of youth mental health services		✓	
De dwa da dehs nye>s Aboriginal Health Centre	Kanadario (Ontario)	Registered Charity	Urban Indigenous community in the regions of Hamilton, Brantford/Brant, and Niagara	-Counselling -Outreach Case Management & Navigation Services -**Peer Support:** for mental health and addiction support		✓	
Dilico Anishinabek Family Care	Kanadario (Ontario)	Indigenous Community Services	Indigenous residents in Dilico's jurisdiction	-**Access Network:** assists in accessing children's mental health care -**Clinical Services:** assessment and diagnosis, treatment recommendations, follow-up, assistance with referrals -**School Based Services:** mental health support and prevention in schools -**Family Preservation Services:** short-term services for families -**Transitional Support Program:** transitional support for youth being discharged from an inpatient mental health facility -**Home for Good Program:** support and housing for youth at-risk or experiencing homelessness -**Housing Outreach Program Collaboration:** mental health and housing support for youth exiting or at-risk of homelessness -**Native Child and Family Services:** assisting youth that have experienced trauma -**Osh-ki-niig Mash-ka-zii-win:** residential treatment program for youth with high risk mental health and behavioral problems -**Youth Outreach Program:** community based interventions to youth in at-risk neighborhoods			✓

Table 1. continued part 9

Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
Enaahtig Healing Lodge and Learning Centre	Kanadario (Ontario)	Registered Charity	Indigenous community members	-**Indigenous Youth Healing Lodge, Residential Programming:** onsite classroom, onsite therapeutic team, equine assisted learning -**Indigenous Youth Healing Lodge, Non-Residential Programming:** seasonal ceremonies, fasting ceremony, sweat lodge, etc. -**Community Mental Health and Addictions Outreach Services:** mental health treatment, care, and support			
Fort Erie Native Friendship Centre	Kanadario (Ontario)	Non-Profit	Indigenous community members	-**Wasa-Nabin:** provides cultural traditions and activities to encourage a sense of belonging among youth -**Miyo Maskihikiya (Mental Health Wellness Program):** uses holistic interventions for well-being and health-based on medicine wheel teachings; provided individually or in groups		✓	
Garden River Wellness Centre	Kanadario (Ontario)	Not Specified	Members of the Garden River First Nation	-**The Mege Zee Wuhsiswun Program:** supports recovery from addiction and mental health concerns -Child and Youth Counselling -**Youth Intensive Treatment Services:** treatment program to treat chronic behaviour issues		✓	✓
Georgian Bay Friendship Centre	Kanadario (Ontario)	Non-Profit	Indigenous community in the Georgian Bay Region	-**Wasa-Nabin:** offers self-development programming for at risk youth -**Youth Life Promotion:** provides support and services such as individual and group support, cultural camps, land-based activities, traditional knowledge keepers and Elders	✓	✓	
Gizhewaadiz-iwin Health Access Centre	Kanadario (Ontario)	Non-Profit	All Aboriginal people within the Rainy River District	-**Individual, Family, and Group Counseling:** topics include substance abuse, family violence, grief, parent/child conflict, teen issues, and suicide intervention -**Mental Wellness Programming:** crisis response, Land-Based healing. sharing circles, youth leadership programs, etc. -**Child and Youth Land-Based Program:** cultural activities and support, land-based teachings and healing, counselling referrals	✓	✓	

Table 1. continued part 10

Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
Ininew Friendship Centre	Kanadario (Ontario)	Non-Profit	Urban Indigenous Peoples in Ontario	-**Children's Mental Health Program:** holistic services to address physical, mental, emotional, and spiritual needs -**Wasa-Nabin:** activities and opportunities grounded in cultural traditions to promote a sense of belonging -**Youth Life Promotion:** works to improve youth mental health through knowledge exchanges with Elders/Traditional Knowledge Holders and Land-Based activities	✓	✓	
Inuuqatigiit-Centre for Inuit Children, Youth, and Families	Kanadario (Ontario)	Registered Charity	Inuit community in Ottawa	-**Inuutiarnirmut Katujjiqatigiit Mental Health Counselling:** counselling through individual and group sessions -**Youth Justice Program:** systems navigation and mental health support regarding the justice system -**Sivumut Alluqatigiit Program:** youth counselling, cultural support, and case management -**Art Therapy:** individual or group sessions -**Youth Mental Health System Navigation:** helps youth and families navigate social, health, and other service systems -Youth Life Promotion			
Kunuwanimano Child & Family Services	Kanadario (Ontario)	Non-Profit	11 First Nation communities within Northeastern Ontario	-Individual & group counselling -Referral and follow-up services - Support groups			✓
Metis Nation of Ontario	Kanadario (Ontario)	Indigenous Health Services	Métis people in Ontario	-**Mental Health and Addictions Program:** case management, mental health assessment, individual and family counselling, addictions counselling and other services -**Gaming and Gambling Awareness Program:** workshops, training, assessments, counselling, and other mental health support for those addicted to gaming and gambling -**Victim Services Program:** support to prevent, deter, and end violence against Indigenous women, children, youth -**Métis Family Wellbeing Program:** supportive, preventative, and educational activities to prevent and end the cycle of violence in Métis families			✓

Table 1. continued part 11

Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
Misiway Milopemah-tesewin Community Health Centre	Kanadario (Ontario)	Indigenous Health Services	Aboriginal community in Timmins, Ontario	-**Child And Youth Program:** individual counselling that includes land-based activities	✓	✓	
N'Amerind (London) Friendship Centre	Kanadario (Ontario)	Non-Profit	Aboriginal people in London, Ontario and surrounding area	-**Mental Health Support Program:** individual and group services, peer counselling, sharing circles and other traditional and land-based activities	✓	✓	
Native Child and Family Services of Toronto	Kanadario (Ontario)	Registered Charity	Children and families in the Toronto urban Aboriginal community.	-Case management -Individual, group, and family counselling -Youth mental health support -Sharing circles	✓		
Ne-Chee Friendship Centre	Kanadario (Ontario)	Non-Profit	All Indigenous People of Kenora	-**Youth Life Promotions Program:** provides one-on-one support, culturally relevant and group-based activities to promote mental, emotional and spiritual well-being -**Wasa-Nabin:** addiction prevention, individual or peer support, confidence building	✓ ✓		
Niagara Regional Native Centre	Kanadario (Ontario)	Non-Profit	Indigenous community in the Niagara Region	-**Wasa-Nabin:** provides activities, tools, and support for at risk youth -**Ganigohi:yo (The Good Mind):** uses holsitic healing, counselling, early and crisis interventions, and more to promote resiliency and mental well-being			
Nipissing First Nation	Kanadario (Ontario)	Indigenous Health Services	Nipissing and 8 other First Nation communities	-**Right Path Counselling and Prevention Services:** youth mental health and addiction counselling			✓
Niijkiwendi-daa Anishnaabek-wewag Services Circle	Kanadario (Ontario)	Registered Charity	Indigenous women and children that are victims of violence	-**Indigenous Child Witness to Violence Support Program:** comprehensive assessment, group counselling, referral and follow up for youth that have witnessed violence			
Nishnawbe-Gamik Friendship Centre	Kanadario (Ontario)	Non-Profit	Aboriginal Community of Sioux Lookout	-**Wasa-Nabin Urban Aboriginal Youth Program:** holistic activities to improve personal well-being -One-on-one consultations and support groups	✓		

