



Mental Wellness – Indigenous Peoples

Native Counselling Services of Alberta: <https://www.ncsa.ca/>

AHS Indigenous Health – Calgary Region:
<https://www.albertahealthservices.ca/info/page7628.aspx>

Mental Health Resources for Indigenous People:
<https://firelight.ca/2021/01/28/indigenous-mental-health/>

CMHA Alberta: <https://alberta.cmha.ca/>

National Indian Residential School Crisis Line 1-866 925-4419