

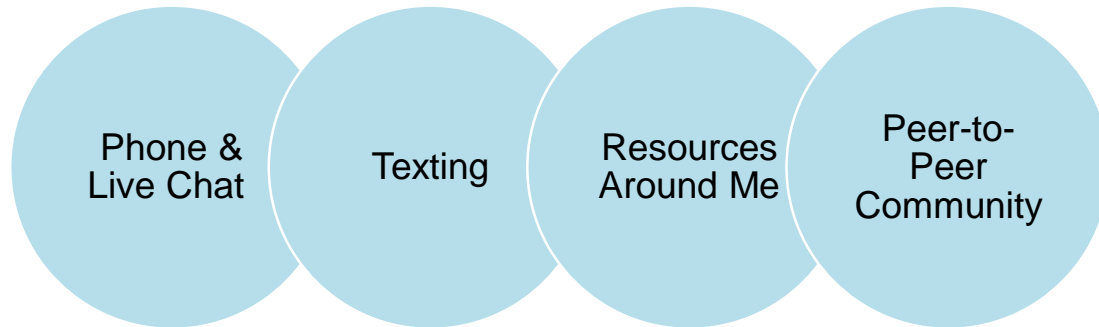


Supports for First Nations Youth

2023

Kids Help Phone

Kids Help Phone's free, 24/7, confidential e-mental health services offer all young people — including First Nations youth — across Canada a non-judgmental space to Feel Out Loud and explore their emotions through phone, text and online resources in English, French and some First Nations languages.



KidsHelpPhone.ca/FindingHope

**You're
not
alone.**

Text 686868
Call 1-800-668-6868 press 3
KidsHelpPhone.ca/Indigenous

KH P KIDS HELP PHONE **Feel Out Loud**

Indigenous Advisory Council

The Kids Help Phone (KHP) Indigenous Advisory Council (IAC) leads Indigenous initiatives at Kids Help Phone. Decisions made by the IAC are informed by ongoing engagement with Indigenous youth and communities.

The KHP Indigenous Advisory Council:

- Is diverse in terms of nation, age, experience, gender, geography and more
- Includes at least 50% youth representation
- All volunteer at KHP in other capacities
- Receive a modest honorarium to support inclusion and respect Indigenous knowledge
- Supports mentorship opportunities

Our Services



Supports for Leaving Care

Kids Help Phone is here to provide support and connect you with continued supports for First Nations youth leaving or who have already left care, sometimes called post-majority support services.

Access support at:

1-800-668-6868 press 3 (Indigenous)

Youth text: 686868

Adults text: 741741

KidsHelpPhone.ca/SupportsForLeavingCare

KidsHelpPhone.ca/SupportsForLeavingCare



Phone and Live Chat

Our free professional counsellors recognize the strengths of young people by helping them to find solutions to their own struggles and encouraging them to take steps towards resolving their own challenges.

- For young people
- Confidential and Anonymous
- Available in English and French
- **Available by phone in Plains Cree and Severn Ojibwe with the help of a translator**
- Phone is 24/7
- Live Chat is open every day from 7 p.m. to midnight ET

1 800 668-6868 press 3 (Indigenous)
KidsHelpPhone.ca



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Texting

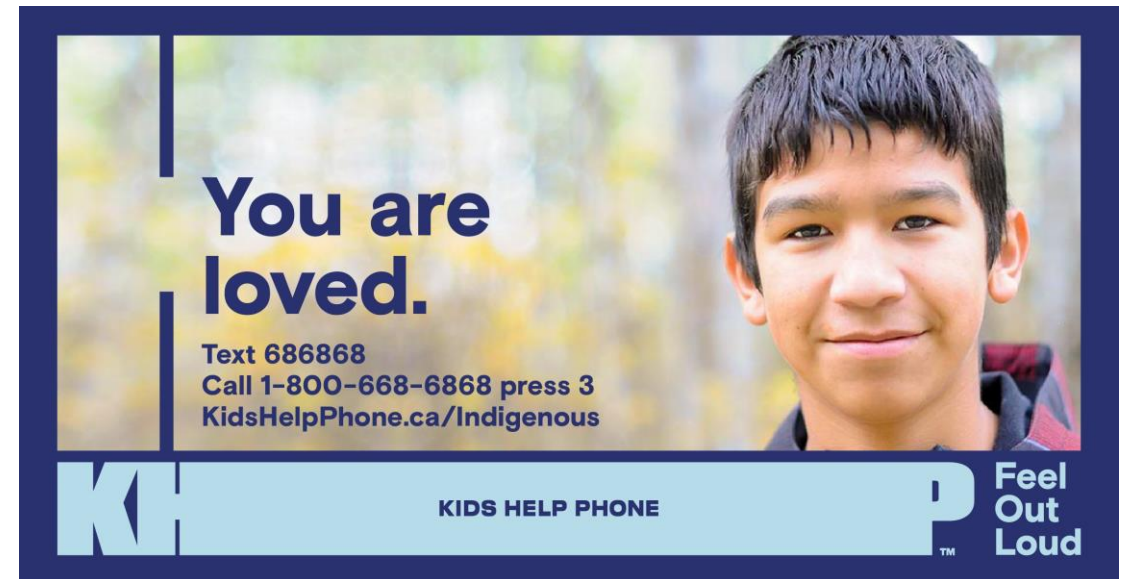
Our volunteer crisis responders provide 24/7 real-time support to listen and support young people to find their own approach to a cooler calm through text.

