

Beaufort-Delta Mental Health and Community Wellness Supports

Mental Health and Community Wellness Supports

Community Counselling Program

Aklavik

Community Counsellor 867-978-2613

Community Wellness Worker 867-978-2263

Inuvik

Community Counsellor 867-678-8092

Community Wellness Worker 867-678-8092

Child/Youth Counsellor 867-377-0123
867-678-0176

Ulukhaktok

Community Counsellor 867-396-3024

Child/Youth Counsellor 867-678-4133

Community Wellness Worker 867-396-3804

Paulatuk

Community Counsellor 580-3147

Sachs Harbour

Community Wellness Worker 867-690-4181

Fort McPherson

Community Counsellor 867-952-2245, press 2
678-5155

Community Wellness Worker 867-620-0174
867-377-0022

Tuktoyaktuk

Community Counsellor 867-977-2511, press 5
Community Wellness Worker 867-977-2511, press 2

Tsiigehtchic

Community Wellness Worker 867-953-3041

Aimayunga Women and Emergency Foster Care Shelter

Located in Tuktoyaktuk

Crisis line: 867-977-2000

Inuvik Transition House

Located in Inuvik

Crisis line:
867-777-3877

Gwich'in Tribal Council

Health and Wellness
Inquiries

867-777-7900

Inuvialuit Regional Corporation

Health and Wellness
Inquiries

867-777-7088

24/7 Live Crisis Supports

National Canadian Suicide Crisis Line

Call or text: 988

Kids Help Phone

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

NWT Help Line

Call: 811
Press 1 for Mental Health

YWCA Family Crisis Line

1-866-223-7775

Hope For Wellness

1-855-242-3310

Kamatsiaqtut Nunavut Helpline

1-800-265-3333

eMental Health and Addictions Supports

Mental Health Supports

Strongest Families Institute

The Strongest Families Institute (SFI) delivers distance services primarily via telephone. Contact your local Community Counselling Program counsellor for a referral.

Self-refer by visiting
<https://strongestfamilies.com/>

Stronger Minds

Offers coping resources and information to all Canadians for a variety of mental health and cognitive challenges.

www.mindbeacon.com/strongerminds

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

Breathing Room

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

XXQTGPUE.

Substance Use 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

www.area78aa.org

OverEaters Anonymous

www.oaedm.com

24/7 NWT Quitline

Confidential helpline for smokers who want to quit. Call: **811**
Press **2** for Quitline