**Indigenous Focused**



**Hope for Wellness Help Line** offers confidential counselling and crisis intervention to all Indigenous peoples across Canada. Available 24 hours a day, 7 days a week to First Nations, Inuit, and Métis Peoples seeking emotional support, crisis intervention, or referrals to community-based services.

Support is available in English and French and, by request, in Cree, Ojibway, and Inuktitut.

* Toll Free 1-855-242-3310
* Live chat [www.hopeforwellness.ca](http://www.hopeforwellness.ca/)