Table 1. continued part 12

Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On Reserve
North Bay Indigenous Friendship Centre	Kanadario (Ontario)	Non-Profit	First Nation, Métis, and Inuit in the urban environment of North Bay	-**Wasa-Nabin:** provides opportunities for cultural teachings and activities -**Waaban Program:** Land-based programming for at-risk youth -**Youth Life Promotion:** Land-based camps and activities, knowledge exchange with Elders and traditional knowledge keepers	✓	✓	
Noojmowin Teg Health Centre	Kanadario (Ontario)	Indigenous Health Services	Indigenous people living both in the Manitoulin Island and Espanola area	-**Child and Youth Intensive Counselling:** assessment, diagnosis, and treatment			✓
N'Swakamok Native Friendship Centre	Kanadario (Ontario)	Non-Profit	Aboriginal people migrating to or already living in Sudbury, Ontario and surrounding area	-**Children's Mental Health Program:** crisis intervention, intake and assessment, counselling, group therapy sessions, referrals, and education			
Ontario Native Women's Association	Kanadario (Ontario)	Non-Profit	Indigenous women and their families regardless of their status or locality	-**Youth life Promotion Program:** suicide prevention activities, mental health support and crisis support	✓	✓	
Parry Sound Friendship Centre	Kanadario (Ontario)	Non-Profit	Aboriginal and non-Aboriginal people in urban environments	-**Youth Life Promotion Program:** at-risk youth can participate in land-based culture camps, knowledge exchanges with Elders and traditional knowledge keepers	✓	✓	
Red Lake Indian Friendship Centre	Kanadario (Ontario)	Charitable Organizat-ion	Red Lake's First Peoples and their descendants	-Crisis Intervention Support -Peer Counselling - Wasa-Nabin Youth Program		✓	
Sagamok Anishnawbek	Kanadario (Ontario)	Not Specified	Sagamok community members	-**Child and Youth Services:** social programming and physical activities -Saswin Mental Health, Addictions & Cultural Services: support groups, harm reduction, etc. -Youth Centre -Youth Addictions Support Group -**Mental Health and Addiction Team:** counselling/ treatment, resources, referrals, advocacy		✓	✓
Serpent River First Nation Mental Health Unit	Kanadario (Ontario)	Indigenous Health Services	Serpent River First Nation community	-**Youth Mental Health Counsellor**: provides assessments, referrals, counselling, and education			✓

Table 1. continued part 13

Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
Shkagamik-Kwe Health Centre	Kanadario (Ontario)	Multi-Funded Agency	Indigenous individuals that live in Greater Sudbury, Ontario or reside on Henvey Inlet First Nation, Magnetawan First Nation, or Wahnapitae First Nation	-**Traditional Programs:** youth cultural camps and teachings, youth sharing circles, and youth summer programs			✓
Sioux Lookout First Nations Health Authority	Kanadario (Ontario)	Indigenous Health Services	Children, youth, adults, and families from First Nation communities in Sioux Lookout region	-**Nodin Mental Health Services:** traditional healing, school counselling, and outpatient mental health services			
Southwest Ontario Aboriginal Health Access Centre	Kanadario (Ontario)	Registered Charity	Rural and urban Indigenous communities in London, Windsor, and Owen Sound, Ontario as well as surrounding First Nation communities	-**Mental Health Counselling:** individual counselling, screening and assessment, crisis intervention, referrals, client advocacy and follow-up, and the development of wellness plans -**Sharing Circle:** child/youth and their family, and a 'circle' of health providers that includes a traditional healer, psychiatrist, social worker, and others -Harm Reduction Services -Tele-mental health services	✓	✓	✓
The Indian Friendship Centre	Kanadario (Ontario)	Non-Profit	Indigenous people in the urban community of Sault Ste. Marie	-**Indigenous Mental Health:** traditional culturally based individual services and support group		✓	
The Native Canadian Centre of Toronto	Kanadario (Ontario)	Registered Charity	Indigenous community in Toronto	-**Youth Program:** addresses youth mental health and addictions		✓	
Thunder Bay Indigenous Friendship Centre	Kanadario (Ontario)	Non-Profit	Indigenous community of Thunder Bay	-**Youth life promotion program:** holistic preventative support to increase youth well-being -**The Indigenous Mental Health and Wellness Program (IMHWP):** individual & group support, sharing circles, treatment plans -**Children's Wellness Program:** one-on-one mentoring and crisis intervention -**Wasa-Nabin:** social support, empowerment, and addictions prevention	✓	✓	
Tikinagan Child & Family Services	Kanadario (Ontario)	Non-Profit	First Nations individuals and families in Northwestern Ontario	-**Youth Prevention Program:** Land-based and traditional training, suicide awareness and prevention	✓		

