

May 5 is Red Dress Day

A day to honour and remember Missing and Murdered Indigenous Women, Girls (MMIWG) and Two-Spirit, lesbian, gay, bisexual, transgender, queer, intersex, and additional people (2SLGBTQQA+) people.

If you are affected by the issue of missing and murdered Indigenous women, girls and 2SLGBTQI+ people and need emotional assistance, please see the end of the information sheet for resources.

Origins of Red Dress Day

- Red Dress Day can be traced back to an art project created by [Canadian Métis artist Jaime Black](#).
- Black started the "REDress Project" in 2010 to bring attention to the shocking number of Indigenous women girls, and 2SLGBTQQA+ people (MMIWG2S+) who go missing and are murdered in Canada.
- Red dresses draped in black were draped over trees and lampposts in public areas, to make a visual contrast that conveyed both resiliency and sadness.
- Red Dress Day has become a yearly observance to demand justice for the victims and their families and to pay tribute to the many lives that have been lost.

Learn more about Red Dress Day

- [Red Dress Day: What it is and how it began](#) (CBC Kids)
- [Red Dress Day](#) (Canadian Encyclopedia)
- [THE RED DRESS](#) (National Film Board of Canada) Renowned Métis author and screenwriter Maria Campbell explores themes of cultural identity, sexual assault and the familial impact of colonialism (***This work contains scenes of violence. Viewer discretion is advised***)
- [Taken The Podcast](#) (Aboriginal Peoples Television Network/APTN, Eagle Vision, Women and Gender Equality Canada)
- [If I Go Missing - Social Activist Documentary](#) (Stash TV)
- [Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls](#)



How to participate in Red Dress Day

- There are many candlelight vigils held across Canada, within Toronto and smaller, local communities.
- By wearing red, hanging red dresses in public spaces, or participating in other actions to raise awareness, and show solidarity with all Indigenous women, girls, and victims of the MMIWG crisis

Psycho-emotional supports

- Call [1-844-413-6649](tel:1-844-413-6649) to get a list of provincial hotlines for mental health counseling. You can also access long-term [health support services](#) such as mental health counselling, community-based emotional support and cultural services.
- [Hope for Wellness Helpline](#): 1-855-242-3310 for immediate counseling and crisis intervention (available in some Indigenous languages). Live web chat is available.
- [Talk 4 Healing](#): Support and resources seven days a week for Indigenous women, 24 hours a day, with services in 14 languages by calling or texting 1-855-554-4325. [Live web chat](#) is also available.
- [Anishnawbe Health Toronto](#): Mental Health Services

This resource was developed by the Inclusion, Diversity, Equity, Accessibility and Anti-Racism Office (IDEAA). If you have any comments or would like to suggest additional resources, please e-mail ideaa@hollandbloorview.ca

