



First Nations Health Authority  
Health through wellness

## FIRST NATIONS HEALTH BENEFITS

# Mental Health

First Nations Health Benefits (Health Benefits) provides access to counselling services from qualified mental health providers. Counselling is a tool for individuals experiencing a difficult situation to resolve their emotional distress and enjoy greater wellness.

### **FNHB has three mental health programs:**

#### **Mental Wellness and Counselling (MWC)**

Mental Wellness and Counselling is designed to support clients who are in need of professional assistance to resolve emotional distress and enjoy greater wellness.

- 20 hours available every 12 months

#### **Indian Residential School Resolution Health Support Program (IRS RHSP)**

Counselling to address mental distress and intergenerational trauma resulting from the legacy of the residential school system in Canada. Services are available for former students, and family members of former students, who attended a residential school listed in the 2006 Indian Residential Schools Settlement Agreement.

- 20 hours available every 12 months

#### **Missing and Murdered Indigenous Women and Girls Health Support Services (MMIWG HSS)**

Counselling to address mental distress and trauma resulting from missing and murdered Indigenous women and girls in Canada. Services are available for survivors, family members and others affected.

- 20 hours available every 12 months

Counselling services are available through telehealth for all three programs for clients who are not able to attend an in-person appointment. All services require prior approval from Health Benefits.

For a full description of the mental health benefit, visit [www.fnha.ca/benefits/mental-health](http://www.fnha.ca/benefits/mental-health)

### **Who can provide mental health benefits?**

Counselling is provided by psychologists, social workers and clinical counsellors who are registered with Health Benefits and who have received training in cultural safety and humility. A list of registered mental health providers can be found at [www.fnha.ca/benefits/mental-health](http://www.fnha.ca/benefits/mental-health) or by calling Health Benefits at **1.855.550.5454**.

### **Exclusions**

Examples of services that are not covered include:

- Counselling delivered by a provider not registered with Health Benefits
- Counselling for a third party (e.g., children's assessment for learning disabilities, employment assessment, child custody)
- Counselling funded by another program or agency (e.g., counselling provided to incarcerated clients)
- Telehealth through instant messaging or email

# Accessing Mental Health Benefits

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1

- Client seeks mental health counselling.
- Client chooses a provider from the list of mental health providers registered with Health Benefits and makes an appointment.

2

- Provider submits a prior approval request to Health Benefits for the Initial Assessment.

3

- Client attends Initial Assessment appointment.
- Provider submits a prior approval request to Health Benefits for counselling.

4

- Health Benefits reviews prior approval request and determines eligibility based on program guidelines.

5

- Client attends counselling sessions.
- Provider submits invoice to Health Benefits.