Table 1. continued part 14

Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
Tungasuvvin-gat Inuit	Kanadario (Ontario)	Registered Charity	Inuit people in Ontario	-**Youth In Transition Program:** educational, employment, housing, and mental health support for youth leaving Children's Aid Society -**Youth Life Promotion:** supports youth in connecting with culture and developing healthy life skills -**Day Counselling Program:** community-based counselling services	✓	✓	
United Native Friendship Centre	Kanadario (Ontario)	Non-Profit	Native and non-Native people in the Fort Frances community and surrounding area.	-**Children's Mental Health Program:** peer counselling, intake and assessment, group therapy, traditional ceremonies, cultural events, etc.	✓	✓	
Wabano	Kanadario (Ontario)	Registered Charity	Indigenous community in Ottawa	-Individual and Group Therapy -Art Therapy	✓	✓	
Waasegiizhig Nanaandawe'-iyewigamig	Kanadario (Ontario)	Not Specified	Indigenous community in Kenora or Dryden region	-Counselling, psychotherapy, healing services, etc.	✓		
Wikwemikon Health Centre	Kanadario (Ontario)	Not Specified	Wikwemikong Community	-**Waasa Naabin Community Youth Services Centre:** mental health awareness and supports -**Nadmadwin Mental Health:** individual counselling and community training on mental health and addiction issues		✓	✓
Aaschihkuwaat-aauch-ACCESS Open Minds, Cree Nation of Mistissini	Quebec	Non-Profit	Cree First Nation community in Mistissini	-**Youth Mental Health Services:** psychological support, art therapy, family therapy			✓
Cree Board of Health and Social Services of James Bay	Quebec	Indigenous Health Services	The 9 communities of the Cree Nation of Eeyou Istchee	-**Youth Healing Services:** support for at risk youth through safety, security, and treatment -**Healthy Eeyou Youth Program:** traditional healing youth services			✓
Inshiyuu Miyuupimat-isiuun (Chisasibi Wellness)	Quebec	Non-Profit	The Chisasibi community	-**Uschinnichissu Services:** youth clinic and youth outreach programs (healthy lifestyles violence, suicide prevention, etc.)		✓	✓
Maniwaki Native Friendship Centre	Quebec	Non-Profit	Aboriginal families living or passing through the region of Maniwaki	-**Youth Support:** social & cultural support, psychotherapy, prevention, empowerment		✓	
Native Montreal	Quebec	Non-Profit	Indigenous families, individuals, and community living in the greater Montreal area	-**Youth Wellness Program:** youth supported by youth navigators through holistic mental health support & referrals to therapists	✓	✓	

Table 1. continued part 15

Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
Saqijug-ACCESS Open Minds Puvirnituq	Quebec	Non-Profit	Indigenous youth in Puvirnituq	-**Land-based activities:** hunting and survival skills building -Cultural activities -Support groups	✓	✓	✓
Val-d'Or Native Friendship Centre	Quebec	Non-Profit	Aboriginal people in Val-d'Or	-**Psychosocial Intervention services:** culturally relevant mental health support		✓	
Walgwan Centre	Quebec	Non-Profit	First Nations and Inuit youth	-**Walgwan Center:** holistic healing youth treatment center	✓	✓	
ACCESS Open Minds-Elsipogtog First Nation	New Brunswick	Non-Profit	Indigenous youth in Elsipogtog	-**Youth Mental Health Outreach Program:** counselling, cultural activities, safe spaces, etc.			✓
Elsipogtog Health and Wellness Centre	New Brunswick	Non-Profit	Migmag First Nation people	-Child, Adolescent, and Adult Services -Assessment, mental health awareness, and stress management -Traditional Elder support		✓	✓
Neqotkuk Health Services	New Brunswick	Not Specified	The Wolastoqewiyk people at Neqotkuk	-**Mental Health Counseling:** psychotherapy to children and adolescents, developmental counseling, grief counseling, stress debriefing, etc. -**Youth Suicide Prevention Program:** reduce risk factors and promote protective factors through suicide prevention training -**It's Not Your Fault Program:** explores why abuse and neglect occur and where youth can go for help -**Aboriginal Shield Program:** provides substance abuse prevention and enhances cultural connection			✓
Charles J. Andrew Youth & Family Treatment Centre	Newfound-land and Labrador	Not Specified	Innu, Inuit, and First Nations youth and families from Atlantic Canada and across Canada	-**Outreach Program:** day program and counselling services for youth and families -**Clinical Program:** individual and family assessments and counseling, referrals, etc. -**Land-Based Program:** learning skills such as hunting, canoeing, preparing traditional food, spiritual rituals, and respect for the land	✓	✓	
First Light St. John's Friendship Centre	Newfound-land and Labrador	Non-Profit	Urban Indigenous and non-Indigenous community members	-**Youth Program:** focuses on physical, emotional, mental, and spiritual well-being through cultural activities -**First Light Youth Program:** promotes a healthy, positive lifestyle through cultural needs of youth	✓		

Table 1. continued part 16

Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
Eskasoni Mental Health Services	Mi'kma'ki (Nova Scotia)	Non-Profit	Mi'kmaw First Nations community of Eskasoni	-**ACCESS Open Minds Youth Space:** individual and group therapeutic interventions, youth educational sessions, art therapy, psychoeducational assessments, hormone readiness assessments, etc. -**Youth Clinical and Therapeutic Programs:** clinical services, social/life skills, sports/cultural activities, youth advocacy, culture camps, etc.			✓
Mi'kmaw Native Friendship Society - Wije'winen Health Centre	Mi'kma'ki (Nova Scotia)	Non-Profit	Urban Indigenous community in Halifax Regional Municipality	-Mental health and addictions treatment		✓	
Native Council of Nova Scotia	Mi'kma'ki (Nova Scotia)	Self-governing authority	The Mi'kmaq/ Aboriginal Peoples of Nova Scotia (residing off-reserve)	-**Aboriginal Youth Outreach Program:** crisis management, referrals, mentoring, drop-in, programs and workshops			
Native Alcohol and Drug Abuse Counselling Association	Mi'kma'ki (Nova Scotia)	Non-Profit	Mi'kmaw First Nations communities	-**Peer Counselors:** encourage youth to avoid alcohol and drugs -**Educational Youth Program:** school workshops regarding drug abuse -**Counselling:** individual counselling and referral services		✓	
Kwanlin Dün First Nation's Natsékhi Kų Health Centre	Yu-kun-ah (Yukon)	Indigenous Health Services	Yukon First Nations families and relatives	-**The Spiritual and Mental Wellness Unit:** culturally appropriate counselling services -**Outreach services:** health care, support, and programming, and advocacy for equal those inadequately housed	✓		✓
ACCESS Open Minds-Ulukhaktok	Northwest Territories	Non-Profit	Ulukhaktok Indigenous youth	-Culturally appropriate youth mental health services -Cultural and on the land activities -Mental health and wellness education	✓	✓	✓
Arctic Indigenous Wellness Foundation	Northwest Territories	Non-Profit	Northern Indigenous individuals	-Mental Wellness for Indigenous Boys and Men- Movember: increase resilience and reduce suicide rates in vulnerable boys and men through traditional knowledge and healing principles	✓		
Gwich'in Tribal Council	Northwest Territories	Non-Profit	Gwich'in community members	-On the land healing -Youth Wellness Programming	✓		✓

