Partnering with KHP to Bring First Nations Programming to Your Community

Presented By:

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KIDS HELP PHONE™ Feel Out Loud

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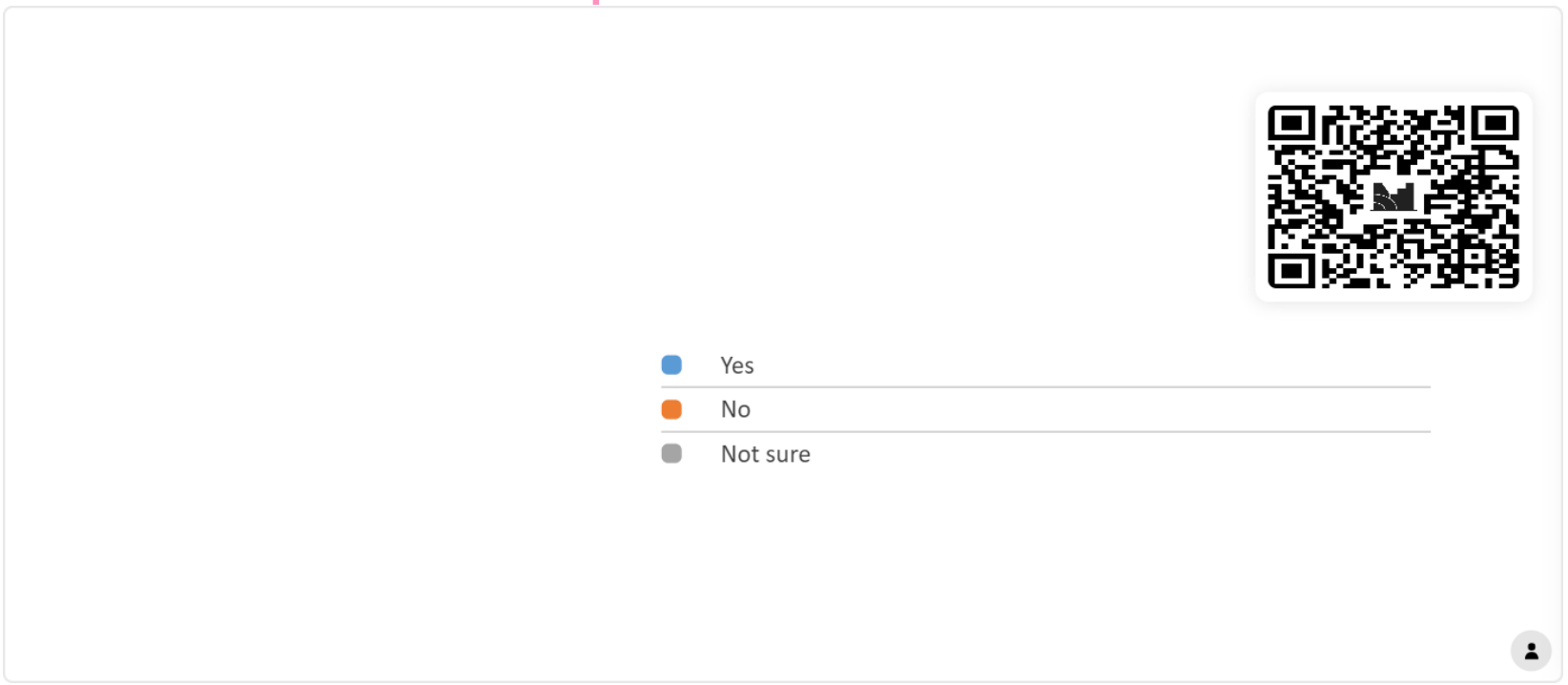
Menti.com

Had you heard of Kids Help Phone before this event?



