

## Resources for Indigenous Peoples

### National

#### **Hope for Wellness Helpline**

- ➔ Immediate help (crisis intervention and counselling) to all Indigenous peoples across Canada.
- ☎ 1-855-242-3310 (call) or access the helpline through the online chat.

### Ontario

#### **Talk4Healing (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. Find more resources and services on their website.
- 🔗 [beendigen.com](http://beendigen.com)
- ☎ 1-888-200-9997 (crisis line), 1-855-554-HEAL for live support (call or text), or Live Chat available on their website.

### Quebec


#### **La Maison Missinak**

- ➔ Services and shelter available for Indigenous women and their children.
- 🔗 [missinak.ca](http://missinak.ca)
- ☎ 418-627-7346

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### Winnipeg

#### **Heart Medicine Lodge Services**

- Culturally-based support and advocacy services for Indigenous women who have experienced sexual assault and sexual violence. Available to all who identify as women and are over the age of 18. Services include healing program, mindfulness drop-ins, sharing circles, advocacy, information and referrals.
-  [kanikanichihk.ca/heart-medicine-lodge](https://kanikanichihk.ca/heart-medicine-lodge)