



If you or someone you know is struggling, always remember that you are not alone. It is okay to ask for help. Talk to a friend, family member, Elder or contact your local health centre for support.

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.
- Ilisqavik 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 on 1-800-265-3333.
- Canadian Suicide Crisis Help line.
 - Call or text on 988 to be directed to a helpline to best suit your needs.
- 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.

Website for tips

- Isaksimagit Inuusirmi Katujjigaatiit Embrace Life Council.
 - Visit the website www.inuusiq.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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