

IT'S OKAY TO ASK FOR HELP



MENTAL HEALTH RESOURCES

It is important to remember that you are not alone and help is available. There are many [resources](#) available to get you and your loved ones through difficult times. **Call 911** if you or someone you know is in immediate danger or needs urgent medical care.

The Hope for Wellness Help Line

The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada. It is available 24 hours a day, 7 days a week to offer counselling and crisis intervention. Call the toll-free Help Line at **1-855-242-3310** or connect to the online chat at www.hopeforwellness.ca.

Indian Residential Schools Crisis Line

The Indian Residential Schools Crisis Line is available 24 hours a day for anyone experiencing pain or distress as a result of his or her Residential School experience. Contact the free 24 hour Residential School Crisis Line at **1-866-925-4419** if you require emotional support.

Missing and Murdered Indigenous Women and Girls Support Line

An independent, national, toll-free support call line is available to provide support for anyone who requires assistance. Contact the free 24 hour support line at **1-844-413-8649**.

Wellness Together Canada

The Wellness Together Canada online portal offers immediate, free and confidential substance use and mental health supports, in English and French, 24 hours a day, 7 days a week at **1-866-585-0445**. Interpretation services are available via CanTalk, including in 24 Indigenous languages at www.wellnesstogether.ca.

Kids Help Phone

Kids Help Phone is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French. Kids, teens and young adults from coast to coast to coast can connect with a volunteer crisis responder by calling **1-800-668-6868** or by texting **686868** or through Facebook Messenger www.kidshelpphone.ca/messenger.

Canada Suicide Prevention Service

If you're thinking about suicide, are worried about a friend or loved one, or are having trouble with the loss of a loved one from suicide, the Canada Suicide Prevention Service provides 24/7 phone support at **1-833-456-4566**, or text support from 4 p.m. - 12 a.m. ET or by texting **45645**.

