

Mental Wellness Supports

AVAILABLE DURING THE COVID-19 PANDEMIC



If you're experiencing emotional distress or someone you know is struggling, these resources are available to support you.

If you are experiencing a mental health crisis, call 911 immediately.

Hope for Wellness Help Line and Chat

Immediate support is available 24/7

Toll-Free: 1-855-242-3310

Online Chat: www.hopeforwellness.ca

National Indian Residential School

Crisis Line Toll-Free: 1-866-925-4419

Missing and Murdered Indigenous Women and Girls Support Line

Toll-Free: 1-844-413-6649

Wellness Together Canada

Provides immediate crisis/substance use support

Adults: Text **WELLNESS** to 741741

Front Line Workers: Text **FRONTLINE** to 41741

<https://ca.portal.gs/>

Non-Insured Health Benefits (NIHB)

Mental Health Counselling

Immediate support is available 24/7

Toll-Free: 1-866-885-3933

For Youth:

Kids Help Phone supports youth 24/7 and through a partnership with We Matter

Call: 1-800-668-6868

Text: 686868

Online: kidshelpphone.ca

wemattercampaign.org

Jordan's Principle **NEW** Saskatchewan

Toll-Free Line: 1-833-752-4453

(1-833-SK-CHILD)

www.canada.ca/jordans-principle



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada