

For confidential support, contact, you can contact:

Counselling

- Healing by Talking Program.
 - Offers virtual, long-term counselling services to Inuit across the territory.
 - Visit your local Health Centre for more information or email healing@gov.nu.ca or call toll-free at 1-888-648-0070 or (867) 975-5367.
- Isaksimagit Inuusirmi Kataujjiqatigiit Embrace Life Council.
 - Call 1-866-804-2782.
 - Email embracelife@inuusiq.com.
 - Visit the website www.inuusiq.com for more information and support.
- GN Employee/Family Assistance Program.
 - 1-800-663-1142

Help Lines and Online Chat

- The Nunavut Kamatsiaqtut Help Line (available 24 hours a day, seven days a week).
 - Call 867-979-3333 or toll free at 1-800-265-3333.
- Crisis Services Canada.
 - Call or text 1-833-456-4566.
 - Online chat available at www.crisisservicescanada.ca.
- Youthspace.ca.
 - Call 1-833-456-4566-Text 778-783-0177.
 - Online chat available at www.youthspace.ca.
 - Email counselling is available by calling toll free at 1-866-478-8357.
- Kids Help Phone.
 - Call 1-800-668-6868.
 - Live chat available at kidshelpphone.ca
 - Text 'CONNECT' to 686868 to message with a trained volunteer.

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

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