Table 1. continued 17

Program Name	Province or Territory	Type of Program	Population Served	Mental Health and Wellness Services Provided	Land-Based Program	Community member (without formal professional training) deployed	On-Reserve
Inuvialuit Regional Corporation: Health and Wellness Division	Northwest Territories	Regional Corporation	The Inuvialuit Settlement Region (ISR) communities: Aklavik, Inuvik, Paulatuk, Sachs Harbour, Tuktoyaktuk and Ulukhaktok	-**Youth Initiatives:** school programming on mental health and suicide prevention. - Brighter Futures: improve physical, mental, and social well-being of Indigenous children, and families	✓	✓	✓
Soaring Eagle Friendship Centre	Northwest Territories	Non-Profit	People of Hay River	-Counselling and support services for Residential School Trauma -**Youth Centre:** activities available to increase self-esteem -Summer Cultural Camp	✓	✓	✓
Yellowknives Dene First Nation Wellness Department	Northwest Territories	Non-Profit	Weledeh Yellowknives Dene community	-**Wellness Department:** assessments, counselling, case management, crisis intervention, referrals, relapse prevention, home visits, sharing circle, support groups, presentations, workshops, etc.	✓		
Akausisarvik Mental Health Treatment Centre	Nunavut	Government	Inuit community in Nunavut	-**Youth Wellness Team:** wellness counsellors offering drop-in counselling and programming			
Inuusirvik Community Wellness Hub	Nunavut	Non-Profit	Children and families living in Nunavut (Nunavummiut)	-Land-based programs, suicide prevention and Inuit counselling services	✓		
Embrace Life Council	Nunavut	Non-Profit	Inuit community in Nunavut	-**Youth Programs:** youth jewelry making workshop, self-care box projects, youth sewing classes -**Self-care and Creative Alternative to Drugs and Alcohol program:** after school program focused on self-care and healthy coping mechanisms -Youth Canadian Firearm Safety Course			✓
Iqlauit Mental Health	Nunavut	Government	Inuit community in Nunavut	-Psychologists and mental health professionals available via telehealth			
Nunavut Department of Health and SickKids Hospital	Nunavut	Government/ Academic	Inuit community in Nunavut	-TeleLink Mental Health Program: psychiatric services via telehealth			

Note. Information presented in this table is up to date as of December 10th, 2023

Table 2. Mission Statements of Included Programs (102 programs out of 117 programs provided these)

Program Name	Program's Mission	Type of Statement Listed on Website
Abbotsford Child and Youth Committee	"The Abbotsford Child and Youth Committee encourages networking, service collaboration, leadership, and advocacy to promote the well-being of children, youth, and families in the community of Abbotsford."	Mission Statement
Canim Lake Band Organization	"The Canim Lake Band community will ensure the social and holistic well-being of its members by: -Encouraging and supporting the pursuit of culturally relevant, active, and healthy lifestyles. -Encouraging independence through education. -Building partnerships and promoting business opportunities. -Providing quality services. -Preserving the land for future generations."	Mission Statement
Cariboo Friendship Society	Not Available on Website	Not Available on Website
Carrier Sekani Family Services	"With the guidance of our elders, Carrier Sekani Family Services is committed to the healing and empowerment of First Nations Families by taking direct responsibility for: health, social, and legal services for First Nations people residing in Carrier and Sekani territory"."	Mission Statement
Denisiqi Services Society	"Denisiqi Services Society is based on the philosophy of families helping each other within the community. We as Aboriginal people are responsible for our future, and that means it is important for our children to have a safe, caring, and loving environment."	Statement of Purpose
Fraser Region Aboriginal Friendship Centre	"Foster the health and well-being of urban Indigenous people in the Fraser Salish Region by providing culturally relevant services, support, and advocacy."	Mission Statement
Fort Nelson Aboriginal Friendship Society	"Our mandate is to provide services to all people, promoting unity and health in the rural and urban areas in a collaborative effort to address the needs of Aboriginal and non-Aboriginal people."	Goal Statement
Hiiye'yu Lelum (House of Friendship) Society	Not Available on Website	Not Available on Website
Huli'tun Health Society	"Our Mission is to provide holistic health services by weaving traditional and modern health practices to empower and support healthy lifestyles."	Mission Statement
Kermode Friendship Society	"Our commitment is to encourage self-sufficiency, respect of individuality and to promote cultural diversity amongst all residents of this area."	Mission Statement
Ki-Low-Na Friendship Society	"The Ki-Low-Na Friendship Society will provide for the mental, emotional, physical and spiritual well-being of all peoples through the development of community-based services, while encouraging the community to preserve, share and promote Aboriginal cultural distinctiveness."	Mission Statement
Lake Babine Nation Wellness Team	"Lake Babine Nation Chief and Council, through good governance, will ensure all members a healthy, traditional, and prosperous future."	Mission Statement
Nawican Friendship Centre	"To promote friendship and understanding between all citizens of the South Peace River District. To provide counselling, information, guidance, recreational, and educational programming for the comfort and betterment of Dawson Creek and area. To encourage greater participation of people of Indigenous origin in community affairs and activities with a goal of strengthening mutual understanding. To encourage and promote community development."	Mission Statement
Nenqayni Wellness Centre Society	"To provide holistic healing to First Nations and Inuit youth, families, and communities in a safe and secure environment."	Mission Statement
North Wind Wellness Centre Society	"North Wind Wellness Centre implements a Bio-Psycho-Social affective-based treatment program to help participants heal from the heart. The program provides comprehensive addictions' treatment for alcohol, drugs, prescription medication, sex, compulsive gambling, process and cross-addictions between the above."	Goal Statement
Okanagan Nation Alliance	"Reclaiming and restoring Syilx ways of being and knowing (world view) through the development of holistic wellness programs and services grounded in a Syilx-centered framework."	Mission Statement

