

CANADA WIDE MENTAL HEALTH SUPPORT RESOURCES:

- Crisis Services Canada - 1-833-456-4566 (24/7) or text 45645 (4 pm to 12 am ET)
- Kids Help Phone - 1-800-668-6868 or text CONNECT to 686868
 - Indigenous Peoples can connect with an Indigenous volunteer crisis responder, when available, by texting FIRST NATIONS, INUIT or METIS to: 686868 for youth 741741 for adults
- Wellness Together Canada - 1-866-585-0445 (Adults) or 1-888-668-6810 (Youth)
- Hopes for Wellness Help Line - 1-855-242-3310
- Indian Residential School Survivor 24 Hour Crisis Line - 1-866-925-4419

EDUCATIONAL RESOURCES FOR KIDS

- [The Word Indigenous](#) - Explained on Brightspark: this 2 minute video describes how Indigenous people are the first people to live in Canada and belong to several different communities or nations. When the Europeans first arrived in Canada, names and terms used by individual First Nations to identify themselves were adopted by the Europeans; however, the Europeans used these local terms to identify First Nations as a single group and therefore have blurred the distinctions and differences between the First Nations.
- Watch [Indigenous films and TV shows](#) that showcase Indigenous folks' traditional and modern tales. For example, Molly of Denali, Ananna's Tent, Victor and Valentino, Pachamama, Maq and the Spirit of the Woods, Little Folk of the Arctic, Vistas, The Mountain of SGaana, Wapos Bay, and Qalupalik.
- [Help Me Tell My Story Storybooks](#) introduces children ages 3-5 years of age to the importance of Mother Earth while speaking to Indigenous cultural beliefs on how all beings are interconnected. Here children can learn about the Circle of Life and the Medicine Wheel in a free and interactive version. Askî and Friends is also available to download for free on the [App Store](#).
 - [Askî and Turtle Island](#)
 - [Kon and the Circle of Life](#)
 - [Nipi and Mother Earth](#)
 - [Tate and the Flyers](#)
 - [Askî's Family Scrapbook](#)

EDUCATIONAL RESOURCES FOR TEACHERS

- Sign up for the [Gord Downie & Chanie Wenjack Fund's Legacy Schools program](#). It's a free program to educate students and teachers about reconciliation through awareness, education, and connection.
- Visit [Our Spirits Soar](#) for Printable Lesson Plans for educational resources for all ages.

EDUCATIONAL RESOURCES FOR ADULTS

- [Indigenous Canada: A 12-lesson Massive Open Online Course \(MOOC\)](#) from the Faculty of Native Studies that explores Indigenous histories and contemporary issues in Canada.
- Read [21 Things You May Not Know About the Indian Act](#) by Bob Joseph. Helping Canadians Make Reconciliation with Indigenous Peoples a Reality.
- Watch [nîpawistamâsowin: We Will Stand Up](#) by Tasha Hubbard which weaves a profound narrative encompassing the filmmaker's own adoption, the stark history of colonialism on the Prairies, and a vision of a future where Indigenous children can live safely on their homelands.
- Read about the [Truth and Reconciliation Commission of Canada](#) and review the Calls to Action.
- Listen to the podcast [All My Relations](#) by Matika Wilbur (Swinomish and Tulalip) and [Adrienne Keene \(Cherokee Nation\)](#) as they explore their relationships to land, creatural relatives, and to one another.
- Read [The Fourth World: An Indian Reality](#) by George Manuel and Michael Posluns. A Fourth World is a historical document that traces the struggle for Indigenous survival as a nation, a culture, and a reality.
- Check out mini-courses available through [Nahanee Creative](#). Nahanee Creatives has on-demand classes on decolonization, etiquette for allies, restorying colonialism, and so much more.
- Read [The Break](#) by Katherena Vermette. The Break is a powerful intergenerational saga that tells the narratives of a Métis family in Winnipeg's North End.
- Watch the [Creating a Culture of Equity and Reconciliation](#) webinar from the [Tamarack Institute](#). Join Suzanne Methot and Pamela Teitelbaum as they share an Indigenous culture-based model that can be used as a tool for professional development, community building, and systems change.
- [Unreserved](#) is the radio space for Indigenous community, culture, and conversation. Host Rosanna Deerchild takes you straight into Indigenous Canada, from Halifax to Haida Gwaii, from Shamattawa to Ottawa, introducing listeners to the storytellers, culture makers and community shakers from across the country.

