

## About the App

Talking Stick is an anonymous destination for Indigenous people, to connect with Indigenous Peer Advocates. It's a safe place to have confidential, judgement-free chats with someone who understands your language and your culture. The Talking Stick App was developed by the Federation of Sovereign Indigenous Nations, in partnership with TryCycle Data Systems and Indigenous Services Canada.

## Who are the Peer Advocates?

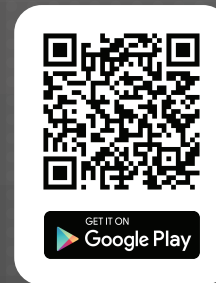
Peer Advocates are people from Indigenous communities just like you, who want to give back and provide support to others who might be struggling. They are not health professionals or licensed counsellors. Every Peer Advocate we hire is subject to screening and ongoing training. They will never judge, shame, or criticize you, and they will never tell you what to think, or what to do. Peer Advocates will never ask your name or need to know who you are. They are trained to listen, provide comfort, and offer you a safe place to feel heard.

## How it Works

Download the free app in the app store or use the website to start an Anonymous text chat, anytime.




Visit our website:  
[my.talkingstick.app](https://my.talkingstick.app)



Download our free app:  
**Talking Stick-Indigenous**

Contact us:  
[info@talkingstick.app](mailto:info@talkingstick.app)

Join our community:  
 [mytalkingstickapp](https://www.facebook.com/mytalkingstickapp)



Federation of Sovereign Indigenous Nations

Brought to you by the Federation of Sovereign Indigenous Nations,  
Indigenous Services Canada, and TryCycle Data Systems



**talking stick**  
EVERY VOICE MATTERS

A culturally safe  
space for  
anonymous chats

Connect 1 on 1 to  
Indigenous peer support

Judgement-free,  
private, confidential

Accessible  
Indigenous language  
choices



White buffalo designed by BrandyJonesIndigenousArtist  
@TikTok, Instagram, Facebook

[my.talkingstick.app](https://my.talkingstick.app)



# Need to chat?

Indigenous Peer Advocates  
Available Now

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Always Anonymous

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Confidential. Safe. Secure.

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1 on 1 Private Conversations

## Talking Stick is a place to talk about:

- Mental Health and Wellness
- Anxiety, Worry, Stress
- Depression, Loneliness
- Trauma
- Grief and Loss
- School, Work, Relationships
- Violence, Anger, Bullying



Tiffany, Treaty 4 Territory



Robert, Waterhen Lake First Nation

## Indigenous Peer Support:

**Anonymous, Confidential,  
Judgement-Free**

Whether you're going through a difficult time or in need of a safe place to talk, Talking Stick is an anonymous destination for Indigenous youth and adults to speak and feel heard.

The Talking Stick app is a text-only chat platform created "by Indigenous, for Indigenous". Getting started is easy: there is no login, no password, and no information required of you. Simply launch the chat and instantly connect (one on one), to a real person who is ready to listen without judgement.

The Talking Stick app is powered by Indigenous Peer Advocates; real people who live in Saskatchewan, all of whom come from surrounding communities across all regions. Peer Advocates are not crisis counsellors or healthcare professionals, they are people who have been trained to listen with compassion, respect, and humility.

As a "Guest" of the Talking Stick App, your identity is always anonymous, and nothing you chat about is ever saved or shared. As soon as the chat ends, the chat history is automatically deleted from your phone or computer. It's just a real conversation with a real person. There is no judgment, only support.