



CARING FOR YOURSELF DURING THIS FORUM

NATIONAL INDIGENOUS CRISIS SUPPORTS

HOPE FOR WELLNESS HELP LINE

*for First Nations, Inuit, and Métis
peoples across Canada*

1-855-242-3310

Online chat available at hopeforwellness.ca
24 hours a day, 7 days a week

TALK SUICIDE CANADA

Call or text 9-8-8
24/7 nationwide support

INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY (IRSSS)

1-800-721-0066
24/7 crisis line for Survivors and families

NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE

1-866-925-4419
24/7 emotional support

KUU-US CRISIS LINE SOCIETY

*serving Indigenous peoples in BC and
nationally accessible*

1-800-588-8717
24/7

GENTLE GROUNDING EXERCISE

If you are feeling activated:

- *Press your feet into the floor*
- *Take three slow breaths*
- *Notice one steady thing around you*
- *Reach out to someone safe*

We honour the strength it takes to be present in these conversations.
Please care for yourself and one another.