Resources for Indigenous Women and Youth

Hope for Wellness Helpline is available 24/7 for Indigenous peoples across Canada

📞 1-855-242-3310
🌐 [https://www.hopeforwellness.ca/](https://www.hopeforwellness.ca/)
💬 Live chat

Anishinabe Women’s Crisis Home and Family Healing Centre offers 24/7 help, support and resources for Indigenous women, by Indigenous women, all across Ontario.

📞 1-888-200-9997
📞 1-855-554-HEAL
🌐 [https://www.beendigen.com/](https://www.beendigen.com/)
💬 Live chat

La Maison Missinak (Quebec) offers services and shelter for Indigenous women and their children

📞 418-627-7346
🌐 [https://missinak.ca/](https://missinak.ca/)

Contact DIY Digital Safety

diydigitalsafety@uwo.ca  @diydigsafety  DIY Digital Safety  [www.diydigitalsafety.ca](http://www.diydigitalsafety.ca)