

# 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 to families primarily via telephone. Contact your local Community Counselling Program counsellor for a referral.

### Stronger Minds

*Offers coping resources and information to all Canadians for a variety of mental health and cognitive challenges.*  
[www.mindbeacon.com/strongerminds](http://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](http://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](http://ca.portal.gs)

### Breaking Free

Assists in understanding your cravings and urges, you can also download the app.  
[www.breakingfreeonline.ca/](http://www.breakingfreeonline.ca/)

### Alcoholics Anonymous

[www.area78aa.org](http://www.area78aa.org)

### OverEaters Anonymous

[www.oaedm.com](http://www.oaedm.com)

### EHN Wagon: Addictions Virtual Aftercare

EHN Wagon provides abstinence-based, online maintenance programming for individuals who have completed addictions recovery treatment program (facility based, on-the-land, etc.) Visit [ehnonline.ca](http://ehnonline.ca). Select "Get Started" and "Aftercare Assessment NWT".  
1-866-926-4196

### 24/7 NWT Quitline

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