



## Wellness Resources

We know that stress can bring up strong emotions, and we want you to know you are not alone, support is available 24/7. Below are wellness resources for both Canada and the United States, with many offering culturally grounded services for Indigenous peoples. These resources, created by various organizations, are shared by Pow Wow Pitch in the spirit of community care. They are here to offer support through difficult times, but they are not a replacement for personal or professional care. For additional help, we encourage you to connect directly with the original organizations or a trusted professional.

### **Canadian Wellness Resources**

#### **[Hope for Wellness Helpline](#)**

Call: 1-855-242-3310 or Chat Online

24/7 support by Indigenous counsellors. Available in English, French, Cree, Ojibway, and Inuktitut.

#### **[MMIWG Support Line](#)**

Call: 1-844-413-6649

Available 24/7 for those impacted by Missing and Murdered Indigenous Women & Girls.

#### **[Talk4Healing](#)**

Call: 1-855-554-4325 (24/7)

Support in 14 Indigenous languages by Indigenous women, for Indigenous women.

#### **[First Nations & Inuit Health Regional Lines](#)**

Mental health and cultural support, including Residential School and MMIWG survivors:

- Atlantic: 1-866-414-8111
- Quebec: 1-877-583-2965
- Ontario: 1-888-301-6426
- Manitoba: 1-866-818-3505
- Saskatchewan: 1-866-250-1529
- Alberta: 1-888-495-6588
- Northwest Territories, Nunavut, Yukon: 1-866-509-1769 & 1-800-464-8106

#### **[First Nations Health Authority:](#)**

- British Columbia Crisis Response Services: 1-800-588-8717
- Find a Mental Health & Wellness Counsellor: 1-800-317-7878

#### **[Ottawa Aboriginal Coalition \(OAC\) - Elder Support Services](#)**

Email: [info@ottawaaboriginalcoalition.ca](mailto:info@ottawaaboriginalcoalition.ca)

**[National Association of Friendship Centres \(NAFC\)](#)**

Tel: 613-563-4844 Toll-Free: 877-563-4844

**US Wellness Resources**

**[988 Suicide & Crisis Lifeline](#)**

Call or text 988 or Chat Online. Free, 24/7 support from trained crisis counselors.

**[NAMI \(National Alliance on Mental Illness\)](#)**

Call: 1-800-950-NAMI (6264) | Text: 62640 | Email [helpline@nami.org](mailto:helpline@nami.org)

Available Mon–Fri, 10 AM – 10 PM ET.

**[Mental Health America](#)**

Free resources, screenings, and support directories.

**[American Psychological Association](#)**

Find psychologists, emergency resources, and mental health information by state.

**[Uplift Indigenous Peoples - A History Of Friendship - YWCA USA](#)**

Phone: (202) 467-0801 - Email General Inquiries: [info@ywca.org](mailto:info@ywca.org)

**We're Here for You **

Please don't hesitate to reach out if you need support. Your wellness matters, now and always.