

NATIONAL DAY FOR TRUTH AND RECONCILIATION PRESS RELEASE

Friday, September 30, 2022

RESOURCES FOR INDIGENOUS INDIVIDUALS

For Indigenous CFMS members for whom today may bring up various emotions and memories, we hope that the following resources may be useful:

1) Hope for Wellness Helpline: Support via telephone or online chat, from culturally competent counsellors, available 24/7 to all Indigenous individuals within Canada. Chat is available in English and French 24/7, and by request in Cree, Ojibway (Anishinaabemowin), and Inuktitut. Free and confidential service. Operated by Donna Cona, an Indigenous organization; funded by the Government of Canada.

Website: www.hopeforwellness.ca

Helpline: 1-855-242-3310

2) National Indian Residential School Crisis Line: Support via telephone, 24/7, for residential school survivors and their families. Toll-free.

Crisis Line: 1-866-925-4419

3) MMIWG Crisis Line: Support via telephone for anyone impacted by the issue of Missing and Murdered Indigenous Women and Girls. Toll-free.

Crisis Line: 1-844-413-6649.