

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.

Trained counsellors can help you with many issues, including:

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

Government of
Northwest Territories

For more information, visit our NWT Help Line  page and share it with your friends.

If you would like this information in another official language, contact us at 1-866-846-8601. Si vous voulez ces renseignements dans une autre langue officielle, communiquez avec nous au 1-866-846-8601.