



Health Santé
Canada Canada

First Nations and Inuit Health Branch, Alberta Region
Suite 730, 9700 Jasper Avenue
Edmonton, Alberta T5J 4C3

September 23, 2016

RE: Immediate Support for Indigenous Mental Wellness

Dear Partners in Health:

On June 13, 2016 Prime Minister Trudeau announced immediate support for [Indigenous mental wellness](#). Further to that announcement, I am pleased to provide details on the launch of the First Nations and Inuit **Hope for Wellness Help Line**. The launch of this new national help line will further compliment other measures over the next three years.

The Hope for Wellness Help Line is to provide immediate culturally competent telephone-based crisis intervention counselling to First Nations and Inuit young people and adults experiencing distress. Help Line calls will be answered by experienced crisis intervention counsellors, and service will be available in English and French. Callers may also ask about the availability of service in Cree, Ojibway and Inuktitut.

Callers can access the Help Line 24/7 effective immediately. The toll-free phone number for the line is **1-855-242-3310**.

Communication campaigns are being developed nationally with the AFN and ITK to encourage individuals in crisis to access this new Help Line. I encourage you all to further promote its use in your communities.

Sincerely,

Jocelyn Andrews
Regional Executive Officer
First Nations and Inuit Health Branch, Alberta Region

cc. Chiefs of Alberta
Health Directors
Health Co-Management
Jim Sisson, Regional Director General, Indigenous and Northern Affairs Canada
Dr. Carl Amrhein, Deputy Minister, Alberta Health
Donavon Young, Deputy Minister, Alberta Indigenous Relations
Gloria Iatridis, Assistant Deputy Minister, Human Services, Government of Alberta