

Free Available Resources

Talk 4 Healing: 24/7 Confidential Help Line offering crises counselling, advice, support, and referrals. Directed towards Indigenous women and girls. TALK. TEXT.CHAT.

Phone or Text: 1-855-554-HEAL (4325)

Live Chat: www.talk4healing.com

Hope for Wellness Help Line:

Counselling and crises intervention

Phone: 1-855-242-3310

Live Chat: www.hopeforwellness.ca

Native Youth Sexual Health Network

www.nativeyouthsexualhealth.com

Rainbow Collective

www.rainbowcollectiveofthunderbay.com

**Thunder Bay Indigenous Friendship Centre
2S & LGBTQ+ Mentor**

<https://tbifc.ca/program/two-spirit-lgbtq-mentor/>

Justice Trans

Access to Justice and Legal Information for Two Spirit, Non- Binary, and Gender Non-Conforming Communities across Canada

www.justicetrans.org

**IF YOU ARE FACING AN EMERGENCY
CRISES, PLEASE CONTACT YOUR
AREAS EMERGENCY SERVICE
PROVIDER**

NALSC Victim Witness Program

The VWL Program strives to improve the victim and witnesses of crime by using a holistic approach and empowering clients in a non- intrusive manner. VWL provides a variety of services for all members of NAN Territory- regardless of age, gender, sexual preference, or ability.

Listen to our 2SLGBTQ+ Series of Podcasts with Niizhaayek Alliance:

www.nanlegal.on.ca/2slgbtq




Phone: (807) 738-5564 (VWL Manager)
Phone: (807) 738-2038 (Alternate Contact)
Toll Free: 1-800-465-5581
Fax: (807) 737-8804
Email: wlp@nanlegal.on.ca
Website: nanlegal.on.ca







About Niizhaayek Alliance

Niizhaayek Alliance is a First Nation Youth Organization, and Non-profit Organization, that aims to reduce the stigmas and risks associated with being part of the 2SLGBTQ+ community. Through engaging First Nations in informative youth workshops, amplifying 2SLGBTQ+ youth voices, and in the development of an annual Ontario-wide 2SLGBTQ+ youth gathering. You can connect with

 NiizhaayekAlliance

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How to Support 2SLGBTQ+

2SLGBTQ+ people often don't have the proper support that they deserve. To support and meet the unique needs of NAN community members who are 2SLGBTQ+ simply be there, offer an open ear, support what they choose to do in their life. Make them feel welcome, part of the family and part of the community.

You can listen to our **2SLGBTQ+ Series of Podcasts with Niizhaayek Alliance:**
www.nanlegal.on.ca/2slgbtq
to learn ways to better support 2SLGBTQ+ community members.

Simple action(s) goes a long way:

- ☺ Speak up when you hear or witness intolerance towards others when it involves gender identity or sexuality
- ☺ Use inclusive language
- ☺ Show your support online, offline and within your everyday life
- ☺ Teach others to do the same!

Pronouns

Pronouns are terms that someone chooses to refer to themselves that reflect their gender identity.

These can represent:

- ☺ masculine identity as in *he/him*,
- ☺ feminine identity as in *she/her*
- ☺ a gender-neutral pronoun as in *they/ them*, or any of the combination above.

If you don't know how someone identifies themselves, simply ask them how they want to be addressed, in a respectful way.

We all have our place in mino'bimadiziwin when we create space through acceptance and inclusion. Remember that providing support and love by calling someone by their chosen name, and pronouns, has shown to reduce the odds of depression and suicide in transgender youth.