

Mental Wellness, Substance Use, and Addictions Recovery

Resources



Community Counselling Program

Same day, drop-in, and scheduled appointments for children, youth, adults, and families! Virtual and in-person options. Let's talk.

811

Free and confidential support 24/7 by dialing 8-1-1 or 1-844-259-1793.

988

988 Suicide Crisis Helpline. A safe space to talk, 24/7.

Facility Based Addictions Treatment

There are several options available to support you. Let us help you get there.

Kids Help Phone

Call 24/7 at 1-800-668-6868. To text with counsellor, text the word CONNECT to 686868. To live chat, visit <https://kidshelpphone.ca/live-chat/>

eMental Health Supports

Free apps and online programs for children/youth, adults, and families!



★ LEARN MORE!



Government of
Northwest Territories

For more information on these supports and others, visit www.gov.nt.ca/wellness