

# Sometimes the best way to face challenges is to ask for help

**Free, culturally responsive support is available 24 hours a day, 7 days a week with counsellors who are ready to listen.**

## **Hope for Wellness Help Line**

- English and French support by phone or online chat
- Services in Cree, Ojibway and Inuktitut upon request
- Online chat: [hopeforwellness.ca](https://hopeforwellness.ca)
- Toll-free: 1-855-242-3310

## **National Indian Residential School Crisis Line**

- Toll-free: 1-866-925-4419

## **Missing and Murdered Indigenous Women, Girls and 2SLGBTQQIA+ Crisis Line**

- Toll-free: 1-844-413-6649

Find these resources and more  
at [Canada.ca/mental-health](https://Canada.ca/mental-health)

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