





- Unreconciled: Family, Truth, and Indigenous Resistance by Jesse Wente
- In My Own Moccasins: A Memoir of Resilience by Helen Knott
- [Browse more books and resources](#) from the Ottawa Public Library

**Mental health supports offered by the Government of Canada:**

- Residential 'School' Survivors can call 1-866-925-4419 for emotional crisis referral services and information on other health supports from the Government of Canada.
- Indigenous peoples across Canada can also access The Hope for Wellness Help Line 24 hours a day, 7 days a week for counselling and crisis intervention. Call the toll-free Help Line at 1-855-242-3310 or connect to the [online chat](#).