



If you or someone you know is struggling, always remember that you are not alone. It is OK to ask for help.

For confidential support, 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, email [healing@gov.nu.ca](mailto:healing@gov.nu.ca) or call toll-free at 1-888-648-0070 or (867) 975-5367.
- GN Employee/Family Assistance Program.
  - 1-800-663-1142.
- 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.
- Iisaaqsiq 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.

### **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](http://www.crisisservicescanada.ca).
- Youthspace.ca.
  - Call 1-833-456-4566 - Text 778-783-0177.
  - Online chat available at [www.youthspace.ca](http://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](http://kidshelpphone.ca).
  - Text 'CONNECT' to 686868 to message with a trained volunteer.

### **Website for tips**

- Isaksimagit Inuusirmi Katujjiqaatigiit Embrace Life Council.
  - Visit the website [www.inuusi.com](http://www.inuusi.com) for more information, support and tips.

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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## Communications