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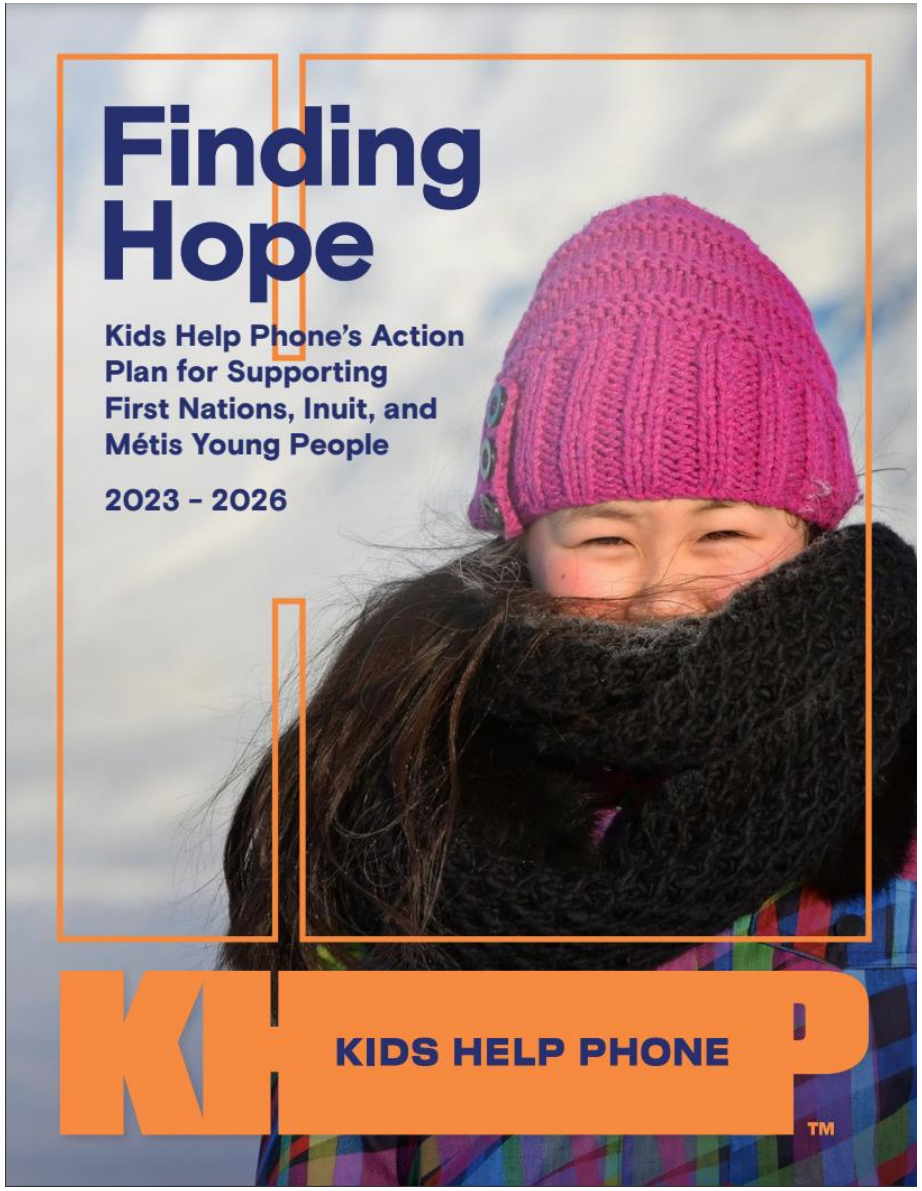
Kids Help Phone

Kids Help Phone's free, 24/7, confidential e-mental health services offer Indigenous youth across Canada a non-judgmental space to Feel Out Loud and explore their emotions through phone, text and online resources in English, French and some Indigenous languages.

Finding Hope

KHP's Action Plan for Supporting Indigenous Youth

- Led by the KHP Indigenous Advisory Council
- Indigenous Initiatives team with distinctions-based positions focused on community engagement
- Finding Hope 2.0 released in 2023 with 32 actions and 6 goals



KidsHelpPhone.ca/FindingHope

Positive Impact

86%

Received the support they were looking for

81%

Felt less upset

87%

The conversation was helpful

First Nations youth texting survey results from Ontario Jan 1, 2023 – Sept 30, 2024

Why KHP?

First Nations youth reach out to Kids Help Phone because…

KHP services are

Confidential

“They re-assured me that everything I said was completely confidential and that allowed me to open up and talk about something I wouldn't tell other people.”

