

# Métis Health & Wellness Supports

## Health Resources & Supports

Connect with a Regional Health Coordinator to learn about health programs and resources available in your chartered community, regional health authority and across the province.

To learn more contact [healthservicerequest@mnbc.ca](mailto:healthservicerequest@mnbc.ca)

## Mental Health Resources & Supports

Connect with a Regional Mental Health Navigator to learn about supports available to achieve your mental health and wellness goals.

To learn more contact [mentalhealthnavigation@mnbc.ca](mailto:mentalhealthnavigation@mnbc.ca)

## Supports for Residential School Survivors & Family Members

Connect with us about supports and services available for Métis.

Contact a Miyaayaawinn (Wellness) Worker at [wellnessworkers@mnbc.ca](mailto:wellnessworkers@mnbc.ca)

# Métis Programs & Services

## Métis Health Experience Program

This program offers culturally safe support and navigation around health and mental health care complaints and feedback.

Share your story to advocate for change and safer care for Métis.

To learn more contact [healthexperience@mnbc.ca](mailto:healthexperience@mnbc.ca)



## Métis Counselling Connection

This program supports Métis individuals who require financial assistance to access counselling services.

For questions contact us at [mccprogram@mnbc.ca](mailto:mccprogram@mnbc.ca)

