



Where to Turn

---

# There is Help

---

Going through hard times is normal. We can get through hard times with the love and support of family, friends, Elders and counsellors. Connect with support and advice for yourself or someone you care about:

## MENTAL HEALTH AND ADDICTIONS

Free, confidential mental health and addictions support at every Community Health Centre and Iqaluit Mental Health. Psychologists and other mental health professionals are available through TeleHealth. Referrals and Medical Travel are provided when services are not locally available. Interpretation is available for Inuktitut, Inuinnaqtun and French.

Community Health Centre, for appointments and on-call emergencies

Iqaluit Mental Health, (867) 975-5999

Oikiqtani General Hospital, Emergencies, (867) 975-8600

## IRS RESOLUTION HEALTH SUPPORT PROGRAM

Free, confidential mental health and emotional support services are available for former residential school students and their families. In Nunavut, cultural wellness and healing is provided by Ilisaqsivik, Tukisigiavik, Pulaarvik Kublu and the Cambridge Bay Wellness Centre. Psychologists and other mental health professionals are also available. Transportation is provided when these services are not locally available.

National Crisis Line, 24 hour, 1-866-925-4419 (Inuktitut, English, French)

Northern Program Coordinator, Health Canada, 1-800-464-8106 (English and French)

Ilisaqsivik Toll-free counselling line, 1-888-331-4433 (Inuktitut and English)

## VAC ASSISTANCE SERVICES

Retired Canadian Rangers, RCMP members and their families and caregivers have access to free, confidential counselling by a mental health professional.

Toll-free line, 24 hour, 1 (800) 268-7708 (English, French)

## KAMATSIAQTUT HELP LINE

Free, confidential telephone counselling for northerners in crisis.

Toll free 1 (800) 265-3333 (English, sometimes Inuktitut)

In Iqaluit 979-3333

## HOPE FOR WELLNESS HELPLINE

Free, confidential culturally relevant telephone crisis intervention counselling for Inuit and First Nations in emotional distress or wanting to talk. Counsellors can work with callers to identify follow-up services. Available in English and French and, upon request, in Inuktitut.

Toll free, 24 hour, 1 (855) 242-3310

## KIDS HELP PHONE

Call or chat for free, confidential counselling geared to teens and youth.

Toll free, 24 hours, 1 (800) 668-6868 (English, French)

Live chat online or mobile device, [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

## GOVERNMENT OF NUNAVUT EMPLOYEE AND FAMILY ASSISTANCE PROGRAM

GN employees and their immediate family members, have access to free, confidential counselling. Many resources are available like mental health and addiction support, psychology, and online courses.

Toll-free line, 24 hour, 1-800-663-1142 (English, French and Inuktitut through interpreter)

[www.homewoodhumansolutions.com](http://www.homewoodhumansolutions.com)

