

# Fort Smith Mental Health and Community Wellness Supports

## Mental Health and Community Wellness Supports

### Community Counselling and Adult Services

Same day and scheduled services are available weekdays from 8:30am to 5:00pm  
**(867) 872-6310**

### Social Worker

Support and navigation of services.  
**(867) 872-6300**  
After hours: **(867) 621-1122**

### Local Alcoholics Anonymous Meetings

Thursdays 7:30 at St. Joseph's Cathedral

### Sutherland House

Shelter for women and children fleeing domestic violence  
**(867) 872-5925**

### Victim & Witness Assistance Program

Support, information and referrals for victims and witnesses of crime.  
**(867) 872-5911**

### Healthy Families Program

Parenting and child development support and information  
**(867) 872-6283**

## 24/7 Live Crisis Supports

### Hope For Wellness

1-855-242-3310

### YWCA Family Violence Crisis Line

1-866-223-7775

### Kids Help Phone

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

### NWT Help Line

1-800-661-0844

### Kamatsiaqtut Nunavut Helpline

1-800-265-3333

### Canada Suicide Prevention Service

1-833-456-4566

### Wellness Together Canada

**Adults:** 1-866-585-0445 Or  
Text WELLNESS to 741741  
**Youth:** 1-888-668-6810 Or  
Text WELLNESS to 686868

# eMental Health and Addictions Supports

## Mental Health Supports

### Wellness Together Canada

Offers a variety of mental health services including an optional brief assessment to identify resources and tools.

[www.wellnesstogether.ca/en-ca/](http://www.wellnesstogether.ca/en-ca/)

### Stronger Minds

Offers coping resources to all Canadians with anxiety and depression associated to COVID-19

[www.mindbeacon.com/strongerminds](http://www.mindbeacon.com/strongerminds)

### Root'd

An app to understanding and managing panic attacks and anxiety. This includes interactive tools for in the moment panic attacks. Most features are free.

[www.rootd.io](http://www.rootd.io)

### Strongest Families Institute

The Strongest Families Institute delivers distance services primarily over telephone. Individuals can self refer by sending an email to [info@strongestfamilies.com](mailto:info@strongestfamilies.com) or contact their local community counsellor.

1-866-470-7111

### Breathing Room

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

### 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)

## Substance Use Supports

### All People, All Pathways

Support groups (via Zoom) facilitated by Community Addictions Peer Support Association

[www.capsa.ca/peer-support-meetings/](http://www.capsa.ca/peer-support-meetings/)

### Breaking Free

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

[www.breakingfreeonline.ca](http://www.breakingfreeonline.ca)

### Alcoholics Anonymous

Online meetings are available across Canada.

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

### 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) today.

Select "Get Started" and "Aftercare Assessment NWT".

**1-866-926-4196**

### 24/7 NWT Quitline

Confidential helpline for smokers who want to quit.

**1 (866) 286-5099**