

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 Counsellor

(867) 699-3421

Child and Youth Care Counsellor

(867) 695-6356

Fort Liard

Community Counsellor

(867) 770-4770

Child and Youth Care Counsellor

(867) 695-1789

Fort Simpson

Temporary coverage is available to all those in Fort Simpson

To access **in person** supports visit the health centre or the public works building.

To access **telephone** support call: **Community Counsellor** (867) 770-4770

Child and Youth Care Counsellor (867) 695-6356

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

24/7 Crisis Supports



HOPE FOR WELLNESS

1-855-242-3310

KidsHelpPhone.ca
1 800 668 6868

WELLNESS TOGETHER

Canada

Adults: 1-866-585-0445

Youth: 1-888-668-6810



Kamatsiaqtut

Nunavut Helpline

1-800-265-3333



YWCA

NWT

1-866-223-7775

A TURNING POINT
FOR WOMEN



Canada
Suicide
Prevention
Service

1-867-456-4566

1-800-661-0844

NWT Help Line



24/7



If you or someone you know is experiencing an emergency please call 911

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.wellness.breakingfreeonline.ca

Alcoholics Anonymous

Online meetings are available across Canada.

www.area78aaa.org

Addiction Program Support

Phone counselling is available for former clients of:

24/7 NWT Quitline

Confidential helpline for smokers who want to quit.

1 (866) 286-5099

Poundmakers 1 (866) 458-1884

Aventa 1 (403) 245-9050

Edgewood 1 (866) 947-5911

Fresh Start 1 (844) 768-6266