

First Nations

- [Tips for Mental Wellness](#)
- [Mental Health & Cultural Supports \(B.C\)](#)
- [Public Health - Ottawa](#)
- [Thunder Bay District Health Unit](#)
- [First Nation COVID-19 supports Ontario](#)
- [Healing centre & COVID-19 Mental Health Intake Support](#)

Supports for Metis Nations

- [British Columbia](#)
- [Alberta](#)
- [Saskatchewan](#)
- [Manitoba](#)
- [Ontario](#)

Inuit

[COVID-19 Supports Available To Urban Inuit Organizations](#)

[Harvesting Program supporting Inuit way of life](#)

[Indigenous Sexual and Reproductive Health during COVID-19](#)

[Telus Internet supports for Indigenous persons with disabilities during COVID-19](#)

[For Indigenous Youth](#)

