

Available Free Counselling Supports

INDIGENOUS SUPPORTS

Talk4Healing phone: 1855 554-4325

Hope for Wellness - Crisis Line 1855 242-3310

MMIWG After-Care 1844 348-4119

Non-Indigenous Supports

Crisis-line – (613) 722-6914

[The Distress Centre](#) answers calls 24/7, with crisis line specialists providing confidential, bilingual support. Callers can reach the Centre at 613-238-3311.

NEW You can now text and chat with the Distress Centre between 10:00 a.m. and 11:00 p.m., 7 days a week — text 343-306-5550 or chat www.dcottawa.on.ca