– Indigenous texter

KHP KIDS HELP PHONE EST. 1989 JJ'ÉCOUTE JEUNESSE, J'ÉCOUTE Depuis 1989

KHP services are available

24/7/365

“My crisis responder pretty much saved my life tonight, I needed someone in an urgent matter and he/she was there immediately…hopefully tomorrow I'll finally have the courage to speak to my private therapist”

– Indigenous texter

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KHP services are

Helpful

“My crisis responder was really helpful. They made me feel incredibly validated with how I cope, and I think that's really important. It's really amazing how willing everyone on this helpline is to help. My problems haven't really been validated as much as this before, and I just feel really happy now.”

– Indigenous texter

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Our Services

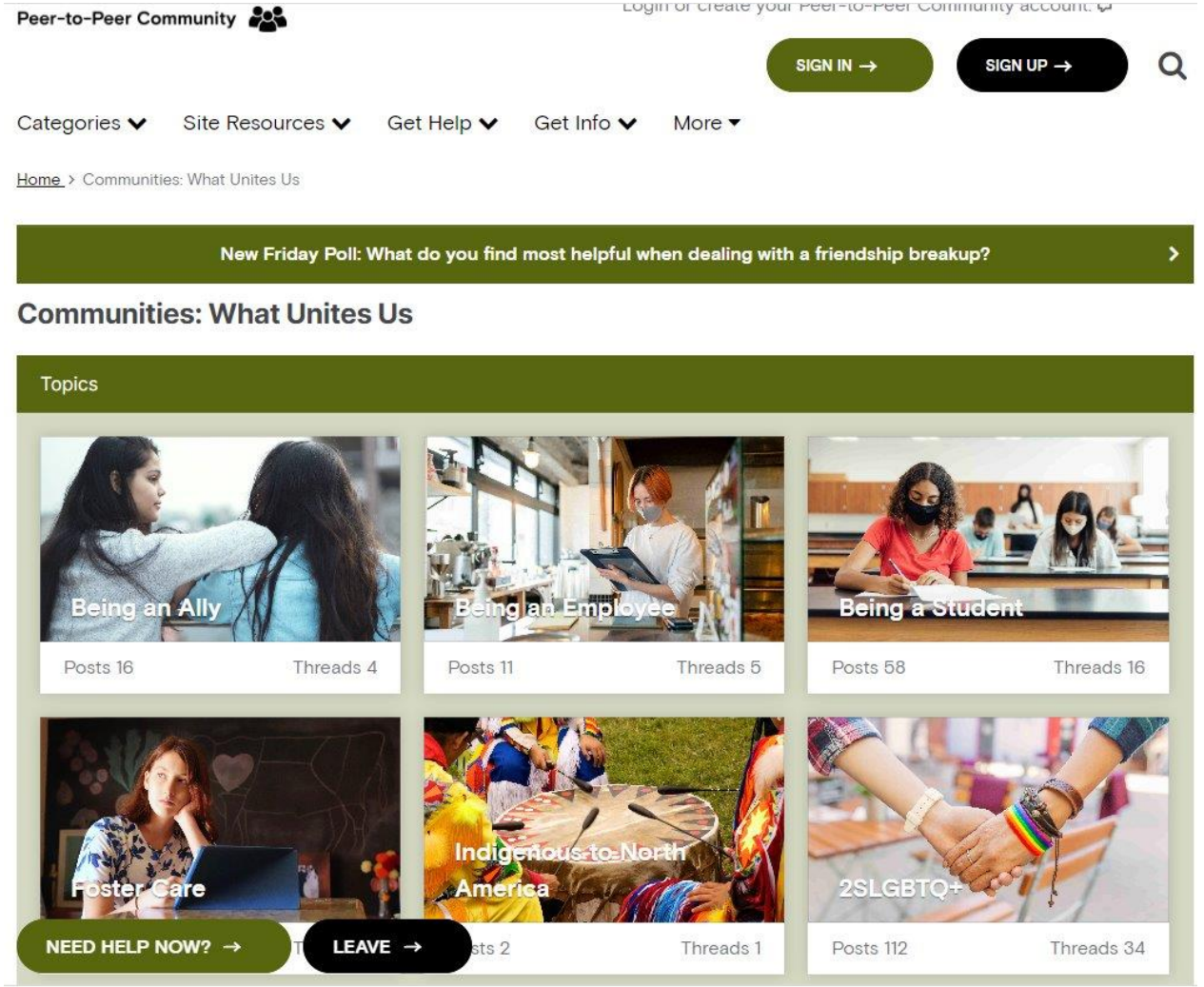
KidsHelpPhone.ca

- Peer-to-Peer Community
- Resources Around Me
- Website
- Phone & Live Chat
- Texting & Online Messaging

Peer-to-Peer

Support forums & real-life stories

Young people can connect with other youth and explore lived experiences across Canada using the Peer-to-Peer Community at Kids Help Phone.

