

We'll support you to find the words.

Talk4Healing is a free, confidential help line that is now available across Ontario, in English, Cree, Ojibwe and Oji-Cree – 24 hours a day, 7 days a week.

Talk, text or chat: When you're ready to start the conversation, we're here.



No matter where you are, Talk4Healing is now available all across Ontario, in English, Cree, Ojibwe and Oji-Cree – 24 hours a day, 7 days a week.



Call us at  
1-844-855-HEAL



or visit us at  
[Talk4Healing.com](http://Talk4Healing.com)

1 855 554 HEAL  
**Talk4Healing**  
TALK • CHAT • TEXT



**Wherever you are,  
we're here.**

Talk. Text. Chat.  
Now all across Ontario.



# Care. Community. Connection.

Trained Indigenous counselors are here for Indigenous women like you, who understand your challenges and issues first-hand. Created to provide advice, support, and real-world solutions for Indigenous women, without judgment.



## Talk

Call us at 1-855-554-HEAL and live support will be there to listen, any time of day.



## Text

It's just that simple – receive support anywhere you are.



## Chat

Visit us at [Talk4Healing.com](https://Talk4Healing.com) and start your personal journey towards healing.

# Fully Confidential Support You Can Trust.

We provide culturally sensitive, fully confidential support – whether it's a caring person to listen, or more immediate solutions. Talk4Help offers:



Crisis counseling, advice and support through talk, chat and text



Scheduled telephone counseling sessions, at your request, to continue the conversation



Personalized information and referrals for your unique needs



Acceptance, without judgment, any time of the day



Help to find your personal path to healing

# Six Years of Supporting Indigenous Women.

Since its introduction in 2012, Talk4Healing has provided easy access to safe and culturally appropriate crisis counseling for rural and remote Indigenous women on their path to healing, on- and off-reserve starting in Northern Ontario.

A first of its kind, operated by Beendigen, in partnership with the Ontario Native Women's Association, Talk4Healing has expanded to not only offer services in four languages, but three ways of accessing services – ensuring women can get the support they need, from women who understand their unique needs.

Talk4Healing has expanded to serve all of Ontario, and will continue to evolve to provide Indigenous women with the support they need.

Wherever you are – whether it's a big city, small town or somewhere more remote - we're here. Reach out today, and begin your journey to healing.