

Sahtu Mental Health and Community Wellness Supports

Mental Health and Community Wellness Supports

Flexible same day and scheduled appointments are available by phone, video or in person Monday to Friday from 8:30am to 5:00pm

Déliné

Mental Health and Addictions Counsellor

867-374-0044

Norman Wells

Mental Health and Addictions Counsellor

867-444-6000

Fort Good Hope

Mental Health and Addictions Counsellor

867-444-6665

Tulita

Mental Health and Addictions Counsellor

867-444-6743

Regional Child and Youth Counsellor

867-444-6665

Colville Lake

Access is available through the Fort Good Hope Mental Health and Addictions Counsellors

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