

Mental Wellness and Addictions Recovery Supports



Community Counselling Program

Now offering same day, drop-in, and scheduled appointments! Lets talk.

Kids Help Phone

Call, text, or chat online 24/7 at 1-800-668-6868 or www.kidshelpphone.ca.

Facility Based Addictions Treatment

There are several options available to support you. Let us help you get there.

811

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

eMental Health Supports

Free apps and online programs for children/youth, adults, and families!



★ LEARN MORE!



Government of
Northwest Territories

To find more information on all of these services and how to access them, visit www.gov.nt.ca/wellness