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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

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**Hour Resources:**

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 Nunavut Kamatsiaqtut Helpline (E/I)  
 1-800-265-3333 or/ ᐅᓕᓂᓐᓂᓐ (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 ᓕᓂᓐᓂᓐ  
 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 ᑲᓂᓂᓐ ᐃᓂᓐᓂᓐ  
 PAA/ᓂᓂᓐᓂᓐ ᐃᓂᓐᓂᓐ ᐃᓂᓐᓂᓐ  
 (24/7) 1-833-456-4566  
 Texting service 45645 ᐅᓕᓂᓐᓂᓐ  
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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**

