

# Reach out. You are not alone.

Keep this card in your wallet for a list of available resources in case you or a loved one need help.

## Hope for Wellness

**24/7 online chat**

[hopeforwellness.ca](http://hopeforwellness.ca)

**24/7 phoneline**

1-855-242-3310

## National Indian Residential

### Schools Crisis Line

**24/7 phoneline**

1-866-925-4419

Culturally-grounded support to former students of Indian Residential Schools and their family members.

**Missing and Murdered Indigenous  
Women and Girls Crisis Line**

**24/7 toll-free crisis line**

**1-844-413-6649**

Support for anyone needing  
emotional assistance related to  
MMIWG

**Talk Suicide Canada**

**Text message chat**

4pm-12am daily

Text 45645

**24/7 toll-free**

**phoneline**

**1-833-456-4566**

**Connex Ontario**

**Referral Services (Addictions, Mental  
Health, and Problem Gambling)**

**1 (866) 531-2600**

**[www.connexontario.ca](http://www.connexontario.ca)**

You will find judgement-free, anonymous support at all of these resources. They may also inform you of further services available.