

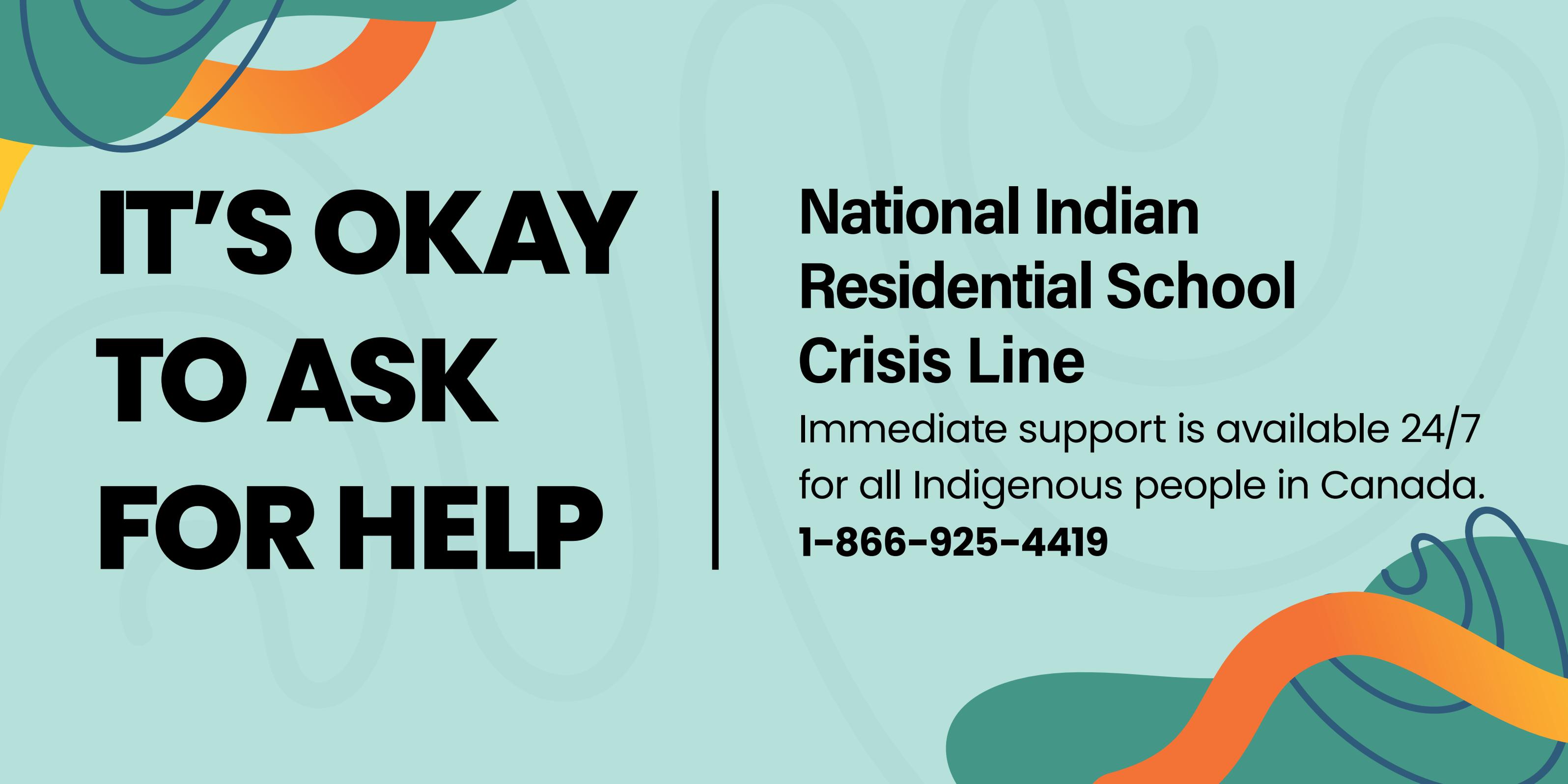
**IT'S OKAY  
TO ASK  
FOR HELP**

**Hope for Wellness  
Help Line and Chat**

Immediate support is available 24/7  
for all Indigenous people in Canada.

**1-855-242-3310**

**[hopeforwellness.ca](https://hopeforwellness.ca)**



**IT'S OKAY  
TO ASK  
FOR HELP**

**National Indian  
Residential School  
Crisis Line**

Immediate support is available 24/7  
for all Indigenous people in Canada.