First Nations youth and adults can request a First Nations crisis responder, when available, by texting the words FIRSTNATIONS.

- For all ages
- Confidential
- Available in English and French
- Youth text 686868
- Adults text 741741

Apply to become a volunteer crisis responder to help bring texters from a hot moment to a cool calm, and to help them make a plan to stay healthy and safe. Crisis responders are trained to do this using active listening and collaborative problem-solving.

KidsHelpPhone.ca/Opportunities/Crisis-Responders



You are loved.

Text 686868
Call 1-800-668-6868 press 3
KidsHelpPhone.ca/Indigenous

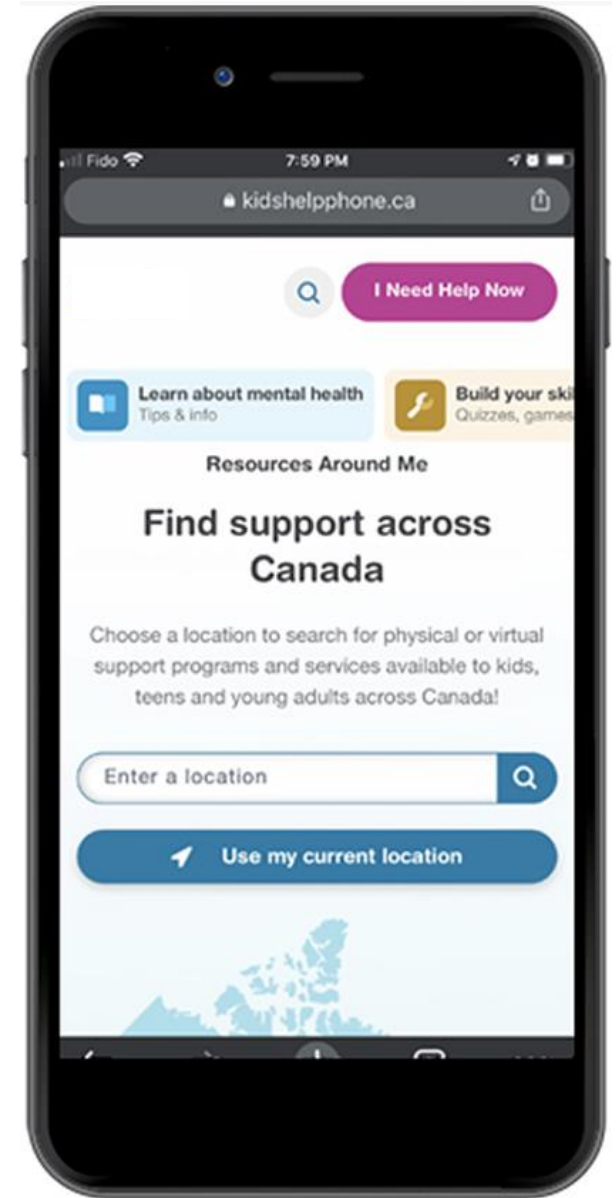
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Resources Around Me

KHP collects and maintains the largest online database of mental health and support resources for youth across Canada. With over 20,000 community services, this database allows counsellors and crisis responders to provide timely and accurate referrals and is available to access through our website.

You can even filter your search for First Nations or by First Nations language!

