

ᓄᓚᓕᓐᓂᓕ ᐃᔨᔨᓂᓐᓇᓴᓂᓂᓐ ᐃᔨᓂᓐ

Community Resource Card

ᐃᔨᔨᓂᓐ ᐃᓂᓂᓐ ᐅᐅᓂᓐᓴᓂᓐ
IKITIAHMALUGU INUUSIK KATIIMAJIIT



EMBRACE LIFE COUNCIL
CONSEIL SAISIS LA VIE

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

ᐃᔨᔨᓂᓐ KUGAARUK

24 ᓴᔨᔨᓂᓐ ᐃᔨᔨᓂᓐ ᓴᔨᔨᓂᓐ ᐃᔨᔨᓂᓐ : Hour Resources:

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

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

ᐃᔨᔨᓂᓐ ᐃᔨᔨᓂᓐ ᐃᔨᔨᓂᓐ
Employee/Family Assistance (E/I)
Government of Nunavut ᓄᓚᓂᓐ ᓴᔨᔨᓂᓐ
1-800-663-1142
Government of Canada ᓴᔨᔨᓂᓐ
(E/F) 1-800-268-7708

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

E: English I: Inuktitut F: French
E: ᓴᔨᔨᓂᓐ I: ᐃᔨᔨᓂᓐ F: ᐃᔨᔨᓂᓐ

Canada Suicide Prevention Service ᐃᔨᔨᓂᓐ
PAA/IN/PCAC/LS/JS ᐃᔨᔨᓂᓐ
(24/7) 1-833-456-4566
Texting service 45645 ᐅᓴᔨᔨᓂᓐ
ᓴᔨᔨᓂᓐ ᐃᔨᔨᓂᓐ ᐃᔨᔨᓂᓐ
Online Chat. crisiservicescanada.ca

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

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

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

