



Nurses can provide follow-up calls and support for individuals seeking mental health or addiction recovery assistance, as well as those looking to quit smoking or vaping.

Language services available upon request, including Indigenous languages.

**CALL US AT 811 OR 1-844-259-1793
TO SPEAK WITH A REGISTERED NURSE**

Get guidance on a range of health concerns, from general health queries to mental health and addictions recovery support.

WE'RE HERE TO HELP!



Visit www.gov.nt.ca/811
for more information.



811

**CALL 811 TO
SPEAK WITH A
REGISTERED NURSE.**

Registered Nurses are available to help you. The call is confidential, you can ask to remain anonymous, and the service is available **24 hours a day, 7 days a week.**



Government of
Northwest Territories

GENERAL HEALTH ADVICE

Our Registered Nurses are available 24/7 to provide you with confidential health advice and support.

811 nurses assess your current health situation, provide advice, and direct you to the appropriate resources in your region. They can help with a wide range of issues, such as advice on communicable diseases, sexually transmitted infections, and other health-related inquiries. Your privacy is their priority.



MENTAL WELLNESS ADVICE

811 Helpline responders are Registered Nurses who can also assist you with concerns related to mental wellness and addictions recovery.

Call us anytime 24/7, we are here to help.



SUPPORT FOR QUITTING SMOKING OR VAPING

Looking to quit smoking or vaping? Our dedicated team is here to help you on your journey to a healthier life.

Call us for personalized assistance and resources to help you quit for good. Our nurses are trained to support you through your quit planning, provide follow-up calls to keep you on track and answer any questions you may have.