KidsHelpPhone.ca/ResourcesAroundMe



Peer to Peer Community

The screenshot shows the Peer-to-Peer Community website. At the top, there is a navigation bar with the site name, a login/signup prompt, and buttons for 'SIGN IN' and 'SIGN UP'. Below this are dropdown menus for 'Categories', 'Site Resources', 'Get Help', 'Get Info', and 'More'. A breadcrumb trail shows 'Home > Communities: What Unites Us'. A green banner highlights a 'New Friday Poll: What do you find most helpful when dealing with a friendship breakup?'. The main section is titled 'Communities: What Unites Us' and features a 'Topics' grid. The grid contains six topic cards: 'Being an Ally' (16 posts, 4 threads), 'Being an Employee' (11 posts, 5 threads), 'Being a Student' (58 posts, 16 threads), 'Foster Care' (with a 'NEED HELP NOW?' button), 'Indigenous to North America' (2 posts, 1 thread), and '2SLGBTQ+' (112 posts, 34 threads). A 'LEAVE' button is also visible at the bottom of the grid.

Explore a community of support through an online discussion forum for and by young people across Canada.

Throughout these forums, youth (aged 12-26) can privately share their experiences, offer inspiration and ask questions to connect, comfort and cheer each other on.

PeerToPeer.KidsHelpPhone.ca

KidsHelpPhone.ca

Kids Help Phone's website offers support to young people online by providing content (both youth-facing and adult-facing) on various topics affecting young people and information on our services. The website includes fantastic content featuring First Nations people and even includes select content in First Nations languages.

[KidsHelpPhone.ca/Indigenous \(Youth\)](https://www.kidshelpphone.ca/indigenous/youth)

[KidsHelpPhone.ca/FindingHope \(Supporters\)](https://www.kidshelpphone.ca/findinghope/supporters)



[KidsHelpPhone.ca/MindfulnessBodyScan](https://www.kidshelpphone.ca/mindfulnessbodyscan)

Indigenous Programming



Finding Hope

Finding Hope is Kids Help Phone's action plan for supporting First Nations, Inuit, and Metis Young people. The 2023-2026 iteration was released in July 2023 and outlines 32 actions we are taking as we continue our journey in partnership with First Nations youth and communities.

The timeline below marks actions undertaken through Finding Hope 2019-2022:



KidsHelpPhone.ca/FindingHope

Indigenous Programs

Designed and delivered by First Nations, Inuit and Métis people under the leadership of an Indigenous Advisory Council, Kids Help Phone offers dedicated Indigenous programming to First Nations youth from coast to coast to coast.

Weaving Threads: An Indigenous Engagement Program



Weaving Threads

An Indigenous Engagement Program

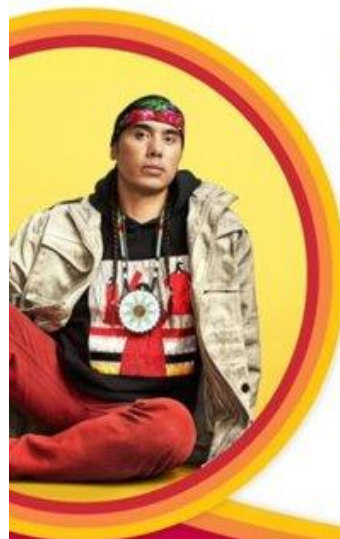
by **KIDS HELP PHONE**

Make a difference in your Indigenous community by volunteering today!



[KidsHelpPhone.ca/WeavingThreads](https://www.kidshelpphone.ca/WeavingThreads)

Brighter Days: An Indigenous Wellness Program supported by Sun Life



Bring Brighter Days to your school or community.

Register Today

Register at: [KidsHelpPhone.ca/BrighterDays](https://www.kidshelpphone.ca/BrighterDays)

New Trails: An Indigenous Outreach Program

You are loved.

Text 686868
Call 1-800-668-6868 press 3
[KidsHelpPhone.ca/Indigenous](https://www.kidshelpphone.ca/Indigenous)

KH KIDS HELP PHONE **P** **Feel Out Loud**

New Trails: An Indigenous Outreach Program

Free Indigenous-focused outreach materials including posters and wallet cards are available to order online.

Signage such as billboards, arena boards, road signs and vinyl wall murals are also available to First Nations. Funds are limited.

KidsHelpPhone.ca/NewTrails

Here, you're free to feel. However, whenever.

