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## HOPE FOR WELLNESS HELPLINE

### Welcome to the Hope for Wellness Helpline – On-Line Chat Counseling Service

Call the toll-free Help Line at 1-855-242-3310, 24 hours a day, 7 days a week, **or use the chat box below to connect with a counsellor on-line**

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

Experienced and culturally competent Help Line counsellors can help if you:

- want to talk
- are distressed
- have strong emotional reactions
- are triggered by painful memories

If asked, counsellors can also work with you to find other wellness supports that are available near you

Phone and chat counselling is available in English and French. On request, phone counselling is also available in:

- Cree
- Ojibway
- Inuktitut

### CHAT NOW

Name (Real name optional)

Your Question

[Connect with a counsellor](#)

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