

# Mental Wellness, Substance Use, and Addictions Recovery

## Support from Home



### Addictions Virtual Aftercare (EHN Outpatient Services)

Flexible, 24/7 aftercare support including an interactive app, individual counselling, and therapeutic groups.

#### 7 Cups

Connect with peers or trained listeners about a variety of topics!

#### 811

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

### Strongest Families Institute

Distance/telephone based support for children/youth and their families experiencing mild to moderate mental health or behavioural concerns, **1-866-470-7111**.

### 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/>

### Breathing Room

A program for youth and young adults to explore new ways to manage stress, create happiness, cope, find meaning, and more!

#### 988

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



★ **LEARN MORE!**



Government of  
Northwest Territories

For more information on these supports and others, visit [www.gov.nt.ca/wellness](http://www.gov.nt.ca/wellness)