

9-8-8 | Suicide Crisis Helpline

The 9-8-8: Suicide Crisis Helpline is a national helpline for anyone in Canada who is thinking about suicide, or who is worried about someone they know. Help is available in English and French. *Note: 9-8-8 is not an Indigenous-led service but delivers services in partnership with Hope for Wellness.*

Contact: 9-8-8 (call or text)

Hope for Wellness Helpline

The Hope for Wellness helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online chat.

Contact: 1-855-242-3310 (helpline)
hopeforwellness.ca (online chat)

Kids Help Phone

Kids Help Phone's e-mental health services for kids, teens and young adults (aged 5 to 29) are available across Canada. *Note: Kids Help Phone is not an Indigenous-led service but offers First Nations, Inuit, and Métis specific supports.*

Contact: To connect with a First Nations, Inuk, or Métis crisis responder when available, message FIRSTNATIONS, METIS or INUIT to 686868

To access Kids Help Phone's online messaging system, visit: [kidshelpphone.ca](https://www.kidshelpphone.ca)

Missing and Murdered Indigenous Women and Girls Crisis Line

A national, toll-free crisis call line providing mental health support for anyone who requires emotional assistance related to missing and murdered Indigenous women, girls and 2SLGBTQI+ people.

Contact: 1-844-413-6649

NAN Hope

The Nishnawbe Aski Mental Health Wellness Support Access Program (NAN Hope) provides 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.

Contact: 1-844-NAN-HOPE (1-844-626-4673)
nanhope.ca (online chat)

National Indian Residential Schools Crisis Line

The crisis line is available for anyone experiencing pain or distress as a result of a residential school experience. Support provided by trained crisis counsellors.

Contact: 1-866-925-4419