

Yellowknife Mental Health and Community Wellness Supports

Mental Health and Community Wellness Supports

Adult Services

867-767-9110 ext. 41219

Child and Family Services

867-767-9122

Offers case management, help navigating resources, programs and service providers.

Arctic Indigenous Wellness Foundation

Telephone sessions available with traditional counsellors, available from 9:00-5:00. **867-445-8035** or email ed@arcticindigenouswellnessfoundation.com

Community Counselling Office

Flexible same day and scheduled appointments are available each day from 8:30am to 5:00pm.

Mental Health Nursing is available.

867-767-9110 ext. 3

Northern Mosaic Network

The peer support program offers support by listening to 2SLGBTQIPA+ youth, adults, and their families' challenges and concerns, answering questions and providing information, and connecting people with existing programs and services.

*Please note: This program does not provide counselling or crisis response services.

coordinator@northernmosaic.net

Child and Youth Counsellors

Flexible same day and scheduled appointment are available to all children and youth from 8:30am to 5:00pm.

Contact your counsellor or call to get connected today.

cyc_admin@gov.nt.ca | **867-767-9110 ext. 41716**

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

Shelter Supports

Yellowknife Women's Society

Emergency shelter that serves women. Intoxicated individuals are welcome after 5:00pm.

867-873-2566

Sobering Shelter

For individuals experiencing homelessness and/or need a safe place to stay while intoxicated.

867-873-3272

GNWT Day Shelter

For individuals experiencing homelessness and/or need a safe place to stay.

867-688-9941

Allison McAteer House

A safe place for women who are fleeing violent situations.

867-873-8257

The Salvation Army

Men's shelter for those who are experiencing homelessness.

867-920-4673

Home Base

Transitional housing for youth experiencing homelessness.

867-766-4673

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

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

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. Select "Get Started" and "Aftercare Assessment NWT".

1-866-926-4196