



INFORMATION NOTE

DATE: July 9, 2021

TO: Health and Social Services Directors
Treatment Centres
NNADAP Agents
Quebec Native Women
Regroupement des centres d'amitié autochtones du Québec
Independent Native Friendship Centres

FROM: First Nations of Quebec and Labrador Health and Social Services Commission
(FNQLHSSC)

SUBJECT: Support for residential school victims and their families

The last few weeks have been very emotional for the First Nations in Quebec and across the country, as more than a thousand bodies of children have been discovered on the sites of former residential schools in Lower Kootenay and Kamloops, in British Columbia, and Marieval, Saskatchewan. In addition, talks are underway between the governments of Canada, provinces and territories and First Nations across the country to search the sites of former Indian residential schools and federal Indigenous homes in Quebec and elsewhere.

Inevitably, this harsh reminder of this part of our history reopens old wounds among our populations, especially for residential school victims and the families of survivors. Know that several help resources exist to support anyone who feels the need for them. Here are a few:

- The Indian Residential Schools Crisis Line, health support program (24/7): 1-866-925-4419
- First Nations and Inuit Hope for Wellness Helpline (24/7): 1-855-242-3310; or chat online with a counsellor: <https://www.hopeforwellness.ca/>
- MMIWG Support Line (24/7): 1-844-413-6649

In addition, if you have any questions about accessing emotional support and mental health referral and counseling services, call: 1-877-583-2965 # 2.

The entire FNQLHSSC team has a special thought for affected children and families and remains available for support or information requests. Please do not hesitate to write to us at info@cssspnql.com.