Mental Health Benefits

First Nations Health Authority
Health through wellness

First Nations Health Benefits offers you a mental health plan through the Mental Wellness and Counselling Program to support you on your wellness journey.

Mental Health Service Providers offer culturally safe counselling and therapy to enhance your well-being and work through life's challenges, such as trauma, depression, anxiety and more.

Did you know?

First Nations Health Benefits partners with Providers across a range of 25-30 clinical specialties, including substance use, anxiety, Elder counselling, and more.

What my plan covers

Your plan covers counselling services from Providers who are trained in cultural safety and are registered with First Nations Health Benefits, including:

- Psychologists
- Clinical Counsellors
- Social Workers

Note: Telehealth options are available.

What my plan does not cover

Some services that are not covered by your mental health plan include, but are not limited to:

- Psychiatric emergencies
- Services for the purpose of a third party (e.g., school application, employment assessment, etc.)

If you are covered by more than one benefit plan, ask your provider about coordinating them as they may work together to cover costs.

To have your mental health plan details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code, or visit pac.bluecross.ca, to login to your member profile.

How Do I Access Coverage?

The mental health Provider you select must be registered with First Nations Health Benefits for you to receive coverage. Scan the QR code to find the regional service finder listings of all registered Providers.

1. **Contact a local or virtual Provider of your choice to book an appointment.**
2. **Have a conversation with your Provider about your mental health and wellness needs.**
3. **Your Provider will submit the appropriate documentation for approval.**
4. **Have your first appointment with your mental health Provider.**

Cancellation Notice:

Please give as much notice as possible if you need to cancel your appointment. First Nations Health Benefits will not cover the cost of missed appointments.

If you need to talk to someone now or while you are waiting to talk to a mental health Provider, the following resources are available to you:

Tsow-Tun Le Lum: 1-888-403-3123

IRSSS Toll-Free Line: 1-800-721-0066

KUU-US Crisis Line: 1-800-588-8717

24-Hour National Crisis Line: 1-866-925-4419

If you have any questions about your Mental Health Benefits, about how to access coverage, or need travel assistance to access counselling, please call 1-855-550-5454.

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