Table 2. continued part 2

Program Name	Program's Mission	Type of Statement Listed on Website
Prince George Native Friendship Centre	"The Prince George Native Friendship Centre is a non-profit, non-sectarian organization dedicated to servicing the needs of Aboriginal people residing in the urban area and improving the quality of life in the community as a whole. Fundamental to this is the recognizing the inherent worth of all peoples regardless of race, creed, sexual orientation, or culture and to promote this view in the community at large"	Vision Statement
Scw'exmx Child & Family Services Society	"We are all somebody's 7th generation. We are committed to work with our communities and Relations to create necessary change to ensure children currently in care have the advocates they deserve and seven generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy."	Mission Statement
Southern Stl'atl'imx Health Society	"The Southern Stl'atl'imx communities will honour the health of The People by working together to deliver holistic health services."	Vision Statement
St'at'imc Outreach Health Services	"The St'at'imc Outreach Health Services (SOHS) works collaboratively with Northern St'át'imc communities, partners in health, and other agencies in the Northern St'át'imc Territory to plan, communicate, advocate, and deliver shared professional health care services."	Goal Statement
Stó:lō Service Agency (SSA)	"We empower, support and contribute to the health and well-being of all people by providing leadership and delivering a broad range of quality services."	Mission Statement
Three Corners Health Services Society	"To holistically address the health care needs of our Secwepemc community members by incorporating traditional and contemporary practices."	Mission Statement
Tillicum Lelum Aboriginal Friendship Centre	"Tillicum Lelum Aboriginal Friendship Centre strives to improve the quality of life for Aboriginal people living in an urban environment. Our Friendship Centre uses Aboriginal teachings as a guideline in our work as Helpers. Our goal is to provide services which are holistic in nature and address the physical, mental, emotional and spiritual well-being of not only our clients, but also our employees."	Goal Statement
Urban Native Youth Association	"Our goal is to be a safe place for Indigenous youth to come and find out about programs and services at UNYA and in the broader community. UNYA strives to support Indigenous youth by providing a diverse continuum of advocacy, preventative and support services that respond to their immediate and long-term needs."	Mission Statement
Victoria Native Friendship Centre	"To encourage and promote the well-being of Urban Aboriginal People, by strengthening individuals, family, and community."	Organization's Mandate
Westbank First Nation	Not Available on Website	Not Available on Website
Bent Arrow Traditional Healing Society	"The Society is committed to building upon the strengths of Aboriginal Children, youth and families to enable them to grow spiritually, emotionally, physically and mentally so that they can walk proudly in both Aboriginal and non-Aboriginal communities. "	Mission Statement
Creating Hope Society of Alberta	"Our mission is to build on our strengths to create hope for the future for Aboriginal people impacted by the Child Welfare system, through healing processes, support, reconciliation and sharing what we have learned with each other."	Mission Statement
Edson Friendship Centre	"A community where differences are embraced, and all people thrive"	Vision Statement
Grande Prairie Friendship Centre	"Working with partners and community agencies, the Grande Prairie Friendship Centre will provide leadership and opportunities that will improve the wellbeing and self-reliance of urban Indigenous people, and the community as a whole."	Mission Statement
Kainaiwa Children's Services Corporation	"Through Holistic Programming, based on Traditional Values as outlined in the Declaration of Elders, Kainaysiinin, Kainaiwa Children's Services works with the children and families in need of support and protection to become positive, healthy contributing members of our community."	Mission Statement

Table 2. continued part 3

Program Name	Program's Mission	Type of Statement Listed on Website
Native Counselling Services of Alberta	"Native Counselling Services of Alberta's Mission is to promote the resilience of the Indigenous individual and family, through programs and services that are grounded in reclaiming our interconnectedness, reconciliation of relationships and self-determination."	Mission Statement
Nunee Health Board Society	"Dedicated to providing health services to Fort Chipewyan residents"	Goal Statement
Pee Kis Kwe Tan "Let's Talk" Society	Not Available on Website	Not Available on Website
ACCESS Open Minds- Sturgeon Lake First Nation	Not Available on Website	Not Available on Website
Battleford Indian and Metis Friendship Centre	Not Available on Website	Not Available on Website
Battle River Treaty 6 Health Centre	"Our purpose is to provide community-based health services to promote, support, and encourage the physical, mental, social and spiritual health of the people living on Little Pine, Lucky Man, Mosquito, Moosomin, Sweetgrass and Poundmaker."	Statement of Purpose
Fond Du Lac Denesuline First Nations Health Services	"My mission, as a volunteer and the Chair of the Board of Trustees is to manage the Treaty 8 Agricultural Settlement funds, invest the capital prudently and responsibly, and to be a strong steward of the returns for the benefit of this generation and future generations of the Fond du Lac First Nation. I value integrity and transparency while focusing on the best interests of all members of our First Nation, on and off-reserve. As a Board, we will continue to work hard to maximize our investment returns while preserving the initial capital so we can address current and future needs, ensuring our First Nation will be a model for others." - Trust Board Chair Ray Tralnberg	Personal Mission Statement
Saskatoon Indian Metis Friendship Centre	"The mission of the Saskatoon Indian and Métis Friendship Centre is to improve the quality of life for Indigenous people in the city of Saskatoon."	Mission Statement
White Buffalo Treatment Centre	"To empower Indigenous youth and families through culturally-based, holistic treatment and community outreach services."	Mission Statement
Beatrice Wilson Health Centre	"Opaskwayak Health Authority will pursue the development of community wellness, healing and health services and programs incorporating mental, physical, spiritual and emotional well-being while maintaining and respecting traditional/cultural values and beliefs."	Mission Statement
Ginew Wellness Centre	"To promote holistic healing by providing an integrated health care system that will focus on the spiritual, physical, mental, emotional, and social well-being of Roseau River Anishinabe First Nation."	Mission Statement
The Link Youth and Family Supports	"We walk alongside children, youth, adults and families as an inclusive community, strengthening and empowering a sense of belonging, pride and purpose."	Mission Statement
Ma Mawi Wi Chi Itata Centre	"Strengthening children, families and community…investing in our future."	Mission Statement
Project Neecheewam	"Our mission is to provide a 'substitute family' to our children and youth during intervention and treatment within a community context, with the inherent goal of family reunification and a return to a sense of permanency. This will be achieved through: a) Working in harmony with community-based programming and support services including public schools, youth justice, and mental health. b) Recognizing, honouring, and promoting our children's and youth's Indigenous heritage and identity, in both traditional and contemporary ways of life. c) Encouraging and supporting the children and youth we work with in acquiring the knowledge, skills, and confidence to transition into responsible, productive adults."	Mission Statement

