

Indigenous Resources



Hello! We are glad you have connected with FreeMind Therapy - we are here to support you in any way we can. This is a resource list of low-cost/free Indigenous services in BC.

The organizations below are not affiliated with FreeMind Therapy and we do not endorse them, but as a courtesy, we have compiled this list for you! We hope you find them useful.

INDIGENOUS COUNSELLING RESOURCES

FreeMind Therapy - info@freemindtherapy.ca or 604-337-8577

FreeMind has Master level Intern counsellors between September & April, at a low cost and with some pro bono spots. These counsellors have received education on the history of Indigenous people in BC & Canada and are supervised by experience counsellors who work with this population daily.

UNYA - Indigenous youth - 604-254-7732

Offers culturally safe and holistic counselling services for Indigenous youth. Clinical counsellors offer individual counselling to Indigenous youth ages 13 to 24.

Archway Counselling - 604-859-7681 - www.archway.ca

Offers various mental health support options for Abbotsford residents that are free - possibly online for those outside Abby. Offers Indigenous counselling that is culturally safe and respectful.

Mood Disorders Association of BC: Support Groups - 604-873-0103

An MDABC peer-led support group is a safe place to share your story, your struggles and accomplishments, and to listen to others as they share similar experiences. They have online groups and in-person groups. You may view the groups on their website.

Native CourtWorker Program - (604) 985-5355 - www.nccabc.ca

For Addiction, Detox, or People involved in Child Protection One-to-one adult, youth, family and group counselling for Indigenous people. People involved in child protection or family matters. When contacting, indicate you are looking for Indigenous Mental Health & Addictions Counselling.

Salal's Indigenous Support Programs and Counselling - 604-255-6344

Salal's free-of-charge Indigenous Counselling Program provides individual counselling for women, trans, non-binary, and Two-Spirit Indigenous survivors, who are seeking health, safety, cultural reconnection, and general well-being. There's a waitlist but you may possible access services sooner. Free counselling can be accessed by calling Salal's 24-Hour Crisis & Information Line at 604-255-6344, or toll free at 1-877-392-7583.

Jordan's Principle - 1-855-JP-CHILD (1-855-572-4453)

This program ensures First Nations children living in Canada can access the products, services, support and counselling they need, when they need them. To request counselling call the 24-hour Call Centre or visit canada.ca/jordans-principle. Please note the waitlist can be up to a year so it's best to sign up right away.

CRISIS LINE SUPPORT

KUU-US Crisis Line Society - Toll free: 1-800-588-8717

Available 24 Hrs

Adult/Elder line: 250723-4050

Child/Youth line: 250-723-2040

Hope for Wellness Help Line - 1-855-242-3310 -24 hours every day

Experienced and culturally safe Help Line Counsellors can help if you want to talk, are distressed, have strong emotional reactions, and/or are triggered by painful memories. The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Phone and chat counselling is available in English and French. On request, phone counselling is also available in languages of Cree, Ojibway, & Inuktitut.

Indian Residential School Survivors Crisis Line - 1-800-721-0066 (24 hours every day)

The IRSSS offers a 24/7 crisis support line from culturally safe providers. They run many other counselling and trauma services for those who qualify. Check to see if you are eligible.

Battered Women's Support Services - Call 604-687-1867 or Text 604-687-1867

Indigenous women's program offers free support services with a trained counsellor/advocate

Métis Crisis Line - Call 1-833-638-4722 (24 hours every day)

Find immediate help if you are experiencing a crisis. Or get help with relationship troubles, depression and anxiety, financial issues, bullying and peer pressure support. They also have Métis information available, like how to connect with your local Métis Chartered Community and information on Métis Service Provider services in 5 locations.

ACCESS Status Card Clinics

These clinics are held bi-monthly at the Vancouver Aboriginal Friendship Centre, providing vital assistance to individuals seeking to apply for their Status Card. They state their Status Card Clinics offer a welcoming and supportive environment where individuals can receive assistance. Their goal is to help Indigenous individuals and families access the benefits and services to which they are entitled.

ABORIGINAL FRIENDSHIP CENTRES

Mission Friendship Center - 604-826-1281

A nonprofit organization focused on helping to meet the needs of Indigenous and Non-Indigenous and families who are making a transition to the urban community. To provide a central and suitable facility where counselling, support and referral services will be provided.

Fraser Aboriginal Friendship Centre: Wellness Support Counselling - (604) 319-5170

Foster the health and well-being of urban Indigenous people in the Fraser Salish Region by providing culturally relevant services, support, and advocacy. This program is 1:1 counselling for individuals who have experienced violence and trauma firsthand.

Vancouver Aboriginal Friendship Center - 1 604-251-4844 - familysupport@vafcs.org

In addition to parenting support, their Family Support Program provides counselling services to families dealing with substance or mental health issues. The program offers individual counselling, group counselling, and support for families dealing with addiction or mental health issues. Their mission is to provide practical tools through socio-economic programs and services.

Port Alberni Friendship Center - (250) 723-8281 - (250) 723-8281

The services presently provided at this centre are Addictions & Mental Health Counselling, Sports & Recreation programs, youth & adult employment training programs, Family Law and Poverty Advocacy Programs, Family Support, Early Childhood Development, Elders Programming, Homelessness Support, Family & Youth Programs, Aboriginal Head Start Program and more.

Ki-Low-Na Friendship Society - 250-763-4905 or Cindy for counselling 250-859-1055

The Ki-Low-Na Friendship Society will provide for the mental, emotional, physical and spiritual well-being of all peoples. They offer addiction counselling, One-on-one counselling, group workshops (Women's sewing talking circle, Women's drum circle, balancing your emotions) and referrals to mental health resources.

Kamloops Aboriginal Friendship Society (Addictions Counselling) - 250-376-1296 - 250-376-1991

Addictions Counselling Program provides one-to-one counselling for individuals who are seeking support and information for recovery from an alcohol or drug addiction. Services from the alcohol and drug counsellor include counselling, referral to treatment centers, in-house referrals, support and prevention.

Lillooet Friendship Centre Society - 250-256-4146 - info@lfcs.ca

Offers one-to-one mental health and addictions counselling, crisis intervention using a holistic approach, group counselling (including a men's group), traditional healing ceremonies (such as UWIPPI & retreats), workshop series (like Living in Balance), and support with connecting, liaising, and referring clients to detox and rehabilitation centers, as well as follow-up support.