

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 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.
- Iliqsavik 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.
- 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.

Nunavut Victim Services

- The Nunavut Victim Services can help Nunavummiut access supports and provide advice and guidance through the judicial process.
 - Call toll free at 1-866-456-5216.
 - Email VictimServices@gov.nu.ca

