

walk with me. talk with me. learn with me

Indigenous Support Line 1 844 944 4744 or 811

10 a.m. to 6 p.m., Monday to Friday

Are you an Indigenous person who has questions about navigating the health system, has a concern, or needs help?

- Patient Concerns
- Referrals
- Cultural Support
- Primary Care Support
- Addiction Mental Health Support
- General Support













Miinga



miinga.ca

The Resource Handbook is a tool to connect Nunavummiut to supportive resources while away from home.

Basic Needs

Edmonton's Food Bank

(780) 425-4190

edmontonsfoodbank.com

Provides free, short-term food hampers to anyone in need in Edmonton. Call to request support—staff will assess your needs and direct you to the nearest depot for pickup.

Hope Mission

(780) 422-2018 hopemission.com

Provides short-term, safe, and accessible 24/7 shelter for men and women, along with emotional support and emergency care that connects people to life-changing resources and opportunities for long-term change.

The Mustard Seed

Community Centre: 1-833-448-4673 Wellness Centre: (825) 222-4816

Shelter: (780) 619-9885

Alternate Number: (780) 919-1735

theseed.ca

Supports individuals experiencing homelessness and poverty with services including emergency shelter, meals, clothing, hygiene items, health and wellness, housing, spiritual care, and community engagement.

NATIONWIDE

811

Health services and information

Call/Text 211 or visit 211.ca

Social services, programs, and community supports (food banks, shelters, etc.)

Aberta LOCAL SERVICES

Indiaenous Support Line

1-844-944-4744

Distress Line (780) 482-4357

Mental Health Helpline

1-877-303-2642

Addiction Helpline

1-866-332-2322

Alberta's One Line for **Sexual Violence**

Call/Text: (866) 403-8000

National CRISIS LINES

Suicide Crisis Hotline

Call/Text 988

Kamatsiagtut Helpline (Inuktitut Available)

1-800-265-3333

Kids Help Phone / **Crisis Text Line**

(All Ages)

1-800-668-6868 Text 686868 | Type "TALK"

Assaulted Women's Helpline

1-866-863-0511

Residential School Survivors Helpline (Inuktitut Available)

1-866-925-4419

Hope For Wellness Helpline (Inuktitut Available)

1-855-242-3310





The Resource Handbook is Government of Canada



Canada

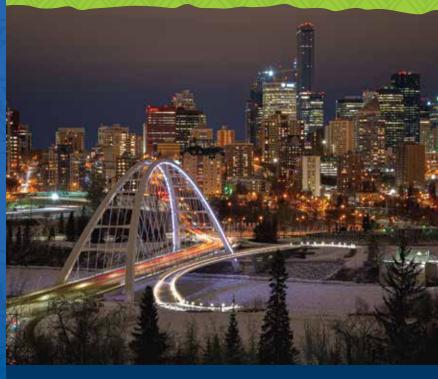
Comments are welcomed: info@lawsociety.nu.ca

www.ugagatigiinnig.ca

Law Society of Nunavut

Resource Handbook

Edmonton









Canadian Native Friendship Centre

(780) 761–1900 cnfc.ca

Helps Indigenous newcomers to the city with referral services, social, and recreational programs.

INDIGENOUS-FOCUSED

Edmonton Aboriginal Seniors Centre

(587) 525-8969

easc.ca

Supports the well-being of Indigenous seniors through culturally grounded, accessible services. Members can access direct services like foot care, tax clinics, transportation, and housing referrals. The Centre also offers drop-in programs such as Soup & Bannock, Elder teachings, healing circles, traditional crafts, and ceremonies.

INDIGENOUS-FOCUSED

Inuit Edmontonmiut

facebook.com/groups/inuitedmontonmiut

Helps Inuit stay informed, share resources and organize cultural events and activities.

INUIT-FOCUSED



Ben Calf Robe Society

(780) 477-6648 bcrsociety.ab.ca

Offers Indigenous programming for children, youth, and families, including a Wellness Parenting Program and the Collective Kitchen free on line program.

