

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

867-587-3650 ext. 151

Child and Youth Care Counsellor

867-444-5400

Norman Wells

Mental Health and Addictions
Counsellor

867-587-3333

Child and Youth Care Counsellor

867-444-6000

Fort Good Hope

Mental Health and Addictions
Counsellor

867-444-1261

Child and Youth Care Counsellor

867-496-6000

Tulita

Mental Health and Addictions
Counsellor

867-444-6743

Child and Youth Care Counsellor

867-444-6717

Colville Lake

Access is available through the 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

Stronger Minds

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

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

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

Addictions Recovery 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

Online meetings are available across Canada.

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