

RESOURCES FOR MENTAL HEALTH SUPPORT & HEALING

If you need support, you are not alone. Resources are available to you.

CANADIAN RESOURCES

The National Indian Residential School Crisis Line provides 24-hour crisis support to former Indian Residential School students and their families toll-free at 1-866-925-4419.

First Nations, Inuit and Métis seeking immediate emotional support can contact the Hope for Wellness Help Line toll-free at 1-855-242-3310, or by online chat at [a hopeforwellness.ca](https://www.hopeforwellness.ca).

In British Columbia, contact the Indian Residential School Survivors Society (IRSSS) Lamathut Crisis Line: 1800-721-0066.

UNITED STATES RESOURCES

Call or text 988 or visit www.988lifeline.org to reach the Suicide & Crisis Lifeline.

Visit the National Native American Boarding School Healing Coalition (NABS) website for US-focused healing resources, including their [Healing-Informed Resources for Self-Care](#) and their webinar [Self-care in a Time of Truth and Healing: Healing our Spirit, Creating Safety Within](#).

INTERNATIONAL RESOURCES FOR SUPPORT

AOTEAROA

[Mental Health Foundation of New Zealand](#): Free call or text 1737 for support from a trained counsellor, anytime. It's completely confidential.

[Te Hiringa Mahara](#) (Mental Health and Wellbeing Commission): Kaitiaki of mental health and wellbeing in Aotearoa New Zealand.

[Health New Zealand](#): The Access and Choice programme provides free mental wellbeing support services. If your thoughts, feelings or actions are negatively impacting your health and wellbeing you can contact a provider.

[Māori health - Hauora Māori](#): Working to transform our health system, because every person deserves to receive quality care that meets their needs. For too long, Māori have been left behind. A more equitable system will uplift the health and wellbeing of not only whānau Māori, but of all New Zealanders.

SUPPORT & HEALING ORGANIZATIONS

- [The National Native American Boarding School Healing Coalition: Healing-Informed Resources for Self-Care](#)
- NABS Webinar: [Self-Care in a Time of Truth and Healing: Healing our Spirit, Creating Safety Within](#)
- [National Native American Boarding School Healing Coalition Oral History Project](#), which is building a permanent oral history collection.
- [Native Wellness Institute: Power Hours: Live Wednesdays at Noon on Facebook](#)
- [National Centre for Truth and Reconciliation: Survivors](#)

Seek out ceremony and cultural practices: For Native viewers, the most appropriate way to care for the emotions brought up by this film may be to participate in ceremony - even if it is just finding space to smudge and/or pray after the film.

From the National Native American Boarding School Alliance Resources for Self-Care & Trauma Response
[\(Access the Full Resource Here on the NABS Website\)](#)

GROUNDING EXERCISES

From the National Native American Boarding School Alliance Resources for Self-Care & Trauma Response ([Access the Full Resource Here on the NABS Website](#))

BREATHING EXERCISE TO TAKE YOU OUT OF “FIGHT/FLIGHT” MODE

- Relax your left hand in your lap and bring your right hand to your face.
- Place your ring finger on your left nostril and your thumb on the right.
- Close your right nostril and inhale through your left.
- Close both nostrils and hold your breath for a few seconds.
- Release your thumb and exhale through your right side, keeping your hand in front of your face.
- Begin again, inhaling through your right nostril, closing both nostrils, and exhaling through your left.
- Follow this cycle until you feel calmer and more relaxed.

GROUNDING EXERCISE TO BRING YOU OUT OF ANXIETY OR PANIC ATTACK

Sit up straight with both feet on the floor Identify:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Breathe deeply, and take in your surroundings, reminding yourself that you are in a safe space.

Watching with a survivor or affected family member? The [NABS Resource for Self-Care and Trauma Response](#) has tips and suggestions for supporting survivors in the moment.