

Counselling, in person, *close to home.*

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



\$0 with NIHB

· Matched by a person

· In your community

1

Tell us what you need

A short, private intake. About 10 minutes. No status number needed to start.

2

We find the right counsellor

A real person contacts NIHB-enrolled counsellors near you. Ask for an Indigenous counsellor if that matters to you.

3

Meet face to face

Your counsellor bills NIHB directly. No invoices, no forms. Travel help may be available.



Scan to start your intake

or visit wapanhealth.com