

General Help and Support for People who are Struggling

It is important to take time to focus on our mental health and well-being. If you or someone you know is struggling, please remember that **you are not alone; it can be overcome.**

- ✓ Talk with someone you trust.
- ✓ Talk to a health care provider at the local health centre.



The GN offers community-based, regional, and out-of-territory mental health and addiction services. Different types of therapy can provide help and healing. The following are examples of different interventions, and the best treatment is often a combination of these.

Counselling

- Can happen over the phone where you speak with a counsellor directly.
- Can happen one-on-one or in a group. Group counselling is a place to talk with others and work through things together.
- Can help a person improve relationships, learn to deal with symptoms, and make and meet mental health goals.

Self-care

- Eat well, exercise regularly, and get enough sleep.
- Spend time with people you love and trust.
- Avoid harmful substances such as drugs, cigarettes, or alcohol.
- Include activities that make you healthy, strong, and fulfilled.

Family Counselling

- Can help a person and their family work out problems together and improve their relationship.

Medication

- Can help control symptoms and chemical imbalances that may occur with a mental illness. Talk with a health care provider to decide if medication is the best treatment.
- May involve a combination of medicines, long-term or short-term. A person works with their doctor to identify the medicine that works best. This may change over time.





General Help and Support for People who are Struggling

If you or someone you know needs support, please reach out to one of these resources:





Nunavut Kamatsiaqtut Help Line

Anonymous and confidential telephone support 24 hours a day, seven days a week.

-  Toll Free 1-800-265-3333
-  In Iqaluit 979-3333

Healing by Talking Program




Free telephone counselling service provided by the GN's Department of Health.

-  Call 1-888-648-0070
-  Email healing@gov.nu.ca

GN's Employee/ Family Assistance Program

-  Toll Free 1-800-663-1142

Youthspace.ca




-  Text 778-783-0177
-  Online chat available at www.youthspace.ca
-  Email counselling is available by calling 250-478-8357 or toll-free at 1-866-478-8357

Isaksimagit Inuusirmi Katujjiqatigiit - Embrace Life Council

-  Call 1-866-804-2782
-  Email embracelife@inuusiq.com
-  Visit the website www.inuusiq.com for more information and support

Kids Help Phone

No judgement counselling for young people. No matter what you want to talk about, they will listen. It's free, confidential, and available 24 hours a day, seven days a week.

-  Toll Free 1-800-668-6868
-  Text 'TALK' to 686868 (no data plan, internet connection, or app required)
-  Live chat www.kidshelpphone.ca

Law Society of Nunavut

-  Toll Free 1-844-979-2330
-  Inuktitut Toll Free 1-888-990-4665
-  In Iqaluit 975-2120
-  Online: www.lawsociety.nu.ca



Hope for Wellness Help Line

Confidential counselling and crisis intervention to all Indigenous peoples across Canada, 24 hours a day, seven days a week.

 Toll Free 1-855-242-3310

 Live chat www.hopeforwellness.ca

Victim's service

Provides confidential client-centred support services for victims of crime.

 Toll Free 1-866-456-5216

 victimservices@gov.nu.ca


Residential Schools Resolution Health Support Program

Cultural and emotional support and counselling to all former residential school students and their families.

Services available 8:30am to 5:00pm; Mon-Fri


 Call 1-866-509-1769 or 1-800-464-8106


Cultural Wellness and Healing in Nunavut

 Department of Healthy Living in Cambridge Bay: 1-867-983-4670

 Kitikmeot Friendship Society in Cambridge Bay: 1-867-983-3330

 Iliisaqsvik Society in Clyde River: Toll Free Counselling Line 1-888-331-4433

 Pulaarvik Kablu Friendship Centre in Rankin Inlet: 1-867-645-2600


 Tukisigiavik Society in Iqaluit: 1-867-979-2400

 Piruqatigiit Resource Centre in Iqaluit: 1-867-877-4155

 Aqqiumavvik Society in Arviat: <https://www.aqqiumavvik.com/>

Family Abuse Intervention Act (FAIA)

Provides support to families and individuals experiencing family violence.

 Toll Free 1-844-534-1038


Murdered and Missing Indigenous Women and Girls (MMIWG)

Provides counselling services 24/7.

 Call 1-844-413-6649

Family Mediation

Available to help families solve problems before, during or after separation.

 Call 1-867-975-6364



If you or someone you know is in crisis, call the RCMP, or go to your local health centre or hospital immediately.

