



1-800-661-0844

NWT Help Line

24/7



The NWT Help Line offers confidential support to residents of the Northwest Territories, 24 hours a day, 7 days a week. It is 100% free and anonymous, and offers the option for follow-up calls with a Care Coach.

Individuals can call the NWT Help Line at **1-800-661-0844**.

Trained counsellors can help you with many issues, including:

- Stress management
- Suicidal thoughts
- Abuse
- Addictions recovery
- Depression
- Grief and loss



Telephone Group Sessions

The NWT Help Line offers free, confidential Telephone Group Sessions on a variety of mental health topics. For more information, or to register, please speak to a Care Coach by calling the NWT Help Line.



NWT Help Line Facebook Page

The NWT Help Line is now on Facebook! Our Facebook page offers information and tips on positive mental health and coping, as well as local resources, including our new Telephone Group Sessions. Individuals can also privately contact a Care Coach through a Facebook message.