

# 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](http://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 1-844-413-6649.

### 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](http://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](http://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**.

