**Mental Health Resources**

* [Noojimo Health | Better Indigenous Mental Health Starts Here](https://noojimohealth.ca/)
  + Personal, Group, and Family Counselling
  + Employee and Family Health Support
  + Mental wellness education
* [Friendship Centres - OFIFC](https://ofifc.org/friendship-centres/)
  + Every Friendship Centre is managed independently from the OFIFC and offers supportive programs and services that are needed in their community, as well as providing a place of acceptance and well-being for Indigenous peoples. As every Friendship Centre is located in a different geographical location, the needs of each community differ as well. The dynamic staff and volunteers from each Friendship Centre provide up to as many as 20+ programs for urban Indigenous people, with services covering the full spectrum of the life cycle.’
* [Atlohsa Family Healing Services](https://atlohsa.com/)
  + Southwestern Ontario
  + Atlohsa Family Healing Services is a non-profit, charitable organization in southwestern Ontario, dedicated to providing women, men and children and youth the tools, teachings and resources supporting the journey to wellness
* CMHA- [Mental Health and Wellness Services for Indigenous Children and Youth](https://ontario.cmha.ca/documents/mental-health-and-wellness-services-for-indigenous-children-and-youth/)
  + Some students may fall under the youth category and may be able to access these services
  + Additional adult Resources are listed on this page (direct links!)
* [Zagehdowin Information Clearinghouse](http://zicresources.ca/)
  + The Za-geh-do-win Information Clearinghouse researches, collects, catalogues, and distributes resources that provide information and services on health, healing and family violence.
* [Government of Canada- Mental health and wellness in First Nations and Inuit communities](https://www.sac-isc.gc.ca/eng/1576089278958/1576089333975%23chp03)
* List of programs and services:
  + [National Aboriginal Youth Suicide Prevention Strategy (NAYSPS) Program Framework](https://www.sac-isc.gc.ca/eng/1576092066815/1576092115467)
  + [National Native Alcohol and Drug Abuse Program](https://www.sac-isc.gc.ca/eng/1576089851792/1576089910366)
  + [Mental health counselling benefits](https://www.sac-isc.gc.ca/eng/1576441552462/1576441618847)
  + [Indian Residential Schools Mental Health Support Program](https://www.sac-isc.gc.ca/eng/1581971225188/1581971250953)
  + [Jordan's Principle](https://www.canada.ca/en/indigenous-services-canada/services/jordans-principle.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_jordans-principle)