


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/>

 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/>

 Live chat

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

 418-627-7346

 <https://missinak.ca/>

