



Mental Health Support Resources



Shared by **Robin Adams**, Cultural Safety Consultant & Project Manager,
Exit 26 Consulting: www.exit26.ca / robin@exit26.ca

Hope for Wellness Helpline

Immediate help to all Indigenous peoples across what is now commonly called Canada. 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.

Talk4Healing

A free and culturally safe help line for Indigenous women, based in northern Ontario, and accessible across what is now commonly called Canada. **1 855 554 HEAL (4325)**

The National Indian Residential School Crisis Line

Provides 24-hour crisis support to "Indian Residential School" survivors and their families. Call toll-free: **1-866-925-4419** / <https://www.sac-isc.gc.ca/eng/1581971225188/1581971250953>

Healing In Colour

For Black, Indigenous, and People of Colour (BIPOC), finding a therapist who understands their lived experiences can be challenging. Healing in Colour strives to make that search easier. Find out more at:

<https://www.healingincolour.com/about>

Resources listed with the Canadian Centre for Mental Health and Sport

A webpage containing links to organizations that offer a variety of mental health support services through phone/text/chat, apps, and other online services including mental health and psychological and psychiatric organizations. Learn more at: <https://www.ccmhs-ccsms.ca/resources/mental-health-resources>