



You Are Not Alone

Indigenous women and girls are strong and beautiful. You are loved and you are valued. Please reach out to a trusted friend or call one of the free anonymous phone lines. If you need support, trained professionals are here to help.



Talk 4 Healing (EN/FR) is a helpline that provides culturally sensitive counselling, advice and support to Indigenous Women. Services available in Ojibway, Oji-Cree and Cree

1-855-554-4325 24/7 or online at www.talk4healing.com

First Nations and Inuit Hope for Wellness Help Line (EN/FR) provides culturally grounded assessment, referrals, support in times of crisis, and suicide intervention. Services available in Ojibway, Cree and Inuktut.

1-855-242-3310 24/7

Kid's Help Phone (EN/FR) provides anonymous and non-judgemental support to youth and teens.

1-800-668-6868 24/7 or online at www.kidshelphone.ca

Youth Services Bureau (EN/FR) provides counselling and crisis line for youth and the LGBTQ community in Ottawa and Eastern Ontario; will also make referrals in other cities.

1-877-377-7775 24/7 or online at www.ysbchat.ysb.ca

Thurs to Sun 4pm – 10pm EST

Trans-Lifeline (EN) provides support, information and resources to transgender or questioning people, as well as to their families and friends.

1-877-330-6366 24/7

24 Hour Sexual Assault Line (EN) provides services for women that experience or witness sexual assault.

1-604-876-2622 24/7

Canadian Association of Suicide Prevention provides educational materials and resources. Links to suicide prevention and intervention lines across Canada.

www.suicideprevention.ca

SOS Violence Conjugale (FR) provides confidential assessment, support, information and referral services.

1-800-363-9010 24/7

MMIW Crisis Line (EN/FR) provides support to family, friends and community members who are being impacted by the loss of a missing or murdered Indigenous woman, girl or Two-spirit person.

1-844-413-6649 24/7

Assaulted Women's Helpline (Multiple Languages) provides support, information and referrals for women who have experienced any form of abuse.

1-866-863-0511 24/7