



First Nations Health Authority
Health through wellness

FIRST NATIONS HEALTH BENEFITS

Mental Health

First Nations Health Benefits (FNHB) 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:

Short-Term Crisis Intervention Mental Health Counselling (STCIMHC)

Counselling for clients living off-reserve who are in need of support to resolve an immediate issue. Counsellors can support clients in transitioning to other mental health services, if required.

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.

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.

Counselling services are available for all three programs through telehealth for clients who are not able to attend an in-person appointment. All services require prior approval from FNHB. For a full description of the mental health benefit, please visit www.fnha.ca/benefits

Who can provide mental health benefits?

Counselling is provided by psychologists, social workers and clinical counsellors who are registered with FNHB and who have received training in cultural safety and humility. A list of registered mental health providers can be found on our website or by contacting Health Benefits at 1.855.550.5454.

Exclusions

Examples of services that are not covered include:

- Counselling delivered by a provider not registered with FNHB
- 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

If you have any questions about the Mental Health benefit, contact Health Benefits at:

1.855.550.5454 (toll-free)

Accessing Mental Health Benefits

FEBRUARY 2019

1

- Eligible client needs mental health counselling.
- Client chooses a provider from the list of mental health providers registered with FNHB and makes an appointment.

2

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

3

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

4

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

5

- Client attends counselling sessions.
- Provider submits invoice to FNHB.