Table 2. continued part 4

Program Name	Program's Mission	Type of Statement Listed on Website
Sagkeeng Health Centre	"To deliver high quality comprehensive services to the local and extended community with excellence, compassion, and competence; To manage in a fiscally responsible and transparent manner, which contribute to the physical, psychological, social and spiritual health of the organization's staff and community served."	Mission Statement
Anishnawbe Health Toronto	"To improve, support, and promote the health, well-being, and healing of Aboriginal people in spirit, mind, emotion, and body within a multi-disciplinary health care model."	Mission Statement
Can-Am Indian Friendship Centre	"The Can-Am Indian Friendship Centre is driven by the desire of Indigenous peoples within the areas of Windsor and Essex County to become a self-sufficient, self-determining, self-governing community."	Mission Statement
CHIGAMIK Community Health Centre	"To provide culturally relevant holistic programs and services to equip our communities to achieve optimal health and well-being through awareness, health promotion and illness prevention."	Mission Statement
De dwa da dehs nye>s Aboriginal Health Centre	"To improve the Wellness of Aboriginal individuals and of the Aboriginal community by providing services which respect people as individuals with a distinctive cultural identity and distinctive values and beliefs."	Mission Statement
Dilico Anishinabek Family Care	"Promoting healing and the well-being of the Anishinabek people using an integrated holistic approach in a way that honours values, culture, and traditions"	Mission Statement
Enaahtig Healing Lodge and Learning Centre	"The Enaahtig Healing Lodge and Learning Centre is established to provide opportunities for holistic healing and learning based on the principles of Indigenous culture, to individuals and families in a safe environment in order to foster healthy, balanced communities and nations."	Vision Statement
Fort Erie Native Friendship Centre	Not Available on Website	Not Available on Website
Garden River Wellness Centre	"Our mission at the Garden River First Nation Wellness Centre is to work together to build a healthy First Nation Community and optimize individual Health and Wellness"	Mission Statement
Georgian Bay Friendship Centre	"The Georgian Bay Native Friendship Centre administers programs to the Georgian Bay region in areas such as health, family support, employment and training, education, children and youth initiatives as well as cultural awareness and activities. The Friendship Centre is an organization whose values are built upon mutual respect, trust, open communication and teamwork between its employees, the organization and community. The Georgian Bay Native Friendship Centre is committed to improving the quality of life for indigenous people living in an urban environment by supporting self-determination and encouraging equal access to and participation in society."	Mission Statement
Gizhewaadiziwin Health Access Centre	"The Gizhewaadiziwin Health Access Centre is dedicated to providing equal access to quality health care for all Aboriginal people within the Rainy River District. Our services include culturally appropriate primary health care delivered through our clinic and community outreach services."	Mission Statement
Ininew Friendship Centre	Not Available on Website	Not Available on Website
Inuuqatigiit- Centre for Inuit Children, Youth, and Families	"In partnership with parents and the community the Inuuqatigiit Centre for Inuit Children, Youth and Families fosters strong and proud Inuit children, youth and families."	Mission Statement
Kunuwanimano Child & Family Services	"Our mission is to work collaboratively with our First Nations members to ensure the safety and well-being of children is secured by strengthening, supporting and encouraging the healthy development of families."	Mission Statement

Table 2. continued part 5

Program Name	Program's Mission	Type of Statement Listed on Website
Metis Nation of Ontario	"We, the Métis Nation, are a distinct Nation among the Aboriginal peoples in Canada and as such our Aboriginal and treaty rights are recognized and affirmed under Section 35 of the Constitution Act, 1982. We, the Métis Nation, have the inherent right of self-determination and self-government; We, the Métis who live within the Métis Homelands of Ontario, desiring to bind our people together to collectively promote our common cultural, social, political, and economic well-being, have founded the Métis Nation of Ontario, to be our representative body with the following aims and objectives: - [..] to provide care and support necessary to meet the fundamental needs of the citizens of the Métis Nation; - to promote the improved health and wellness of the individual, the family and the whole Métis community; - to establish effective means of communication for the Métis Nation; - to promote the history, values, culture, languages and traditions of the Métis Nation and to create an awareness of our proud heritage [..]- to protect and preserve the land and waters within our homelands for future generations."	Statement of Purpose
Misiway Milopemahtesewin Community Health Centre	"Misiway Milopemahtesewin Community Health Centre promotes Indigenous values and healing practices which include both Traditional and Western approaches to care. Our approach integrates spiritual, physical, mental and emotional needs which are core qualities within the four directions of the Medicine Wheel."	Statement of Purpose
N'Amerind (London) Friendship Centre	"The N'Amerind Friendship Centre is a non-profit organization committed to the promotion of physical, intellectual, emotional and spiritual well-being of native people and in particular, urban native people."	Mission Statement
Native Child and Family Services of Toronto	"Native Child and Family Services of Toronto strives to provide a life of quality, well-being, caring and healing for children and families in the Toronto Native Community."	Mission Statement
Ne-Chee Friendship Centre	"Ne-Chee Friendship Centre will provide a safe, caring and culturally respectful approach to wholistic health while inspiring a sense of community for all Indigenous People of Kenora."	Mission Statement
Niagara Regional Native Centre	"Aim: To advance, foster, encourage, and promote the cultural and social interests of Aboriginal peoples, both collectively and individually. To organize projects and carry out programs to alleviate and minimize, wherever possible, adverse social and economic conditions encountered by Aboriginal people in order to effect a general improvement in their overall welfare and well-being. To promote native leadership in the native community."	Mission Statement
Nipissing First Nation	"Our mission is to continue to protect our Nation's inherent rights and to empower the membership of Nipissing First Nation to work together in a positive, progressive manner to improve well-being and quality of life, to be socially and economically independent, culturally strong, and self-governing."	Mission Statement
Niijkiwendidaa Anishnaabekwewag Services Circle	"NASC is dedicated to the development and delivery of healing services for Anishnaabekwewag (Indigenous women) and their families who have experienced violence or are at risk of experiencing violence. Therapeutic healing work is conducted through the use of Anishnaabe practices, blended with community-centered and client-centered methods of healing."	Statement of Purpose
Nishnawbe-Gamik Friendship Centre	"Nishnawbe-Gamik Friendship Centre is to provide a meeting and sharing place, a centre for people of Aboriginal ancestry and others where they can feel at ease in a friendly atmosphere, develop mutual understanding and appreciate and discuss common concerns. To provide a communication centre for the exchange of ideas, information and opinions. To provide a centre for recreational and educational activities and programs for the advancement of native language and culture for visitors and residents of Sioux Lookout."	Mission Statement

