

What is counselling?

Counselling is a talking therapy that involves a trained therapist listening to you and helping you find ways to get and feel better.

During counselling sessions, different topics or concerns can be discussed, such as:

- Alcohol and/or drug abuse
- Anger
- Depression
- Bullying
- Loneliness
- Losing a loved one
- Parenting
- Relationship issues
- Sexual identity
- Stress
- Trauma

What is virtual counselling?

Virtual counselling sessions are consultations with a counsellor over the phone or video-conferencing applications.



Intake Assessment forms are reviewed once a week. These forms help us choose the right counsellor for you based on your needs (concerns identified, availability, gender preference, etc.)

Once your form is completed by phone or submitted by email, a counsellor will be assigned to you and will then be in touch shortly after to initiate the sessions.

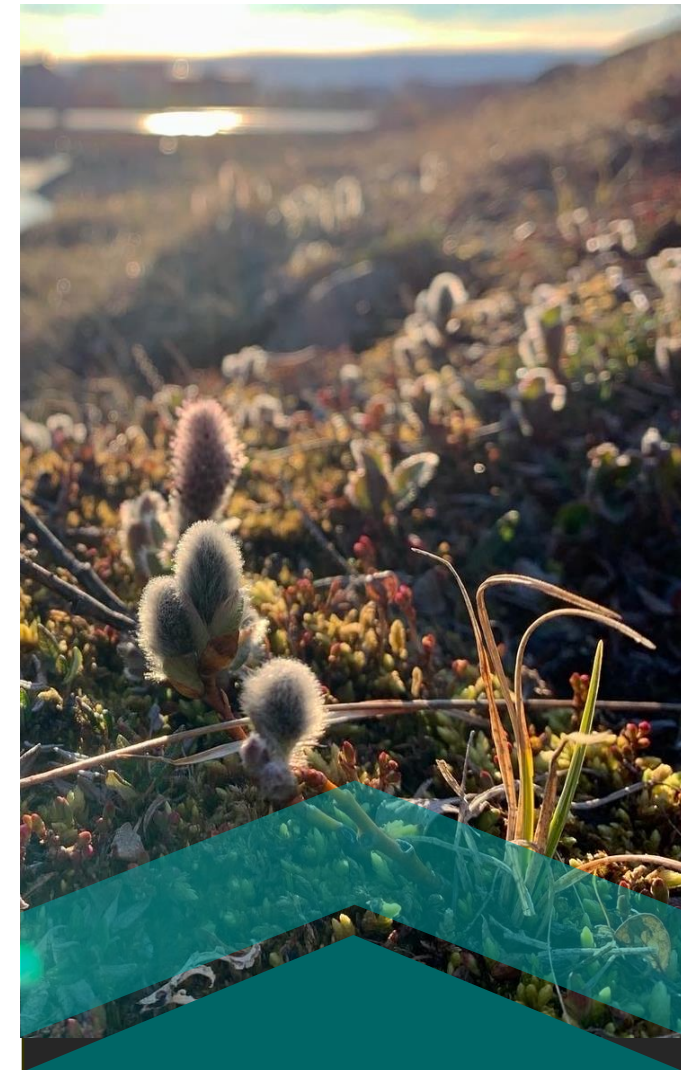


PROGRAM COORDINATOR

If you have any questions or for more information, please contact the Program Coordinator at:

Telephone: 867-975-5367 OR
888-648-0070

Email address: healing@gov.nu.ca



HEALING BY TALKING

What is virtual counselling?

What is a counsellor?

How do I apply for this service?

Who is eligible?

Where to go for more information?

What is a counsellor?

A counsellor is a trained person who will listen to you and guide you through different aspects of your life.

How many sessions can I access?

A total of 22 hours of counselling are available through this program. Usually sessions are scheduled for one hour.

When can I access the virtual counselling sessions?

Counsellors are available either:

- Weekdays between 9:00 AM and 5:00 PM
- Week evenings between 5:00 PM and 8:00 PM
- Weekends from 9:00 AM to 5:00 PM

Where can I access the virtual counselling services?

Once a counsellor has been assigned to you, the virtual sessions can be done from your home.

This service is available to all person registered under the **Non-Insured Health Benefit (NIHB)**.

You will be required to provide your Nunavut Health Care Number and NIHB Number.

How to apply for the counselling services?

OPTION 1

Call the Program Coordinator at: 867-975-5367 or 1-888-648-0070. The Program Coordinator will ask you questions about yourself to initiate the referral process.



OPTION 2

Complete the **Intake Assessment Form** available at the Community Health Centre or emailing the address below and send the completed copy to the following email address: healing@gov.nu.ca

