



NTHSSA • ASTNO

# MENTAL HEALTH AND COMMUNITY WELLNESS

## FORT SMITH COMMUNITY COUNSELLING



### Open Group Sessions

**March 15<sup>th</sup> 5:30pm to 7:30pm**

**March 16<sup>th</sup> 5:30pm to 7:30pm**

Group sessions will be held at **Roaring Rapids Hall**

Everyone is welcome!

### In-person and On-site Counselling Services

**March 14<sup>th</sup> – March 18<sup>th</sup>**

A team of counsellors are currently on-site to support children, youth, adult, elders & families.

Please call **872-6310** to be connected to a counsellor in the community.

### Additional 24/7 Crisis Supports

**NWT Help Line**

1-800-661-0844

**Hope for Wellness**

1-855-242-3310

**Kids Help Phone**

1-800-668-6868

Text 686868 (Youth)

741741 (Adults)

**Wellness Together Canada**

1-888-668-6810 (Youth)

1-866-585-0445 (Adults)