

Hope for Wellness Helpline

<https://www.hopeforwellness.ca/>

1-855-242-3310

- Hope for wellness counselors have diverse educational and professional backgrounds, knowledge on a variety of topics, and demonstrated cultural competence.
- When you call the Hope for wellness Helpline you will speak with a knowledgeable professional who will listen, discuss support and resources.
- Service targeted to: All Indigenous people across Canada
- Services offered:
 - Finding other wellness supports available to you
 - Providing comfort for people feeling distressed
- Hours of operation:
 - 24/7