## Find help here.

# **Indigenous Peoples**living in Ontario

## Be prepared and take action:





- Make an emergency kit with at least 72 hours worth of supplies: medications, IDs and essential items.
- Tune in radio, television or local social media for weather warnings, advisories or information about evacuation plans.
- When evacuation is necessary, be prepared to leave immediately.
- Follow the routes specified by officials. Don't take shortcuts. They could lead you to a blocked or dangerous area.



**Mental health support** can be reached any time through the Hope for Wellness Help Line.

Call: 1-855-242-3310 Chat: hopeforwellness.ca

**Visit canada.ca/indigenousevacuations** for a full list of national resources.

## **Support for evacuees:**

### Status Cards: Lost, stolen, damaged or destroyed

1-800-567-9604

To request a Temporary Confirmation of Registration Document (TCRD), call or visit any regional office. TCRD can be mailed to you.

### Non-Insured Health Benefits (NIHB) 1-800-640-0642

The Ontario Client Line is toll free and can help refill/replace items covered under NIHB (e.g., prescription medication). To contact other toll free NIHB supports:

#### **Medical transportation**

1-888-283-8885 | Sioux Lookout 1-877-779-7749 | Thunder Bay 1-800-881-3921 | Ottawa 1-833-675-3081 | Ontario after hours

#### **NIHB Drug Exception Centre**

1-888-441-4777

### **Support for First Nations & Inuit children 1-855-572-4453**

Jordan's Principle and Inuit Child First Initiative ensure that First Nations and Inuit children have access to the products, services and support they need.

#### Regional travel guide

Ontario 511 can help with emergency planning and evacuation. Call 511 or check 511on.ca for road closures, weather, and other impacts on safe travel in your area.