**1-866-925-4419**



**IT'S OKAY  
TO ASK  
FOR HELP**

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

Immediate support is available 24/7  
for all Indigenous people in Canada.

**1-844-413-6649**



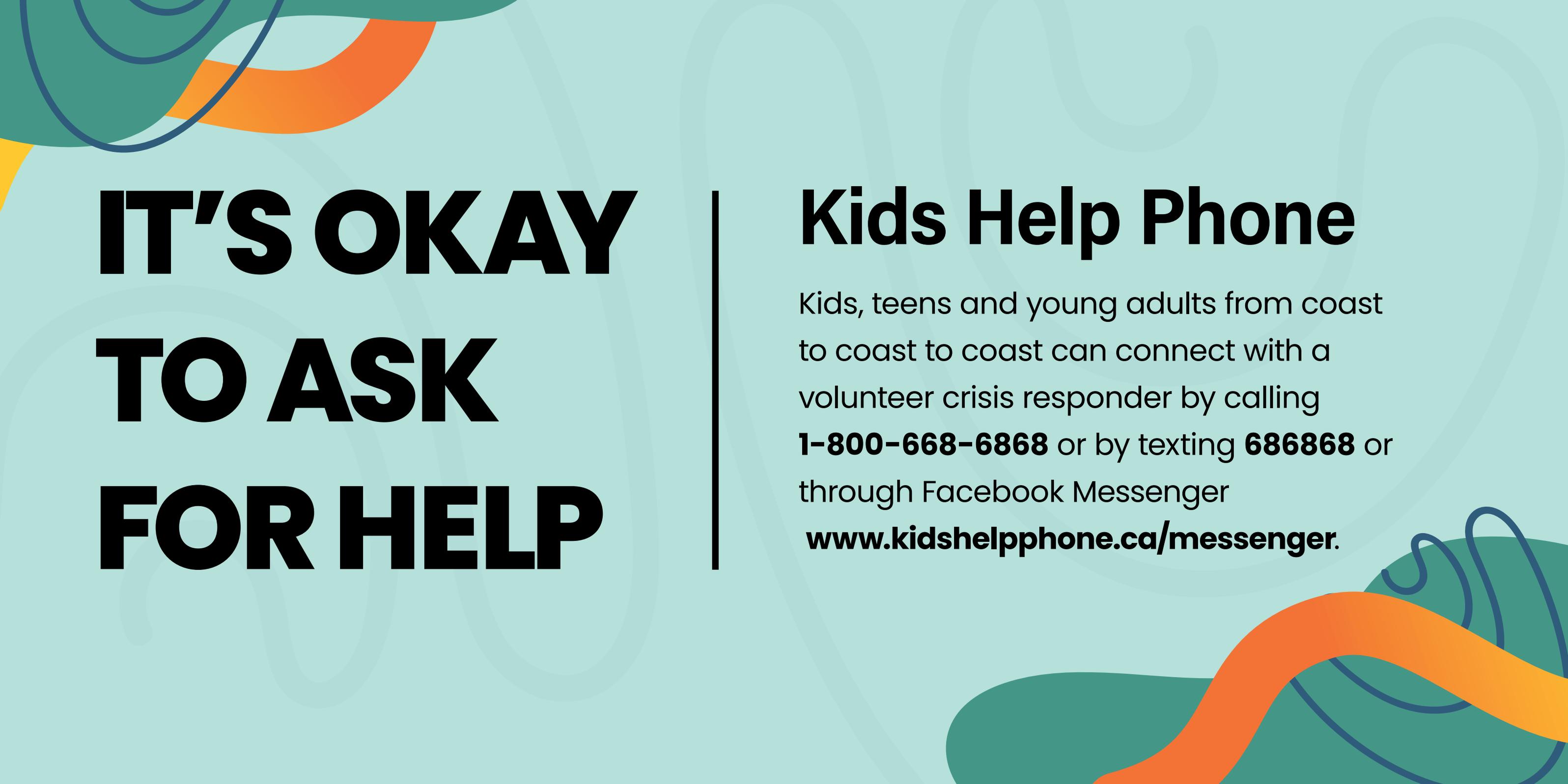
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## **Wellness Together Portal**

Immediate support is available 24/7.  
Interpretation services are available via  
CanTalk, including in 24 Indigenous languages.

**1-866-585-0445**

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



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## **Kids Help Phone**

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\*\*](http://www.kidshelpphone.ca/messenger).



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## **Canada Suicide Prevention Service**

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**.