



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 National Independent Toll-Free Support Line](#)

Call: 1-844-413-6649

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

[Talk4Healing](#)

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

Crisis Line: 1-888-200-9997 | Thunder Bay: 807-346-HELP (4357)

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 and family of 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: 1-800-464-8106
- British Columbia: 1-866-925-4419

[First Nations Health Authority](#)

To find a mental health and wellness counsellor who has completely cultural informed training contact First Nations Health Benefits.

Call: 1-800-317-7878

Email: health.benefits@fnha.ca

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

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

US Wellness Resources

[National Institute of Mental Health](#)

The following support from trained crisis counselors are available free, 24/7.

- Suicide & Crisis Lifeline: Call or text 988 or [Chat Online](#). Veterans Crisis Line: Call 988 and press option 1 or [chat online](#)
- The Disaster Distress Helpline is a 24-hour, confidential service that provides immediate crisis counseling and interpretation in over 100 languages for people experiencing emotional distress related to natural or human-caused disasters. Call or text 1-800-985-5990

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

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

Available Mon–Fri, 10 AM – 10 PM ET.

[Helpline Resource Directory](#)

[NAMI State Organization and NAMI Affiliate Helpline Directory](#)

[Mental Health America](#)

Free resources, screenings, and support directories.

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org. You can also reach the Crisis Text Line by texting MHA to 741741.

[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

Learn more about [the Until Justice Just Is National Campaign](#), [Empowerment & Economic Advancement](#), [Health & Safety](#), [Child care Services and Programming](#), [Domestic & Sexual Violence Services](#)

We're Here for You ❤️

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