

Crisis Lines



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Shkaabe Makwa

Hope for Wellness Helpline (24/7)

Immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

Chat: hopeforswellness.ca

Phone: 1-855-242-3310

Métis Nation of Ontario (MNO) Crisis Line (24/7)

Culturally specific mental health and addiction supports for adults, youth and families in Ontario (available in English and French). Once connected services can be delivered in person, over the phone, or by video conference.

Phone: 1-877-767-7572

National Indian Residential Schools Crisis Line (24/7)

Crisis support to former Indian Residential School students and their families. Support provided by trained crisis counsellors.

Phone: 1-866-925-4419

Kids Help Phone (24/7)

Connect with an Indigenous volunteer crisis responder by messaging FIRST NATIONS, INUIT or METIS to 686868 for young people or 741741 for adults or through Facebook Messenger.

Chat: kidshelpphone.ca

Phone: 1-800-668-6868

Text: "CONNECT" to 686868

Kamatsiaqtut Nunavut Helpline (24/7)

Anonymous and confidential telephone counselling for Northerners in crisis.

Phone: 1-800-265-3333

(Toll free outside of Iqaluit and residents of Nunavumiut) OR 867-979-3333 (Local Nunavut phone number)

NAN Hope (24/7)

Community-driven, culturally appropriate and timely mental health and addictions support to members of the 49 First Nations communities in the Nishnawbe Aski Nation Territory.

Chat: nanhope.ca

Phone/Text: 1-844-NAN-HOPE (626-4673)

Talk for Healing (24/7)

Support and resources for Indigenous women, by Indigenous women across Ontario.

Chat: talk4healing.com

Phone/Text: 1-855-554-HEAL(4325)

Talk Suicide Canada (24/7)

Provides nationwide, bilingual support to anyone who is facing suicide. *Note: Talking for Suicide is not an Indigenous-led service.*

Phone: 1-833-456-4566

Text: 45645 [4 PM - midnight ET]

9-8-8 | Suicide Crisis Helpline (24/7)

Offers trauma-informed and culturally affirming support (in English and French) to anyone who is thinking of suicide, or who is worried about someone they know. *Note: 9-8-8 is not an Indigenous-led service but delivers services in partnership with Hope for Wellness.*

Phone/Text: 9-8-8