



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!



1. Do you need to speak to someone about a loved one with Dementia?
2. My child has a fever, should I be concerned?
3. How can I cope with anxiety?
4. I've been having suicidal thoughts. Where can I get help?
5. I would like to quit smoking. Can you help me make a quit plan?
6. Can you help me identify and manage triggers to use nicotine?



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.

