

About the Program

The Nishnawbe Aski Mental Health Wellness Support Access Program (NAN Hope) provides community-driven, culturally appropriate and timely mental health and addictions support to members of the 49 First Nations communities in Nishnawbe Aski region.

This First Nation-led program is in response to the specific mental health needs of community members in northern Ontario, offering a central access point to mental health and addictions support.



We're always here for you.

Talk to us about anything and we'll listen.

Phone, text, and live chat are secure and confidential.



Call Us 24/7
1-844-NAN-HOPE
(1-844-626-4673)



info@nanhope.ca



www.nanhope.ca

NAN HOPE

Nishnawbe Aski Mental Health and Addictions Support Access Program



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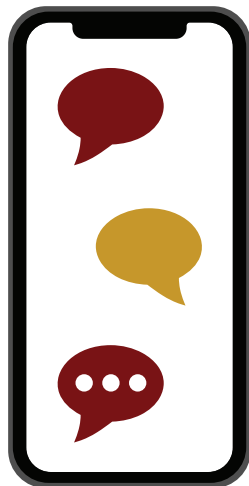
Phone | Text | Chat

Text and Live Chat support are available Monday through Friday:
8:00am – 12:00am ET.

www.nanhope.ca

Mental Health Support

We're here for you by **phone, text, live chat** and **Facebook**.



Program Services



Navigation to mental health and addictions support services



Rapid access to clinical and mental health counselling



24/7 toll-free rapid access to confidential crisis services

Call 24/7 toll-free. Text and Live Chat support are available Monday through Friday: 8:00am – 12:00am ET.

Rapid Access Counselling Services

Counselling is available for anyone experiencing a wide range of mental health challenges, including, but not limited to: addictions, domestic violence, suicidality, self-harm behaviours, depression, anxiety, and grief/bereavement.

- All counselling is delivered by Masters-level Registered Psychotherapists, Registered Social Workers, Registered Nurses, and Traditional Counsellors
- Our team includes counsellors who speak OjiCree, Cree, Ojibwe, and English
- Our team engages in ongoing Indigenous cultural safety training
- Our team has experience providing support to Indigenous communities in-person and via distance

