

Employee Assistance Program

INDIGENOUS RESOURCES

Manitoba Blue Cross's Employee Assistance Program respects the need for services that reflect the cultures of our members. One way we do that is by offering resources to help you access support that draws on Indigenous healing approaches and traditions.



Depending on your circumstances, you can choose one or more of the following resources to provide the care you seek the way you need:

Elders – to provide cultural and spiritual guidance informed by the wisdom of their lived experience

Indigenous resource consultation – to help you connect with traditional Indigenous healing support and resources in the community

Sharing circles, led by Elders – to provide a safe environment and a sense of community to manage the challenges of everyday life[⊕]

Counsellors identifying as Indigenous or Métis – to provide therapy incorporating traditional concepts such as nature, spirituality, the circle and the Medicine Wheel

“The Healing Space” in our EA Centre – to provide you with a designated area to seek healing using traditional medicines and ceremonies

Interpreter services – to create access to clinical services in the Indigenous language you speak

CONTACT US

To access these resources, call **204.786.8880** or **1.800.590.5553 (toll free)** 24 hours a day, seven days a week. For the Deaf, hard-of-hearing and speech-impaired community, our EAP can receive VRS calls.

[⊕] For Indigenous members. Offered on a fee-for-service basis.

DIGITAL WELLNESS PLATFORM



You can access these resources drawing from traditional healing together with other EAP resources. Visit our [digital wellness platform](#) to find supports such as:

- Internet-based cognitive behavioural therapy (iCBT)
- Materials for leaders on workplace wellness
- Articles written by our experts with advice and tools to support your overall health and well-being
- Videos and audio files on a range of wellness topics