

# IT'S OK TO ASK FOR HELP.

You don't have to fight your battle alone. Mental Wellness supports are available during the COVID-19 pandemic. These resources are available to support you.

## Hope for Wellness Help Line and Chat

Immediate support is available 24/7  
Toll-Free: 1-855-242-3310  
Online Chat: [www.hopeforwellness.ca](http://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](http://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](http://www.canada.ca/jordans-principle)



**IF YOU ARE EXPERIENCING  
A MENTAL HEALTH CRISIS,  
CALL 911 IMMEDIATELY.**