#FRONTLINE

WE'RE HERE FOR YOU, YOUR FAMILY AND COMMUNITY THROUGH THE GRIEF AND BEYOND

Grieving takes time. It's common for people who are grieving to feel that they are all alone and that no one understands what they're going through. Support is available for yourself, the young people and adults in your life. Indigenous people can connect with an Indigenous volunteer crisis responder, when available.

Kids Help Phone

1-800-668-6868

Support for young people

Text FIRST NATIONS, INUIT, or METIS to 686868

CRISIS TEXT LINE

Texting support for adults

Text FRONTLINE to 741741
or
Text FIRST NATIONS, INUIT,
or METIS to 741741

Canada

Canada

Mental Health and Substance Use Support

Phone counselling for adults, including substance use support

WELLNESSTOGETHER.CA 1-866-585-0445

Resources Around Me

Search for additional resources, programs, and support in your community like counselling and mental health support, sexual health support, housing support, legal support, job help, & more

Hope for Wellness Helpline

Offering immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada

ALL SERVICES ARE FREE, CONFIDENTIAL, AND IN ENGLISH AND FRENCH

KIDS HELP PHONE OFFERS CONTENT IN THESE LANGUAGES: つ"ムケマ・ム・ NĒHIYAWĒWIN , ANISHININIIMOWIN , INUKTITUT, KANIEN'KÉHA, MICHIF AND NAKODA.

FOR MORE INFORMATION AND RESOURCES, VISIT: KIDSHELPPHONE.CA