ISC
INDIGENOUS SERVICES CANADA

MENTAL HEALTH SUPPORTS

National Indian Residential School Crisis Line
1-866-925-4419

Hope for Wellness Help Line
1-855-242-3310

Hope for Wellness Online Chat
https://www.hopeforwellness.ca/

Non-Insured Health Benefits Program Toll-Free Line
1-800-232-7301

Mental Health Helpline
1-877-303-2642

Native Youth Crisis Hot Line
1-877-209-1266

Family Violence Supports
https://www.alberta.ca/family-violence-find-supports.aspx

Addiction Helpline
1-866-332-2322

Wellness Together Canada
https://wellnesstogether.ca/en

Kids Help Phone
1-800-668-6868

Indian Residential School Survivors Society
1-800-721-0066

Suicide Prevention Line
1-800-721-0066