

# Dehcho Mental Health and Community Wellness Supports

## Mental Health and Community Wellness Supports

Flexible same day and scheduled appointments are available each day from 8:30am to 5:00pm.

### Fort Providence

Community  
Counselling Office

867-699-3421

### Fort Simpson

Community  
Counselling Office

867-695-2293

### Fort Liard

Community  
Counselling Office

867-770-4440

*Individuals located in Nahanni Butte, Kakisa, Jean Marie River, Wrigley, Samba K'e and K'atlodeeche First Nation can call any of the numbers above for telephone services.*

## 24/7 Live Crisis Supports

### National Canadian Suicide Crisis Line

Call or text: 988

### Kids Help Phone

1-800-668-6868 or  
Text CONNECT to  
686868

### NWT Help Line

Call: 811  
Press 1 for Mental  
Health

### YWCA Family Crisis Line

1-866-223-7775

### Hope For Wellness

1-855-242-3310

### Kamatsiaqtut

Nunavut

Helpline

1-800-265-3333

# eMental Health and Addictions Supports

## Mental Health Supports

### **Strongest Families Institute**

The Strongest Families Institute (SFI) delivers distance services to families primarily via telephone. Contact your local Community Counselling Program counsellor for a referral.

### **Stronger Minds**

*Offers coping resources and information to all Canadians for a variety of mental health and cognitive challenges.*  
[www.mindbeacon.com/strongerminds](http://www.mindbeacon.com/strongerminds)

### **7 Cups**

7 Cups is an app based in peer-support and self-help and is available to youth (13-17) and adults of all ages.  
[www.7cups.com](http://www.7cups.com)

### **Breathing Room**

Supports youth and young adults learn new ways to manage stress, depression and anxiety. Download the app using this code: **XXQTGPUE**.

## Substance Use Supports

### **All People, All Pathways**

Support groups (via Zoom) facilitated by Community Addictions Peer Support Association  
[ca.portal.gs](http://ca.portal.gs)

### **Breaking Free**

Assists in understanding your cravings and urges, you can also download the app.  
[www.breakingfreeonline.ca/](http://www.breakingfreeonline.ca/)

### **Alcoholics Anonymous**

[www.area78aa.org](http://www.area78aa.org)

### **OverEaters Anonymous**

[www.oaedm.com](http://www.oaedm.com)

### **EHN Wagon: Addictions Virtual Aftercare**

EHN Wagon provides abstinence-based, online maintenance programming for individuals who have completed addictions recovery treatment program (facility based, on-the-land, etc.) Visit [ehnonline.ca](http://ehnonline.ca). Select "Get Started" and "Aftercare Assessment NWT".  
1-866-926-4196

### **24/7 NWT Quitline**

Confidential helpline for smokers who want to quit. Call: **811**  
Press **2** for Quitline