

# 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

### Déline

Mental Health and Addictions  
Counsellor

**867-347-0044**

Child and Youth Care Counsellor

**867-444-5400**

### Norman Wells

Mental Health and Addictions  
Counsellor

**867-444-1249**

Child and Youth Care Counsellor

**867-444-6000**

### Fort Good Hope

Mental Health and Addictions  
Counsellor

**867-444-1261**

Child and Youth Care Counsellor

**867-496-0040**

### Tulita

Mental Health and Addictions  
Counsellor

**867-444-6743**

Child and Youth Care Counsellor

**867-444-6717**

### Colville Lake

Access is available through the Norman Wells and Fort Good Hope mental health and addictions counsellors

## 24/7 Crisis Supports

### Hope For Wellness

1-855-242-3310

### Kids Help Phone

1-800-668-6868

### NWT Help Line

1-800-661-0844

### Canada Suicide Prevention Service

1-833-456-4566

### Kamatsiaqtut Nunavut Helpline

1-800-265-3333

### Wellness Together Canada

Adults: 1-866-585-0445

Youth: 1-888-668-6810

# eMental Health and Addictions Supports

## Mental Health Supports

### Wellness Together Canada

Offers a variety of mental health services including an optional brief assessment to identify resources and tools.

[ca.portal.gs](http://ca.portal.gs)

### Stronger Minds

Offers coping resources to all Canadians with anxiety and depression associated to COVID-19

[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)

### 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.

### Breathing Room

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

**XXQTGPUE**

### Root'd

An app to understanding and managing panic attacks and anxiety. This includes interactive tools for in the moment panic attacks. Most features are free.

[www.rootd.io](http://www.rootd.io)

## Addictions Recovery 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

Online meetings are available across Canada.

[www.area78aaa.org](http://www.area78aaa.org)

### Addiction Program Support

Phone counselling is available for former clients of:

**Poundmakers 1 (866) 458-1884**

**Aventa 1 (403) 245-9050**

**Edgewood 1 (866) 947-5911**

**Fresh Start 1 (844) 768-6266**

### 24/7 NWT Quitline

Confidential helpline for smokers who want to quit.

**1 (866) 286-5099**