

Fort Smith Mental Health and Community Wellness Supports

Mental Health and Community Wellness Supports

Community Counselling

Residential Treatment Applications.
Same day and scheduled services are available weekdays from 8:30am to 5:00pm
867- 872-6310

Child and Family Services

Support and navigation of services
867-872-6300

Salt River First Nation

Culture and Wellness **867-872-4536**
Elder Support Care Worker **867-872-0223**

Local Alcoholics Anonymous Meetings

Weekly on Tuesdays, 7PM at the Recreation Centre Senior's Room

Local Narcotics Anonymous

Weekly on Fridays, 7PM at the Recreation Centre Senior's Room

Victim Services

Information and referrals for victims and witnesses of crime
867-872-2273

Sutherland House Shelter

For women and children fleeing domestic violence
867-872-5925

Healthy Family Program

Parenting and child development support and information
867-872-6283

Tthebatthı Dënésułiné Wellness

Family Wellness Support Coordinator
867-872-4950

Uncle Gabe's Friendship Centre

867-872-3004

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 primarily via telephone. Contact your local Community Counselling Program counsellor for a referral.

Self-refer by visiting

<https://strongestfamilies.com/>

Stronger Minds

Offers coping resources and information to all Canadians for a variety of mental health and cognitive challenges.

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

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

Breaking Free

Assists in understanding your cravings and urges, you can also download the app.

www.breakingfreeonline.ca/

Alcoholics Anonymous

www.area78aa.org

OverEaters Anonymous

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. 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