



Indigenous Services  
Canada

Services aux  
Autochtones Canada

# FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELP LINE

## ONLINE CHAT COUNSELLING SERVICE

AVAILABLE STARTING APRIL 16, 2018

### To inform you of the launch of the First Nations and Inuit Hope for Wellness Help Line's new 24/7 online chat counselling service

With this service, Indigenous Services Canada (ISC) is providing a new option for individuals, and particularly youth, who may be more comfortable accessing counselling services online, as opposed to over the phone.

To support the launch of the new online chat counselling service, (ISC) will update its Hope for Wellness Help Line web content on Canada.ca to include direct links to the online chat counselling 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 to connect with a counsellor on-line at:

<https://chat.fn-i-hopeforwellness.ca>

<https://clavardage.espoirpourlemieuxetre-pn-i.ca>

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

Experienced and culturally competent counsellors can help by working with you or help you to find other wellness supports available near you.

Counselling by phone and chat is available in English and French. Phone counselling is also available in Cree, Ojibway and Inuktitut, on request.

Please help build awareness for this new service by sharing this information.

**24 hours a day, 7 days a  
week, toll-free Help Line  
1-855-242-3310**

**Ontario Region NIHB Client  
Information Line  
1-800-640-0642**

**Canada** 