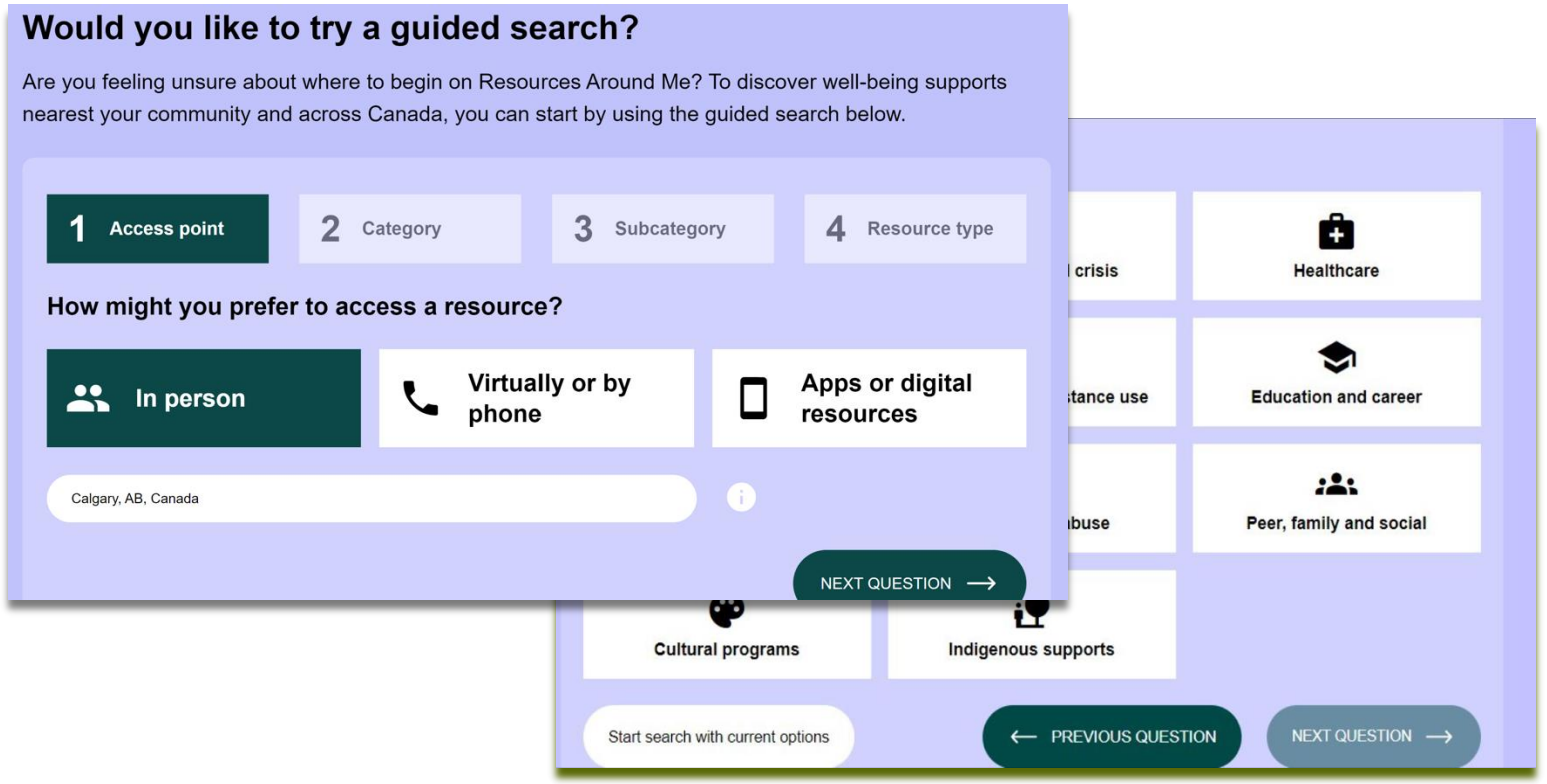


PeerToPeer.KidsHelpPhone.ca

KIDS HELP PHONE

Resources Around Me

Search for physical or virtual well-being supports (e.g. programs, services, tools, etc.) available nearest your community and across Canada using KHP's directory of vetted (trustworthy) resources.