Table 2. continued part 6

Program Name	Program's Mission	Type of Statement Listed on Website
North Bay Indigenous Friendship Centre	"The mission of the North Bay Indigenous Friendship Centre is to improve the quality of life for First Nation, Metis, and Inuit people in the urban environment of North Bay by supporting self-determined activities which encourage equal access and participation in society and which respects Aboriginal culture distinctiveness. The North Bay Indigenous Friendship Centre provides a wide array of programs and services to support Aboriginal people of all ages. An important part of our mandate is to serve as a gathering place for Aboriginal and Non-Aboriginal people. The Centre is a place where Aboriginal culture is celebrated, friendships are made, knowledge and skills are shared and good times are enjoyed."	Mission Statement
Noojmowin Teg Health Centre	"To support and nourish Mino Bimaadziwin (Good life) led by our Anishinabek healing practices, by braiding our wholistic health care services together within our organization and with our partners and community-based programs/services. "	Mission Statement
N'Swakamok Native Friendship Centre	"N'Swakamok Native Friendship Centre is committed to preserving language and culture, enhancing quality of life and empowering family and community by providing supports, services, and partnerships for the Native community in an urban setting"	Vision Statement
Ontario Native Women's Association	"At the Ontario Native Women's Association (ONWA), we celebrate and honour the safety and healing of Indigenous Women and Girls as they take up their leadership roles in the family, community, provincially, nationally, and internationally for generations to come."	Vision Statement
Parry Sound Friendship Centre	"Friendship Centres are not-for-profit corporations that are mandated to serve the needs of urban Indigenous people by providing culturally appropriate services in urban communities"	Mission Statement
Red Lake Indian Friendship Centre	"To ensure that a community directed organization is working to improve the quality of life for Red Lake's First Peoples and their descendants by promoting traditional values such as unity, sharing, respect, honesty, caring and spirituality through social, recreational and cultural activities."	Mission Statement
Sagamok Anishnawbek	"Sagamok Naandwedjige-Gamik anticipates and responds to the health and social needs of the community; cultivates and nurtures the desire to take control of personal health and social wellbeing; stimulates and enriches the quality of life in the community by providing holistic education and awareness, intervention and treatment programs and services"	Statement of Purpose
Serpent River First Nation Mental Health Unit	"A self-sufficient people within a community of caring and compassionate families."	Statement of Purpose
Shkagamik-Kwe Health Centre	"The Shkagamik-Kwe Health Centre's main purpose is to create and deliver services that will prevent ill health, treat illness and provide ongoing support and aftercare. Services will be offered in a culturally safe way that welcomes, accepts and represents all Aboriginal peoples, utilizing an approach that combines Western and Traditional practices."	Organization's Mandate
Sioux Lookout First Nations Health Authority	"SLFNHA wishes to contribute to achieving the vision of health and individual, family and community well-being by working in partnership with all jurisdictions in the Anishinabe Health System to provide excellence in population health promotion and system organization."	Vision Statement
Southwest Ontario Aboriginal Health Access Centre	"To empower Indigenous families and individuals to live a balanced state of well-being by sharing and promoting wholistic health practices."	Mission Statement
The Indian Friendship Centre	"The Indian Friendship Centre in Sault Ste. Marie is guided by the teachings given by the Creator to the Indigenous People. Theses teachings will unite us in harmony as we build a strong, proud community for seven generations."	Mission Statement
The Native Canadian Centre of Toronto	"We empower the Indigenous community in Toronto by providing programs that support their spiritual, emotional, physical and mental well-being."	Mission Statement
Thunder Bay Indigenous Friendship Centre	"Rooted in culture, the Thunder Bay Indigenous Friendship Centre strengthens the lives of Indigenous people by providing holistic supports, services and advocacy."	Mission Statement

Table 2. continued part 7

Program Name	Program's Mission	Type of Statement Listed on Website
Tikinagan Child & Family Services	"The Creator entrusted First Nations with the sacred responsibility of protecting our children and developing strong families and healthy communities. The Chiefs created Tikinagan to support and strengthen our children, our families, and our communities. The future of our communities is our children. They need to be nurtured within their families and communities. As such, community responsibility for child protection is an essential aspect of First Nations' self-government."	Vision Statement
Tungasuvvingat Inuit	"Our mandate is to assist Inuit adjust to southern urban culture and provide support every step of the way."	Statement of Purpose
United Native Friendship Centre	"In recognition of the ever-changing world in which we live, the United Native Friendship Centre is dedicated to enhancing the lives of Native and non-Native people in our community and surrounding area. Its primary responsibility is to serve Aboriginal people with special services in the fields of social, educational and cultural development while, at the same time, building a bridge of understanding between Native and non-Native people."	Mission Statement
Wabano	"More than a health centre, Wabano is a proud Indigenous organization dedicated to helping Indigenous people live the good life."	Vision Statement
Waasegiizhig Nanaandawe'iyewigamig	"Our purpose is to foster healthy Anishinaabeg and communities through traditional and contemporary health care encompassing mind, body, heart, and spirit."	Mission Statement
Wikwemikon Health Centre	"Wholistic well-being of the community. To provide access of all opportunities of traditional and western health care to the community."	Mission Statement
Aaschihkuwaataauch- ACCESS Open Minds, Cree Nation of Mistissini	Not Available on Website	Not Available on Website
Cree Board of Health and Social Services of James Bay	"In partnership with the Government of Québec, the Cree Board of Health and Social Services of James Bay provides health and social services to the 9 communities of the Cree nation of Eeyou Istchee. Founded in 1978, the Cree Board of Health and Social Services of James Bay (CBHSSJB) is responsible for the administration of health and social services for all persons residing permanently or temporarily in Region 18, the administrative region of the Ministry of Health and Social Services of Quebec corresponding to the Cree territory of James Bay. Our mandate is defined in Chapter S-5—An Act respecting health services and social services for Cree Native persons. "	Mission Statement
Inshiyuu Miyuupimatisiuun (Chisasibi Wellness)	"The Chisasibi mission is to develop and implement services and activities that promote wellness and improve the quality of life for Chisasibi's population specifically, and support, more globally, regional Cree wellness by promoting Cree culture and language "	Mission Statement
Maniwaki Native Friendship Centre	"The Maniwaki Native Friendship Centre strives to improve the quality of life of urban aboriginals by providing support services, advocacy, information and referrals on programs and services developed for aboriginal families living or passing through the region of Maniwaki."	Mission Statement
Native Montreal	"Our mission is to support the holistic health, cultural strength and success of Indigenous families, individuals and our community living in the greater Montreal area."	Mission Statement
Saqijug- ACCESS Open Minds Puvirnituq	Not Available on Website	Not Available on Website
Val-d'Or Native Friendship Centre	"The Val-d'Or Native Friendship Centre is a hub of urban services, a living environment and a cultural anchor for the First Peoples, dedicated to the well-being, justice and social inclusion, it promotes harmonious coexistence in the community."	Mission Statement
Walgwan Centre	"With full respect for the dignity and value of each person, the Center provides a safe environment to each First nations and Inuit Youth with a personally centered, holistic and culturally appropriate transition to their own path to well-being and a healthy life."	Mission Statement

