

IS IT REALLY FREE?

What a covered session costs you.

Counselling session	\$0.00
Forms to fill out	None
Invoices you'll see	None
Covered time	Up to 22 hrs a year

TOTAL **\$0.00**

NIHB covers mental health counselling for status First Nations people and Inuit enrolled with a land claim organization. Your counsellor bills NIHB directly.

Métis or non-status? NIHB doesn't cover you, and we'll be honest about that. Your Métis Nation's health office (like MN-S) and Friendship Centres can point you to low-cost care.

GET STARTED



wapanhealth.com
hello@wapanhealth.com

NEED SUPPORT RIGHT NOW?

HOPE FOR WELLNESS, 24/7
1-855-242-3310

SUICIDE CRISIS HELPLINE
Call or text 988

ARE YOU A COUNSELLOR?

On the NIHB provider list? Your profile is likely already in our directory. Claim it free at wapanhealth.com.

wāpan: "it is dawn" in Plains Cree (nēhiyawēwin). We work across Treaty 4, 6, 7, 8 and 10 territories and the homeland of the Métis Nation.



NIHB counselling in person, *close to home.*

Free for eligible First Nations and Inuit people in Saskatchewan, Alberta and Manitoba.



HOW IT WORKS

Three steps. No apps, no waiting rooms.



1 Tell us about yourself

A short intake, about 10 minutes. Where you are, what you're carrying, and who would feel right.



2 We search for you

A real person reaches out to NIHB-enrolled counsellors near you. You hear from us within 2 business days.



3 Meet in person

We make a warm introduction. Your counsellor bills NIHB directly: no forms, no cost to you.

WHO YOU'LL SIT WITH

Registered counsellors and therapists.

Every counsellor is enrolled with NIHB and registered with a professional body: social workers, psychologists, certified counsellors and psychiatric nurses. Want an Indigenous counsellor? Just tell us.

3,101

NIHB-enrolled
counsellors

247

Communities covered

579

Indigenous counsellors

612

Willing to travel to you

They help with depression, anxiety, grief, trauma, addiction, residential school healing, and the things that are harder to name.

Getting there is hard? Travel help may be available through NIHB medical transportation, and we'll help you arrange it.

YOUR FIRST SESSION

It's just a conversation.

- ✓ You meet in person, at the counsellor's office or in your community.
- ✓ You talk about what brought you in. Share only what you're ready to.
- ✓ You decide together what comes next. You can always say no.
- ✓ No status number needed to start your intake.
- ✓ Your information stays private. Never sold, never passed around.



Start your intake

Scan the code or visit wapanhealth.com. About 10 minutes, and a real person reads every word.