

Indigenous-Specific Supports (SON Territory)

<p>M'Wikwedong Indigenous Friendship Centre M'Wikwedong is an urban Indigenous friendship center offering programming and activities that cover a variety of ages, including prenatal care, infants, children, pre-teens, and elders.</p>	<p>519-371-1147 https://mwikwedong.com/</p>
<p>Southwest Ontario Aboriginal Health Access Centre (SOAHAC) The Southwest Ontario Aboriginal Health Access Centre's (SOAHAC) purpose is to improve access to, and the quality of, health services for First Nations, Inuit and Métis peoples in the spirit of partnership, mutual respect and sharing.</p>	<p>519-376-5508 or 1-844-737-0725 https://www.soahac.on.ca/about-soahac/about-soahac</p>
<p>Mino Bimaadsawin Health Centre Saugeen First Nation</p>	<p>519-797-5885 https://saugeenfirstnation.ca/services/mino-bimadsawin-health-center/</p>
<p>Noojimo Health Services An Indigenous owned and operated mental health support organization offering virtual services.</p>	<p>1-833-277-5678 https://noojimohealth.ca/</p>
<p>Chippewas of Nawash Health Centre The Nawash Health Centre promotes healthy lifestyles that strive to reflect the spirit of Neyaashiinigiing. The services of the Health Centre are available to all Chippewas of Nawash residents and band membership.</p>	<p>519-534-0373 http://www.nawash.ca/health-services</p>
<p>Urgent Care Ontario Virtual Urgent Care (VUC) in Ontario is a program that provides urgent medical care to people who can't see their family doctor or don't have one.</p>	<p>https://www.urgentcareontario.ca/</p>
<p>Indigenous Hope for Wellness Help Line Whether you prefer to talk to someone on the phone or online, we're here to support you anytime.</p>	<p>1-855-242-3310 or go to website to chat https://www.hopeforwellness.ca/</p>

National Indian Residential School Crisis Line	1-866-925-4419 (24/7)
Native Women’s Association C’s Team of In-House Elders Supporting and building resiliency.	1-888-664-7808 Monday – Friday 9–11am and 1–3pm 24/7
Talk4Healing Culturally sensitive counselling, advice and support to Indigenous women in Ojibway, OjiCree, Cree, English, and French.	1-855-554-4325 (24/7) https://www.beendigen.com/programs/talk4healing/
Native Youth Crisis Hotline A phone line for Indigenous children and youth under 18 yrs.	1-877-209-1266 24/7 https://students.carleton.ca/services/native-youth-crisis-hotline/
Kids Help Phone (Support for First Nations, Inuit and Metis)	Text 686868 for young people and 741741 for adults (Kids Help Phone: 1-800-668-6868) https://kidshelpphone.ca/get-info/first-nations-inuit-and-metis
Aakode’ewin Courage for Change Program Supporting Indigenous women and girls affected by human trafficking	1-800-667-0816