KidsHelpPhone.ca/ResourcesAroundMe

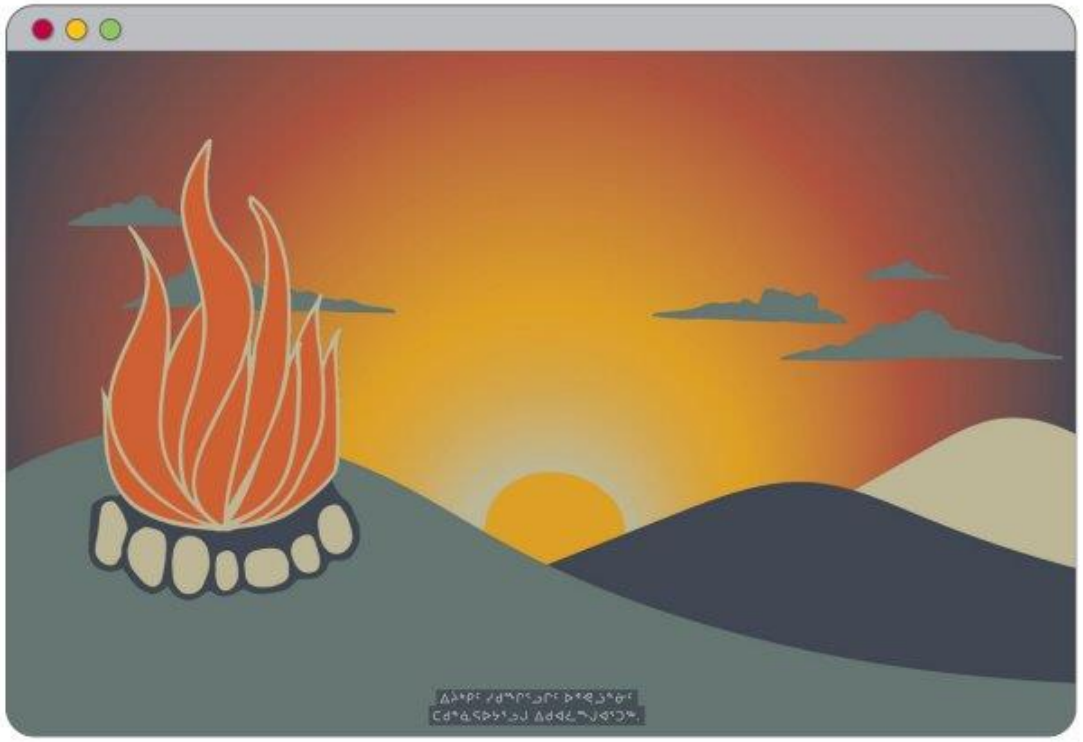
KidsHelpPhone.ca

Young people can access tools, tips and resources on Kids Help Phone's website to help build their skills and improve their wellness in the way that feels best for them.

Select content is available in First Nations languages.