RESOURCES - ALBERTA

Get Help Now

- Emergency - 911
- [Addiction Helpline](#) - 1-866-332-2322
- [Mental Health Helpline](#) - 1-877-303-2642

Important Phone/Text Numbers & Links

- [Community Resources](#) - 211 Alberta
- Crisis Text Line - Text CONNECT to 741741
- [Family Violence - Find Supports](#) - 310-1818
- [Health Link](#) - 811
- [Income Supports](#) - 1-866-644-5135
- [Kids Help Phone](#) - 1-800-668-6868 or text CONNECT to 686868
- [MyHealth.Alberta.ca: List of Important Numbers](#)
- [Physician & Family Support Program](#) - 1-877-767-4637
- [Crisis Services Canada](#) - 1-833-456-4566 or Text 45645

RESOURCES - BRITISH COLUMBIA

Get Help Now

- Emergency - 911
- [Addiction Helpline](#) - 1-800-663-1441
- [Crisis Line Association of BC](#) - 1-800-784-2433

Important Phone/Text Numbers & Links

- [Community Resources](#) - 211 British Columbia
- Crisis Text Line -Text HOME to 686868
- VictimLinkBC - Call or text 1-800-563-0808
- [Health Link](#) - 811
- [Income Supports](#) - 1-866-866-0800
- [Kids Help Phone](#) – 1-800-668-6868 or text CONNECT to 686868
- [HealthLink BC Directory: List of Important Numbers](#)
- [Doctors of BC: Physician Health Program](#) - 1-800-665-2262
- [Crisis Services Canada](#) - 1-833-456-4566 or Text 45645

RESOURCES - SASKATCHEWAN

Get Help Now

- [Emergency - 911](#)
- [Crisis Suicide Helpline - Call 306-525-5333](#)
- [Mobile Crisis Helpline - Call 306-757-0127](#)

Important Phone/Text Numbers

- [Community Resources - 211](#)
- [Crisis Text Line - Text HOME to 686868](#)
- [Interpersonal Violence and Abuse Programs: Directory of Resources](#)
- [Health Link - 811](#)
- [Saskatchewan Income Support](#)
- [Kids Help Phone - 1-800-668-6868 or text CONNECT to 686868](#)
- [Seeking Professional Help: A List of Resources](#)
- [Crisis Services Canada - 1-833-456-4566 or Text 45645](#)

RESOURCES - MANITOBA

Get Help Now

- Emergency - 911
- [Addiction Helpline](#) - 1-855-662-6605
- [Klinic Crisis Line](#) - 204-786-8686 or 1-888-322-3019

Important Phone/Text Numbers

- [Community Resources](#) - 211 Manitoba
- Crisis Text Line - Text HOME to 686868
- [Family Violence Resources MB](#) - Call 1-877-977-0007 or text 204-792-5302 or 204-805-6682
- [Health Link](#) - 811
- [Employment and Income Assistance](#) - Winnipeg: 204-948-4000 or Rural/North: 855-944-8111
- Kids Help Phone - 1-800-668-6868 or text CONNECT to 686868
- [Mental Health Crisis and Non-Crisis Contacts: List of Important Numbers](#)
- [The College of Physicians & Surgeons of Manitoba: Physician Health Program](#) - 204-560-4205
- [Crisis Services Canada](#) - 1-833-456-4566 or Text 45645

RESOURCES - ONTARIO

Get Help Now

- Emergency - 911
- [Telehealth Ontario](#) - Call 1-866-797-0000
- [ConnexOntario](#) - Call 1-866-531-2600

Important Phone/Text Numbers

- [Community Resources](#) - 211
- Crisis Text Line - Text HOME to 686868
- [Assaulted Women's Helpline](#) - Call 416-863-0511 or 1-866-863-0511 or Text #7233 (#SAFE)
- [Ontario Works: Social Assistance Program](#)
- [Kids Help Phone](#) - 1-800-668-6868 or text CONNECT to 686868
- [Resource List for Families](#)
- [Crisis Services Canada](#) - 1-833-456-4566 or Text 45645

RESOURCES - QUEBEC

Get Help Now

- [Emergency](#) - 911
- [L'Association Québécoise de Prévention du Suicide](#) - Call 1-866-277-3543
- [Portage Quebec](#) - Call 1-844-939-0202

Important Phone/Text Numbers

- [Community Resources](#) - 211
- [Crisis Text Line](#) - Text HOME to 686868
- [Domestic Violence Helpline](#) - Call 1-800-363-9010
- [Health Link](#) - 811
- [Social Assistance and Social Solidarity](#)
- [Kids Help Phone](#) - 1-800-668-6868 or text CONNECT to 686868
- [Mental Health: A List of Resources](#)
- [Crisis Services Canada](#) - 1-833-456-4566 or Text 45645

RESOURCES - NEWFOUNDLAND & LABRADOR

Get Help Now

- Emergency - 911
- [Mental Health and Addictions Systems Navigator](#) - Call 752-3916 or 1-877-999-7589
- Mental Health Crisis Line - 737-4668 or 1-888-737-4668

