

Orange Shirt Day

September 30, 2020



Your emotional safety is very important!

The legacy of Indian Residential School (IRS) often evokes emotional responses, and you may need assistance processing your feelings. Please be mindful of your thoughts and feelings today and for the coming days.

It is normal for feelings to crop up at a later time. Be kind to yourself, ground yourself and ask for help. Please reach out for support to an Elder, a trusted friend, and/or contact one of the resources below:

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| 24-Hour National IRS Crisis Line | 1-866-925-4419 |
| Alberta Mental Health Help Line | 1 (877) 303-2642 |
| Crisis/Suicide Hotline | 1 (800) 232-7288 |
| Health Canada 24 Hour Crisis Line | 1 (866) 925-4419 |
| 24 Hour Crisis Hotline | 1 (800) 232-7288 |