

Non-Insured Health Benefits Alberta Region
Suite 730, 9700 Jasper Ave
Edmonton, AB T5J 4C3

To: All eligible First Nation and Inuit Clients

Subject: Additional Mental Health Counselling supports during COVID-19

In response to the recent announcement of the global pandemic COVID-19, we are working diligently to ensure First Nations and Inuit clients continue to have access to mental health counselling services.

Recently, the College of Alberta Psychologists recommended that services be provided through telepsychology, as a means of reducing the risk of exposure for both clients and providers. As a result, many offices and providers have transitioned to telepsychology. The NIHB regional office is supporting this practice, and has compiled a list of providers willing to offer telepsychology sessions. All existing Guidelines and policies will continue to be applicable and are outlined in the [NIHB Guide to Mental Health Counselling Services](#), which includes a reference to ACPRO material on providing services through telepsychology.

If you are not currently seeing a mental health counsellor and are interested in this service, please contact our office at 1-800-232-7301 between 8am and 4pm Monday through Friday and we will assist in connecting you with a provider and arranging your first session.

Please note, ongoing sessions with psychologists will continue, however we encourage telepsychology during this time. As we move forward and face this challenging time together, NIHB continues to focus our efforts on ensuring that essential services are available for our clients.