Important Phone/Text Numbers

- [Community Resources](#) - 211 Newfoundland & Labrador
- Crisis Text Line - Text HOME to 686868
- [Domestic Violence Helpline](#) - Call or text 1-888-709-7090
- [Health Link](#) - 811
- [Bridge The Gapp Youth & Adult Mental Wellness Services](#)
- Income Support
- [Kids Help Phone](#) - 1-800-668-6868 or text CONNECT to 686868
- [Health & Community Services](#)
- [Crisis Services Canada](#) - 1-833-456-4566 or Text 45645

RESOURCES - PRINCE EDWARD ISLAND

Get Help Now

- [Emergency - 911](#)
- [Island Helpline](#) - Call 1-800-218-2885
- [Addiction Services](#) - Call 1-888-299-8399

Important Phone/Text Numbers

- [Community Resources](#) - 211
- [Crisis Text Line](#) - Text HOME to 686868
- [Anderson House Family Violence Prevention: Crisis Line](#) - Call 902-892-0960 or 1-800-240-9894
- [Health Link](#) - 811
- [Social Assistance Program](#) - Call 1-877-569-0546
- [Kids Help Phone](#) - 1-800-668-6868 or text CONNECT to 686868
- [Mental Health Services: Resource Page](#)
- [Crisis Services Canada](#) - 1-833-456-4566 or Text 45645

RESOURCES - NEW BRUNSWICK

Get Help Now

- Emergency - 911
- [New Brunswick Addiction Centers](#)
- [Chimo Helpline](#) - 1-800-667-5005

Important Phone/Text Numbers

- [Community Resources](#) - 211 New Brunswick
- Crisis Text Line - Text HOME to 686868
- [Domestic Violence Outreach Program](#)
- [Health Link](#) - 811
- [Social Assistance Program](#)
- [Kids Help Phone](#) – 1-800-668-6868 or text CONNECT to 686868
- [Community Health Centre: List of Important Numbers](#)
- [Crisis Services Canada](#) - 1-833-456-4566 or Text 45645

RESOURCES - NOVA SCOTIA

Get Help Now

- Emergency - 911
- [Mental Health Crisis Line](#) - Call 1-888-429-8167
- [NS Health](#) - Call 1-888-429-8167

Important Phone/Text Numbers

- [Community Resources](#) - 211
- Crisis Text Line - Text HOME to 686868
- [Transition House Association of Nova Scotia](#) - Call or text 1-855-225-0220
- [Health Link](#) - 811
- [Income Assistance Program](#)
- [Kids Help Phone](#) – 1-800-668-6868 or text CONNECT to 686868
- [Mental Health Services: Resource Page](#)
- [Crisis Services Canada](#) - 1-833-456-4566 or Text 45645

RESOURCES - NORTHWEST TERRITORIES

Get Help Now

- Emergency - 911
- [NWT Helpline](#) - Call 1-800-661-0844
- [NWT Community Counselling Program](#)

Important Phone/Text Numbers

- [Community Resources](#) - 211 Northwest Territories
- Crisis Text Line - Text HOME to 686868
- [Family Violence Resources](#)
- [Alison McAteer House](#) - Call 1-866-223-7775
- [Health Link](#) - 811
- [Income Assistance Program](#)
- [Kids Help Phone](#) - 1-800-668-6868 or text CONNECT to 686868
- [Mental Wellness and Addictions Recovery: Resource Page](#)
- [Crisis Services Canada](#) - 1-833-456-4566 or Text 45645

RESOURCES - NUNAVUT

Get Help Now

- [Keewatin Crisis Line](#) - Call 1-867-645-3333
- [Kamatsiaqtut Nunavut Helpline](#) - Call 1-867-979-3333 or 1-800-265-3333
- [Nunavut Emergency Contacts](#) - Call or Text 1-855-449-8118

Important Phone/Text Numbers

- [Community Resources](#)
- [Hope For Wellness Helpline](#) - Call 1-855-242-3310 or use the chat box from a desktop
- [Crisis Text Line](#) - Text HOME to 686868
- [Family Service: Family Wellness Offices](#)
- [Family Services: Income Assistance Program](#)
- [Kids Help Phone](#) - 1-800-668-6868 or text CONNECT to 686868
- [Health Facilities Map: Directory of Services](#)
- [Crisis Services Canada](#) - 1-833-456-4566 or Text 45645

RESOURCES - YUKON

Get Help Now

- Emergency - 911
- [Yukon Division Mental Health For All](#) - Call 1-844-533-3030
- [Help with Alcohol and Drug Problems](#) - Call 867-456-3838 or 1-866-456-3838

Important Phone/Text Numbers

- [Community Resources](#) - 211
- Crisis Text Line - Text HOME to 686868
- [VictimLink](#) - Call 1-800-563-0808
- [Health Link](#) - 811
- [Social Assistance](#)
- [Kids Help Phone](#) – 1-800-668-6868 or text CONNECT to 686868
- [Yukon Crisis Resources: A List of Resources](#)
- [Crisis Services Canada](#) - 1-833-456-4566 or Text 45645