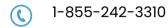


Resources for Indigenous Women and Youth

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



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

<mark>଼</mark> 1-855-554-HEAL

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/