KidsHelpPhone.ca/Indigenous (Youth)

KidsHelpPhone.ca/FindingHope (Supporters)



KidsHelpPhone.ca/MindfulnessBodyScan

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Counselling

Phone and Live Chat

- For young people
- Professional counsellors
- Anonymous and confidential
- Phone is 24/7
- Live Chat is open every day from 7 p.m. to midnight ET
- Dedicated Indigenous queue
- Available in English and French
    - Available by phone in Plains Cree and Severn Ojibwe with the help of a translator

1-800-668-6868 press 3

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EST. 1989

Crisis Response

Texting & Online Messaging

- For all ages
- Confidential
- 24/7
- Available in English and French

First Nations youth and adults can request a First Nations crisis responder, when available, by texting the words FIRSTNATIONS.

686868

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Joshwa Campiou

My Volunteer Journey with KHP

- Crisis Responder
- Weaving Threads Champion
- Indigenous Advisory Council Member

Indigenous Initiatives

Bringing First Nations programming to your community.

- **Share Online**
- **Order Outreach Material**
- **Embed Resources Around Me (RAM) Widget**
- **Order a New Trails Sign**
- **Register for Brighter Days**
- **Volunteer in Weaving Threads**

Contact us anytime to discuss how we can work together to support youth in your community.

Indigenous@KidsHelpPhone.ca

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Share Online

Visit the QR code below or follow us on social to access digital resources for sharing on your website or through social media.

+ Brighter Days

— Counselling and Crisis Response

Our Resources Around Me Tool includes thousands of resources for First Nations youth who are leaving care and young adults who have already left care

Indigenous youth can ask to be connected with a First Nations, Inuk or Métis crisis responder (if one's available) by messaging FIRSTNATIONS, INUIT or METIS to 686868. Learn more about how Kids Help Phone is here to support Indigenous youth:

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Order Outreach Material

Free Indigenous-focused outreach materials including posters and wallet cards are available to order online.

