



Mental Health RESOURCES

If you or someone you know is struggling, please reach out for support. This can be to a family member, friend, or the mental health support at your local health centre or hospital. Please see additional resources below.

Help Lines

The Nunavut Kamatsiaqtut Help Line
1-867-979-3333 or toll-free 1-800-265-3333

Kids Help Line
1-800-668-6868

Crisis Text Line 686868

Crisis Services Canada online chat at
www.crisisservicescanada.ca or text/call
1-833-456-4566

Websites for tips

Embrace Life Council
www.inuusiq.com

Mild/Moderate Anxiety/Depressive Symptoms
<https://www.walkalong.ca/explore/MoodGYM>

Childhood Trauma
<http://thegatehouse.org/resources/>

Sleep <http://freecbti.com>

Mindfulness
<https://palousemindfulness.com>

All communities have mental health supports available by phone. Most communities have in-person mental health supports available through your local health centre or hospital.

Healing by Talking

Offers virtual counselling services to Inuit across the territory. Email healing@gov.nu.ca or call toll-free at 1-888-648-0070 or 1-867-975-5367.

Residential School Hope for Wellness Support Program

Offers telephone counselling for residential school survivors and their families. Call toll-free at 1-800-464-8106.

Ilisaqsivik Telephone Counselling

Offers telephone counselling in English and Inuktitut. Monday-Friday from 8:30 a.m. - 5 p.m. Call toll-free at 1-888-331-4433.

Employee Assistance Program

GN/City Employees Call toll-free: 1-800-663-1142.
Federal Employees: Call toll-free 1-800-268-7708.

Iqaluit Crisis Drop-in

In-person counselling service offered Monday to Thursday 10 a.m. - 5 p.m. Call 1-867-975-5900 to schedule an appointment.

**Mental Health and Addictions
Government of Nunavut**

