

5. Seeking Services_Female Focused

My name is Ashley Callingbull, a member of the Enoch Cree Nation, and Mrs. Universe 2015.

In our Indigenous communities, we know violence against women is a serious problem, impacting almost half of all Indigenous women. Controlling, manipulative, and abusive behavior might be common – but it isn't normal.

Violence is not a traditional value, and you don't have to face it alone. Family, culture, and good relations are at the core of who we are as Native people. If you, or someone you love, needs help, there are resources ready. You can call StrongHearts, a 24/7 Native Helpline. Call 1-844-7NATIVE (or 844-762-8483) or visit www.strongheartsnativehelpline.org to safely speak with a Native relative. It takes help to heal. Our healing begins with us.