

Yellowknife Mental Health and Community Wellness Supports During COVID-19

Mental Health and Community Wellness Supports

Community Counselling Office

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

(867) 767-9110 ext. 3

Rainbow Coalition

Telephone support is available to all people with focus on youth 2SLGBTQQIPAA+ concerns.

(867) 444-7295

Adult Services

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

(867) 767-9110 ext. 41219 or

(867) 767-9122 ext. 41218

Arctic Indigenous Wellness Foundation

Telephone sessions available with traditional counsellors, available from 9:00-5:00.

(867) 447-1095 or

(867) 445-8035

Child and Youth Care 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.

(867) 446-4851 or **(867) 446-6177**

Addictions Supports

Alcoholics Anonymous

Online meetings are available across Canada.

www.area78aaa.org

24/7 NWT Quitline

Confidential helpline for smokers who want to quit.

1 (866) 286-5099

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

Shelters

Yellowknife Women's Society

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

(867) 873-2566

Sobering Shelter/Day Centre

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

Hopes Haven

Transitional housing for youth experiencing homelessness.

(867) 766-4673



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

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

Breathing Room

Supports youth and young adults learn new ways to manage stress, depression and anxiety.

Download the app using this code: **XXQTGPUE**

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 counsellor for a referral.

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

www.area78aaa.org

OverEaters Anonymous

www.oaedm.com

24/7 Crisis Supports

Hope For Wellness

1-855-242-3310

Canada Suicide Prevention Service

1-867-456-4566

YWCA NWT

1-866-223-7775

Kids Help Phone

1-800-668-6868

Kamatsiaqtut Nunavut Helpline

1-800-265-3333

NWT Help Line

1-800-661-0844

Wellness Together Canada

Adults : 1-866-585-0445

Youth : 1-888-668-6810