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**Community
 Resource Card**

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 IKITIAHIMALUGU INUUIK KATIMAJIIT



EMBRACE LIFE COUNCIL
 CONSEIL SAISIS LA VIE

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

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Hour Resources:

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 Nunavut Kamatsiaqtut Helpline (E/I)
 1-800-265-3333 or/ ᐃᓕᓂᓐᓂᓐ (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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 "TALK" ᐃᓕᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ ᐃᓕᓂᓐᓂᓐ
 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 ᓕᓂᓐᓂᓐ
 (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
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E: English I: Inuktitut F: French
 E: ᓕᓂᓐᓂᓐ I: ᐃᓂᓐᓂᓐ F: ᐃᓂᓐᓂᓐ

Canada Suicide Prevention Service ᓂᓂᓐ ᐃᓂᓐᓂᓐ
 PAA/ᓂᓂᓐᓂᓐ ᐃᓂᓐᓂᓐ ᐃᓂᓐᓂᓐ
(24/7) 1-833-456-4566

Texting service 45645 ᐃᓂᓐᓂᓐᓂᓐ
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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

