

For anonymous support, contact:

- **Nunavut Kamatsiaqtut Help Line** offers anonymous and confidential telephone support 24 hours a day, seven days a week.
 - Call toll-free 1-800-265-3333
 - In Iqaluit, call 979-3333
- **Healing by Talking Program** is a free telephone counselling service provided by the GN's Department of Health.
 - Call 1-888-648-0070
 - Email healing@gov.nu.ca
- **Kids Help Phone** offers 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.
 - Call toll-free 1-800-668-6868
 - Text 'TALK' to 686868 (no data plan, internet connection, or app required)
 - Live chat at www.kidshelpphone.ca
- **Residential Schools Resolution Health Support Program** offers cultural and emotional support and counselling to all former residential school students and their families. Services available 8:30 a.m. to 5 p.m., Monday to Friday.
 - Call 1-866-509-1769 or 1-800-464-8106

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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Media Contact:

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