

## Aboriginal Counselling Services Information Sheet

There are a number of counselling and mental health services available:

**Ktunaxa Nation Social Sector** are able to support people in entering detox, recovery, and/or treatment and assist people in accessing mental health services. We also have contracted counsellors available and work to match individuals with appropriate counsellors. To access counselling services please complete the counselling intake form <http://www.ktunaxa.org/wp-content/uploads/Counselling-Intake-Form-2.pdf> Or contact Racheal Nicholas (Clinical Practice & Urban Services Advisor) at [rnicholas@ktunaxa.org](mailto:rnicholas@ktunaxa.org) or 250-421-8906.

The Mary Basil Recovery Program intake can be found here <http://www.ktunaxa.org/wp-content/uploads/2018-MBRH-Intake.pdf>

**Ktunaxa Nation Health Clinic Team** – Can also support individuals struggling with addictions and/or mental health in accessing appropriate services. They also have a copy of the Ktunaxa Nation Counselling Intake form. They are located at on facebook @KtunaxaNationHealth and are located at 220 Cranbrook St N . Phone: 250-420-2700

**Ktunaxa Kinbasket Child & Family Services** Counselling Services are also available through by calling 250-489-4563

### **Status Members**

If you or anyone in your family has been impacted by residential schools and/or 60's scoop there are a list of clinicians who are approved to provide counselling services and able to directly bill First Nations Health Authority (FNHA).

<http://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf>

### **Online Options**

Wild Lotus Counselling is also able to bill direct to First Nation's Health Authority. Although not located locally, offers e-mail, skype, phone or text counselling. More info is available at [www.wildlotuscounselling.ca](http://www.wildlotuscounselling.ca) or by contacting via e-mail [Amanda@wildlotuscounselling.ca](mailto:Amanda@wildlotuscounselling.ca) or phone: 250-294-7798.

### **On Reserve**

Please contact your Band Drug & Alcohol worker and/or Social Development worker for services available in community. You are also able to access any of the services listed under Status Members, Off Reserve, or Crisis/Suicide Intervention headings.

### Off Reserve/Other Counselling Options

These resources are not Aboriginal Specific, but are available to those in need of counselling support:

**Crisis/Suicide Intervention-** If you or someone you know is having thoughts of suicide, call 1-800-784-2433 (1-800-SUICIDE) or 1-888-353-2273 (1-888-353-CARE)

If you or someone you know is requiring mental health support call 310-6789

If you or someone you know is at immediate risk of suicide, hurting themselves or others please call 911.

**East Kootenay Addiction Services:** The people that make up East Kootenay Addiction Services have a passion for helping to transform the lives of those affected by addictions. Their team is located in 6 offices throughout the East Kootenay region in Fernie, Golden, Invermere, Creston, Cranbrook and Kimberley.

Website: <http://www.ekass.com/contact-us> or phone: 1.877.489.4344

**Employee and Family Benefits Program:** Please refer to your benefits package or contact your employer/HR department for further details.

**Cranbrook Mental Health Services** – Provide many services including intakes and screenings, adult community support, adult short-term assessment and treatment, community residential programs, geriatric programs, crisis intervention, day and outpatient programs, addictions counselling, concurrent disorders services, group therapy, peer support, and after-hours mental health support. Drop-ins available as well.

Located at 20 - 23rd Avenue South      Phone 250-420-2210

**Canadian Mental Health Association** – Have a variety of programs including Bounce Back (for those with depression), Confident Parents:Thriving Kids, Living Life to the Full, as well as supports for women experiencing violence or abuse, families caring for family who are struggling, Youth supports, affordable housing options, and crisis intervention.

Website: <https://kootenays.cmha.bc.ca/programs-and-services/> or phone 250-426-5222

**Summit Community Services Society in Cranbrook/Kimberley:** Provide a free men's support group, free woman's counselling along with community & police based victim service programs.

Website <https://www.summitfamily.ca/adult-support-and-services> or phone 250-489-3114 ext 249

\*\*\*This list is a working document. More resources will be added and updated \*\*\*