



NTHSSA • ASTNO

MENTAL HEALTH AND COMMUNITY WELLNESS

COMMUNITY COUNSELLING SERVICE UPDATE



Virtual Counselling Services

March 4-6th: 24 hour availability

March 7-12th: 8:30am until 12am daily

Please call **872-0890** to be directly connected to telephone counselling services.

In-person and On-site Counselling Services

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

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)