



If you or someone you know needs support, reach out to a trusted friend, family member, teacher, counsellor or Elder. Free, confidential mental health and addictions support is available at your local health centre.

For anonymous support, contact:

- The Nunavut Kamatsiaqtut Help Line toll-free at 1-800-265-3333 or
- 867-979-3333 (available 24 hours a day).
- Crisis Services Canada – chat at [www.crisisservicescanada.ca](http://www.crisisservicescanada.ca), call, or send a text to 1-833-456-4566.
- Kids Help Phone at 1-800-668-6868, text 'TALK' to 686868, or chat at [www.kidshelpphone.ca](http://www.kidshelpphone.ca).

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

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