

ᓄᓇᓕᓐᓂᓕ  
 ᐃᑲᓕᓂᓐᓄᓐᓂᓐᓂᓐ ᐃᓕᓂᓐ  
**Community  
 Resource Card**

ᐃᓕᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ  
 IKITIAHIMALUGU INUUSIQ KATIMAJIIT



EMBRACE LIFE COUNCIL  
 CONSEIL SAISIS LA VIE

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

ᓂᓐᓂᓐ ᐃᓕᓂᓐ KINNGAIT

24 ᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ  
 ᓂᓐᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ  
**Hour Resources:**

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

ᓂᓐᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ  
 Kids Help Phone (E/F)  
 1-800-668-6868  
**Text 686868 | Type "TALK" to start talking to a counselor**  
 ᐃᓕᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ  
 "TALK" ᐃᓕᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ  
 Online Chat. kidshelpphone.ca

ᐃᓕᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ  
 Employee/Family Assistance (E/I)  
 Government of Nunavut ᓄᓇᓂᓐ ᐃᓕᓂᓐ  
 1-800-663-1142  
 Government of Canada ᐃᓕᓂᓐᓂᓐ  
 (E/F) 1-800-268-7708

ᐃᓕᓂᓐ ᐃᓕᓂᓐ ᐃᓕᓂᓐ ᐃᓕᓂᓐ  
 Child First Initiative  
 1-855-572-4453  
 canada.ca/supporting-inuit-children  
 \*\*\* Not counseling service, for financial support  
 \*\*\* ᐃᓕᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ

E: English I: Inuktitut F: French  
 E: ᓂᓐᓂᓐ I: ᐃᓕᓂᓐ F: ᐃᓕᓂᓐ

Canada Suicide Prevention Service ᐃᓕᓂᓐ ᐃᓕᓂᓐ  
 PAA/ᐃᓕᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ  
**(24/7) 1-833-456-4566**

Texting service 45645 ᐃᓕᓂᓐᓂᓐ  
 ᐃᓕᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ  
 Online Chat. crisiservicescanada.ca

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

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

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

