

Nunavut Kamatsiaqtut Help Line (Inuktitut available):

- Iqaluit: 867-979-3333 | Toll-free: 1-800-265-3333.

The First Nations and Inuit Hope for Wellness Helpline:

- 1-855-242-3310 or chat online at www.hopeforwellness.ca.

Healing by Talking Program (telephone counselling for Inuit):

- Toll-free 1-888-648-0070 | Email: healing@gov.nu.ca.

Canadian Suicide Crisis Help Line:

- Call or text on 988 to be directed to a helpline to best suit your needs.

Kids Help Phone:

- Call 1-800-668-6868 | Live chat available at www.kidshelpphone.ca.
- Text 'CONNECT' to 686868 to message with a trained volunteer.

Isaksimagit Inuusirmi Katujjiqatigiit Embrace Life Council:

- Visit www.inuusiq.com for more information, support, and tips.

Family Wellness

In Clyde River, confidential support is available from the Family Wellness Team by calling 867-924-6014 or 867-532-0427 (on-call / after-hours). If you or someone you know is struggling, help is available – confidential, free and accessible 24/7.

Justice

Nunavummiut seeking support for family abuse and harassment can contact the local Community Justice Outreach Worker at 867 -924-6494 or 1-844-534-1038 (after-hours on call support).

Victim Services can provide confidential one-on-one support. Victim Services personnel can be reached at 867-975-6161 or victimservices@gov.nu.ca

GN employees and families

The Government of Nunavut is committed to supporting the well-being of its employees and their families with confidential counseling services, which can be accessed using Homewood Health's toll-free line at 1-800-663-1142. For more information and additional resources, please visit <https://homewoodhealth.com>.

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

