



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.

Individuals can call the NWT Help Line at **1-800-661-0844**.

Trained respondents can help you with many issues, including:

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



NWT Help Line Facebook Page

The NWT Help Line Facebook page offers information and tips on positive mental health and coping, as well as local resources. Individuals can also privately contact a trained respondent through a Facebook message.

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