INDIGENOUS-FOCUSED

Boyle Street

(780) 424-4106 boylestreet.org

Addresses safety concerns and connects families with flexible, culturally competent community-based supports to promote health and goal achievement.



Bent Arrow Traditional Healing Society: New in Town Welcome Service

(780) 481–3451 bentarrow.ca

Helps Indigenous individuals and families who are new to Edmonton—whether short-term or settling permanently—by providing mobile, culturally grounded support to access housing, jobs, education, and community services.

INDIGENOUS-FOCUSED



Edmonton Community Legal Centre

(780) 702-1725

eclc.ca

A non-profit agency offering free legal services to individuals in Edmonton and Northern Alberta, including information and advice on family law, landlord-tenant issues, employment, human rights, debt, small claims, immigration, and income supports.

Native Counselling Services of Alberta

(780) 423-2141

ncsa.ca

Programs and services tailored for Indigenous individuals involved in the Criminal Justice System, including transitional dry housing, a recovery program, and family reconciliation services.

INDIGENOUS-FOCUSED

Elizabeth Fry Society of Northern Alberta: The Indigenous Women's Program

(780) 905–3864 efrynorthernalberta.com 1–866–421–1175

Offers emergency shelter on a first-come, first-served basis, with a focus on supporting women involved in the legal system. The program also encourages women to reconnect with their culture and develop a sense of themselves as Indigenous peoples.

INDIGENOUS-FOCUSED



iHuman

(780) 421-8811 ihuman.org

A safe and supportive environment where youth facing barriers can heal, grow, and thrive. Services range from mental health support to stable housing referrals, available on a walk-in basis.

Sexual Assault Centre of Edmonton (SACE)

Edmonton: (780) 423-4102

Crisis Line: sace.ca (chat available)

Call/Text: (866) 403-8000

Supports children, youth, and adults who have experienced sexual abuse or assault, and educates the public about sexual violence.

The Today Centre

(780) 455-6880 thetodaycentre.ca

Short-term support for adults affected by family violence, regardless of gender, sexual orientation, ethnicity, culture, or religion. Assists clients in navigating risks and enhancing safety by connecting them to appropriate legal resources.

Womens Emergency Accommodation Centre (e4c)

(780) 423-5302 e4calberta.org

Emergency accommodation for women 25+. Call the number and give the dates you will be in town to check if they have a bed available.

Youth Empowerment and Support Services (YESS)

(780) 468–7070 yess.org

A single point of access for immediate, low-barrier physical, mental, cultural, and emotional support, plus a safe place to stay for youth (15–21) in crisis. Resource and Health Hubs with clinics are available Monday to Friday.



Goba

(587) 545-5908 gobacare.ca

Offers hands-on support for patients and families traveling to Edmonton for medical care, including navigation, advocacy, cultural connections, material support, and learning opportunities for healthcare partners

INDIGENOUS-FOCUSED

Indigenous Support Line (ISL)

1-844-944-4744 albertahealthservices.ca

The support line is for First Nations, Métis and Inuit peoples including youth and Elders, who live in or are visiting Alberta, and who need help or guidance on their healthcare journey. Indigenous listeners will answer your questions and help you get culturally appropriate care. They are healthcare advisors and will help you find the right service. They can also arrange Inuktitut and Inuinnaqtun translators for callers.

Indigenous listeners answer and assist everyone who calls the support line. Family members can call with their questions or concerns about a loved one, and healthcare providers can refer patients who need additional support."

Indigenous Wellness Clinic

(780) 735-4512 albertahealthservices.ca 1-844-441-4512

Offers a culturally safe, supportive environment with perinatal care and access to a dietitian. Indigenous Wellness Navigators help First Nations, Métis, and Inuit explore and connect with additional programs and services. Translation is available in Inuktitut and Inuinnaatun.

INDIGENOUS-FOCUSED