Table 2. continued part 8

Program Name	Program's Mission	Type of Statement Listed on Website
ACCESS Open Minds-Elsipogtog First Nation	Not Available on Website	Not Available on Website
Elsipogtog Health and Wellness Centre	"We believe in the promotion and provision of holistic health and wellness services, responsive to our community's needs to affirm confidence, pride and self-responsibility."	Organization's Mandate
Neqotkuk Health Services	"The mission of the Neqotkuk Health Programs and Services is to provide quality care and raise awareness of health issues, while promoting holistic health and safety for the community of Neqotkuk."	Mission Statement
Charles J. Andrew Youth & Family Treatment Centre	"Our mission is to empower Aboriginal families through the provision of a Holistic Healing Program. The program will be strongly influenced by traditional Aboriginal values, beliefs and practices through spirituality and a reconnection to the Land. These values, beliefs and practices will be key components in nurturing and building self-confidence and developing skills among youth and families to help them reach their full potential as community members."	Mission Statement
First Light St. John's Friendship Centre	"Our mission is to serve the urban Indigenous and non-Indigenous community alike by providing programs and services rooted in the revitalization, strengthening, and celebration of Indigenous cultures and languages in the spirit of trust, respect, and friendship."	Mission Statement
Eskasoni Mental Health Services	" Our Mission is to provide high-quality mental health and addiction services, across the lifespan, that are culturally appropriate, community-based, and community-led. We aim to achieve excellence in mental health and addiction service delivery by working as individuals, as a team, and as a community to create healthy people and a healthy community."	Mission Statement
Mi'kmaw Native Friendship Society - Wije'winen Health Centre	"To improve the lives of Indigenous peoples living in an urban environment through social and cultural programming."	Mission Statement
Native Council of Nova Scotia	"Our goal is to operate and administer a strong and effective Aboriginal Peoples Representative Organization that serves, advocates and represents our community."	Goal Statement
Native Alcohol and Drug Abuse Counselling Association	"Our vision is to provide our First Nations communities with current best practices and community based culturally relevant programs delivered by certified addictions counsellors in an accredited facility."	Vision Statement
Kwanlin Dün First Nation's Natsékhi Kų Health Centre	"We seek a future where all citizens have a place to call home, the opportunity to explore their interests in education and have the skills to take advantage of employment and economic development opportunities. We work to empower our citizens so they may have a strong quality of life, the confidence to guide our youth and the compassion to care for our families and Elders"	Vision Statement
ACCESS Open Minds-Ulukhaktok	Not Available on Website	Not Available on Website
Arctic Indigenous Wellness Foundation	"AIWF prides itself on ensuring community-determined priorities are actioned with the community members themselves ("nothing about us without us"). Community-designed interventions delivered by local people ensure programs are reflective of the cultural context of the land. We strive to ensure that we use local skill for both healing and knowledge translation as our peoples are the most knowledgeable of the needs of their communities"	Vision Statement
Gwich'in Tribal Council	"We protect and advance our interests through quality work, collaborative approaches and good governance in order to improve the lives and preserve the culture and language of the Gwich'in."	Mission Statement
Inuvialuit Regional Corporation: Health and Wellness Division	"The mandate of Inuvialuit Regional Corporation (IRC) is to continually improve the economic, social and cultural well-being of the Inuvialuit through the implementation of the Inuvialuit Final Agreement (IFA) and by all other available means."	Organization's Mandate
Soaring Eagle Friendship Centre	"To provide an Aboriginal Culture, Educational & Training Programming Centre for the people of Hay River."	Mission Statement

Table 2. continued part 9

Program Name	Program's Mission	Type of Statement Listed on Website
Yellowknives Dene First Nation Wellness Department	"The YKDFN Wellness Division provides efficient, holistic wellness programs and services to empower members to make healthy choices and opportunities As Long as the Sun Rises, River Flows and Grass Grows."	Mission Statement
Akausisarvik Mental Health Treatment Centre	Not Available on Website	Not Available on Website
Inuusirvik Community Wellness Hub	Not Available on Website	Not Available on Website
Embrace Life Council	"We affirm and continue to work toward the vision of the Nunavut Suicide Prevention Strategy, which states that: Inuit are not predisposed by virtue of ethnicity to be at a higher risk of suicide than non-Inuit. Grounded in and encouraged by this truth, the Partners envision a Nunavut in which suicide is de-normalized, where the rate of suicide is the same as the rate for Canada as a whole—or lower. This will be a Nunavut in which children and youth grow up in a safer and more nurturing environment, and in which people are able to live healthy, productive lives because they have the skills needed to overcome challenges, make positive choices, and enter constructive relationships. This will also be a Nunavut in which families, communities, and governments work together to provide a wide-reaching and culturally appropriate range of services for those in need. A diverse group of stakeholders must be mobilized to achieve this vision. Every person and organization in Nunavut can have a role in preventing suicide, and in building a healthy community. Once mobilized, these individuals and groups can all contribute meaningfully to the achievement of this common vision."	Vision Statement
Iqlauit Mental Health	Not Available on Website	Not Available on Website
Nunavut Department of Health	"Our Mission is to enhance the well-being and self-reliance of Nunavummiut through integrated and innovative services."	Mission Statement