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**Community
 Resource Card**

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 IKITIAHIMALUGU INUUIHIK KATIMAJIIT



EMBRACE LIFE COUNCIL
 CONSEIL SAISIS LA VIE

1-866-804-2782
 embracelife@inuusiq.com

ᐃᑲᓐᓂᓐ ARCTIC BAY

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Hour Resources:

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 Nunavut Kamatsiaqtut Helpline (E/I)
 1-800-265-3333 or/ ᐅᓐᓂᓐᓂᓐ (867) 979-3333

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 Kids Help Phone (E/F)
 1-800-668-6868

Text 686868 | Type "TALK" to start talking to a counselor
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 Online Chat. kidshelpphone.ca

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 Employee/Family Assistance (E/I)
 Government of Nunavut ᓄᓇᓂᓐ ᓕᓂᓐᓂᓐ
 1-800-663-1142

Government of Canada ᓕᓂᓐᓂᓐᓂᓐ
 (E/F) 1-800-268-7708

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 Child First Initiative
 1-855-572-4453

canada.ca/supporting-inuit-children
 *** Not counseling service, for financial support
 *** ᐃᓂᓐᓂᓐᓂᓐᓂᓐᓂᓐ, ᓂᓐᓂᓐᓂᓐ ᐃᑲᓕᓂᓐᓂᓐ

E: English I: Inuktitut F: French
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Canada Suicide Prevention Service ᑲᓂᓂᓐ ᐃᓂᓐᓂᓐ
 PAA/ᓂᓐᓂᓐᓂᓐᓂᓐᓂᓐ ᐃᓂᓐᓂᓐᓂᓐ
 (24/7) 1-833-456-4566

Texting service 45645 ᐅᓐᓂᓐᓂᓐᓂᓐ
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 Online Chat. crisiservicescanada.ca

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 Assaulted Women's Helpline (E/F)
 1-866-863-0511

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 Residential School Survivors Help Line
 (E/I) 1-866-925-4419

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 Inuit and First Nations Hope for Wellness
 Helpline (E/I) 1-855-242-3310

