

1 855 554 HEAL  
**Talk4Healing**

TALK · TEXT · CHAT

BEENDIGEN.COM



**Anishinabe Women's  
Crisis Home & Family  
Healing Agency**

Operated by Beendigen, Talk4Healing is a free, confidential help line that is available across Ontario.

Services are provided 24 hours a day, 7 days a week in 14 languages including English, Cree, Ojibwe, and Oji-Cree.

**1 855 554 HEAL (4325)**

**TALK · TEXT · CHAT**

Talk4Healing provides culturally sensitive and confidential support:

- Crisis counselling, advice, and support
- Personalized information and referrals for your needs
- Help to find your personal path to healing



[www.beendigen.com](http://www.beendigen.com)



**24/7** help, support and resources for Indigenous women, by Indigenous women.

Call us at:



**Talk**

1-855-554-HEAL (4325) and live support will be there to listen, any time of the day.



**Text**

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



**Chat**

Visit [beendigen.com](http://beendigen.com) and start your personal journey towards healing.



For more details about our programs and services, please visit:

[www.beendigen.com](http://www.beendigen.com)

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