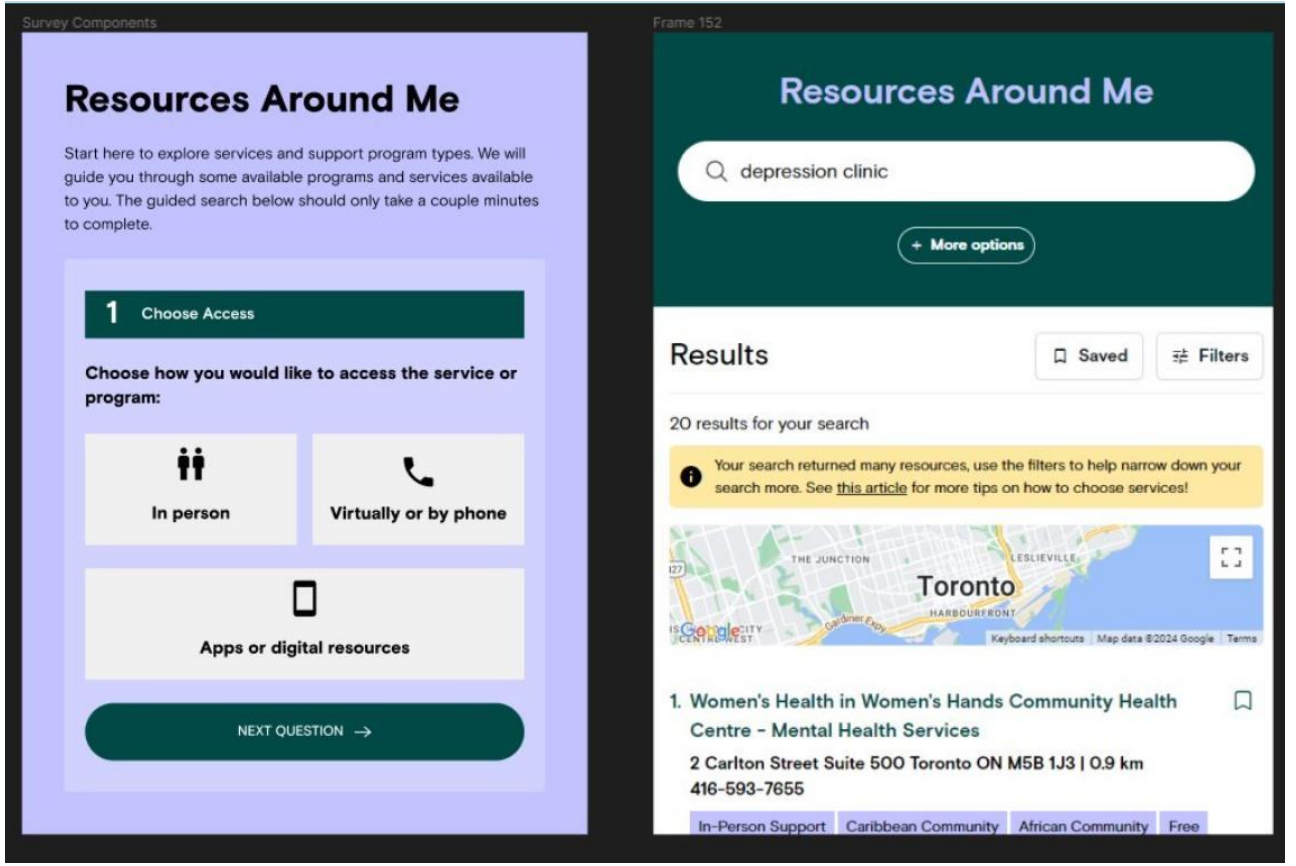
KidsHelpPhone.ca/NewTrails

KIDS HELP PHONE

Embed the RAM Widget

Free for charities

2 lines of code, size and type is customizable



Order a New Trails Sign

Signage such as billboards, arena boards, road signs and vinyl wall murals are also available to Indigenous communities and Indigenous-focused organizations. Funds are limited.

KidsHelpPhone.ca/NewTrails

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Register for Brighter Days

Brighter Days: An Indigenous Wellness Program supported by Sun Life provides Indigenous youth with an opportunity to engage virtually with a Kids Help Phone Indigenous Wellness Specialist in a culturally safe and fun conversation.

KidsHelpPhone.ca/BrighterDays

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Volunteer in Weaving Threads

Kids Help Phone Weaving Threads Champions have the opportunity and resources to connect Indigenous youth in their communities with the support they need and provide Kids Help Phone with important feedback that guides our work.

KidsHelpPhone.ca/WeavingThreads

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Activity

Weaving Threads Champions are invited to document their volunteer objectives by creating a **community support plan (CSP).** In this activity, we'll form teams to brainstorm ideas for a CSP then share them with the full group.

Activity Instructions

1. Every participant will have a sticky pad with your team number. Please gather by team and introduce yourself to your teammates.
2. Choose a First Nation community that will be the focus of your team's CSP. It can be a team member's community or a theoretical community. Print the name of the community on the top of the paper.
3. Choose someone from your team to share your team's ideas in the group discussion at the end of the activity
4. Brainstorm with your team on different ways to increase awareness of KHP services among youth (age 5-29) within the chosen community. Please print your ideas on the sticky notes and place them in the designated sections of the paper. Please consider the following:
    1. **Community programming:** Are there any special initiatives or programs that could incorporate KHP programming like Brighter Days?
    2. **Special initiatives:** Are there opportunities to promote KHP throughout the year? Ex. Including KHP pencils in school backpacks
    3. **Community events:** Are there times in the year when KHP services could be highlighted? Halloween, mental health week, anti-bullying days
        1. How would services be highlighted at the specified time?
    4. **Media:** Is there a community newsletter, local radio, etc.
    5. **Gathering Spaces:** What places would be suitable to pin posters or install a free KHP billboard, road sign, vinyl wall mural, or arena board?
    6. **Caring adults:** What people in the community are in a position to connect youth with KHP services (bus drivers, store cashiers, teachers etc.)

Stay Connected

Indigenous Initiatives Network (Email list)

KidsHelpPhone.ca/IIN

Indigenous Youth Facing Web Page

KidsHelpPhone.ca/Indigenous

Indigenous Supporter Web Page (order outreach materials, Indigenous Engagement Program, Finding Hope Action Plan)

KidsHelpPhone.ca/FindingHope

Email us anytime at Indigenous@KidsHelpPhone.ca

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