

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 Crisis Supports

Hope For Wellness

1-855-242-3310

NWT Help Line

1-800-661-0844

YWCA NWT

1-866-223-7775

Canada Suicide Prevention Service

1-833-456-4566

Kids Help Phone

1-800-668-6868

Wellness Together Canada

Adults : 1-866-585-0445

Youth : 1-888-668-6810

Kamatsiaqtut Nunavut Helpline

1-800-265-3333

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.

ca.portal.gs

Stronger Minds

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

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

Strongest Families Institute

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

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

Addictions Recovery 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

Online meetings are available across Canada.

www.area78aaa.org

Addiction Program Support

Phone counselling is available for former clients of:

Poundmakers 1 (866) 458-1884

Aventa 1 (403) 245-9050

Edgewood 1 (866) 947-5911

Fresh Start 1 (844) 768-6266

24/7 NWT Quitline

Confidential helpline for smokers who want to quit.

1 (866) 286-5099