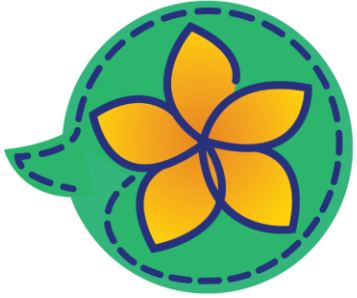
Call 1-800-668-6868 and press 3
KidsHelpPhone.ca/Indigenous

connect with an Indigenous leader, when available, by texting or **METIS**.

Breaking cycles isn't easy, but you don't have to do it alone.

Call 1-800-668-6868 press 3

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Weaving Threads

An Indigenous Engagement Program

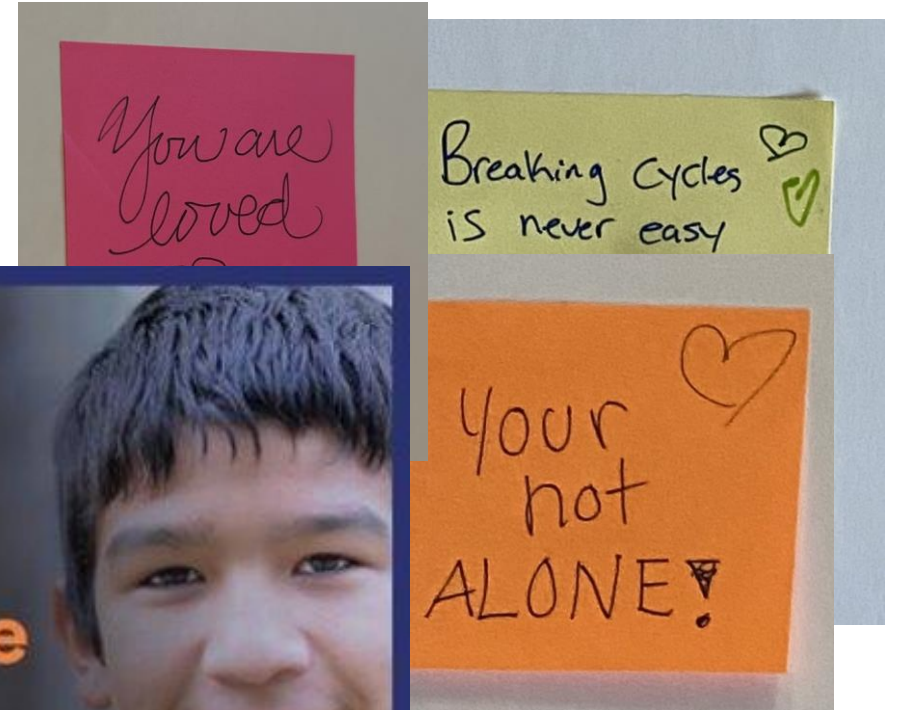


Kids Help Phone Weaving Threads Champions have the opportunity and resources to connect Indigenous youth in their communities with the support they need and provide Kids Help Phone with important feedback that guides our work.

Eligibility

Indigenous people and settlers, 15 years and older, with strong connections to an Indigenous community or urban centre.

[KidsHelpPhone.ca/WeavingThreads](https://www.kidshelpphone.ca/weavingthreads)





Brighter Days: An Indigenous Wellness Program supported by Sun Life features Indigenous influencers and gently introduces Indigenous youth to Kids Help Phone services.

The free program provides youth with an opportunity to engage virtually with a Kids Help Phone Indigenous Wellness Specialist in a culturally safe and fun conversation.

Eligibility

- Indigenous youth age 6–29
- Any group of Indigenous youth
- Indigenous youth can also register individually to participate in a group with other youth

KidsHelpPhone.ca/BrighterDays



Bring Brighter Days to your school or community.

Register Today

Register at: KidsHelpPhone.ca/BrighterDays

Staying Connected

Supports for Leaving Care

KidsHelpPhone.ca/SupportsForLeavingCare

Indigenous Initiatives Network (Email list)

KidsHelpPhone.ca/IIN

Finding Hope: Kids Help Phone Action Plan for Supporting First Nations, Inuit and Métis People

KidsHelpPhone.ca/FindingHope

Indigenous Youth Facing Web Page

KidsHelpPhone.ca/Indigenous

Indigenous Supporter Web Page (order outreach materials, Indigenous Engagement Program)

KidsHelpPhone.ca/FindingHope