



Mental Health Supports

Arctic Indigenous Wellness Foundation

The Arctic Indigenous Wellness Foundation (AIWF) is a self-determined traditional wellness initiative with the mandate of culturally reviving traditional and Indigenous based healing services and practices in the north. AIWF offers cultural programming and advocacy with a focus on Indigenous health and wellness.

Visit their healing camp in Sòmba K'è / Yellowknife from 9 am to 5 pm (no appointment necessary).

Call Indigenous counsellors (9 a.m. - 12 p.m. and 1 p.m. - 5 p.m.):

- William Greenland: (867) 446-1346
- Ruth Mercredi: (867) 444-1949

For any questions or difficulties getting through, please contact Executive Director Wilbert Cook: phone (867) 447-1095 or email wcook@arcticindigenouswellness.org or info@arcticindigenouswellness.org

Indian Residential School Resolution Health Support Program

Recovery from intergenerational effects of the residential school system for a list of the provider(s) in your regions, please call the First Nation and Inuit Northern Region Office **1-866-509-1769**.

Northern Mosaic Network

Support for LGBTQ+ youth and their families. They can be reached at (867) 445-5878

Community Counsellors

Community	Phone Number	Fax Number
Aklavik / Aklavik	(867) 978-2941	(867) 978-2160
Behchokò	(867) 392-3005	(867) 392-3006
K'áhbmíjtúé / Colville Lake (via Tłegóhł / Norman Wells)	(867) 444-6743	(867) 709-2504
Délıne	(867) 589-5545	(867) 589-3031
T'èrehdaà / Dettah	(867) 920-2925	(867) 873-8517
Enterprise (via Hay River)	(867) 874-2446	(867) 874-3922
Rádeyılłkóé / Fort Good Hope	(867) 598-2059	(867) 598-2605
Echaot'ıı Kúé / Fort Liard	(867) 770-4770	(867) 770-4813
Teet'lit Zeh / Fort McPherson	(867) 952-2245 ext. 2 or ext. 3	(867) 952-2133
Zhatié Kúé / Fort Providence	(867) 669-3421	(867) 669-4626

Denínu Kúé / Fort Resolution	(867) 394-4511	(867) 394-3117
Łíídlıı Kúé / Fort Simpson	(867) 695-2293	(867) 695-2364
Tthebacha / Fort Smith	(867) 872-6310	(867) 872-2927
Gamètì (via Behchokò)	(867) 392-3005	(867) 392-3006
Hay River	(867) 874-2446	(867) 874-3922
Inuuviik / Inuvik	(867) 678 -8101	(867) 678 -8049
Tthets'éhk'édélı / Jean Marie River (via Łíídlıı Kúé / Fort Simpson)	(867) 695-2293	(867) 695-2364
Kakisa (via Zhatié Kúé / Fort Providence)	(867) 669-3421	(867) 669-4626
Kát'odeeche (via Zhatié Kúé / Fort Providence)	(867) 669-3421	(867) 669-4626
Łútsël K'é	(867) 370-3212	(867) 370-3317
Tthennáágó / Nahanni Butte (via Echaotı'ıı Kúé / Fort Liard)	(867) 770-4770	(867) 770-4813
N'Dılq	(867) 920-2925	(867) 873-8517
Tłegóhı / Norman Wells	(867) 444-6743	(867) 587-2934
Paulatuıq / Paulatuk (via Inuuviik/Inuvik)	(867) 777-8101	(867) 580-3300
Ikaahuk / Sachs Harbour (Child, Youth, & Family Counsellor via Ulukhaktok)	(867) 396-3024	(867) 396-3221
Ikaahuk / Sachs Harbour (Wellness Worker)	(867) 690-4181	(867) 396-3221
Sambaa K'e (via Łíídlıı Kúé / Fort Simpson)	(867) 695-2293	(867) 695-2364
Tsiigehtchic (via Teet'łit Zheh / Fort McPherson)	(867) 952-2245 ext. 2 or 3	(867) 953-3408
Tuktuuyaqtuuq/Tuktoyaktuk (Wellness Worker)	(867) 977-2511 ext. 5	(867) 977-2237
Tuktuuyaqtuuq/Tuktoyaktuk (Child, Youth & Family Counsellor)	(867) 977-2511 ext. 3	(867) 977-2237
Tulít'a	(867) 588-4019	(867) 588-4017
Uluksaqtuuq / Ulukhaktok	(867) 396-3024	(867) 396-3221
Wekweètì (via Behchokò)	(867) 392-3305	(867) 392-3006
Whatì (via Behchokò)	(867) 392-3305	(867) 392-3006
Pedzéh Kí / Wrigley (via Łíídlıı Kúé / Fort Simpson)	(867) 695-2293	(867) 695-2364
Sòmba K'è / Yellowknife	(867) 767-9110	(867) 873-0487

Stanton Territorial Hospital

Immediate assistance for mental health crises: **(867) 669-4111**

Indigenous Wellness Program

- Indigenous Patient Liaison: **867-669-4388** or **867-445-3979**
- Resident Elder and Advisor: **867-669-4114**

NWT Help Line

The NWT Help Line offers free support to residents of the Northwest Territories, 24 hours a day, 7 days a week. It is 100% free and confidential. The NWT Help Line also has an option for follow-up calls.

Residents can call the help line at **1-800-661-0844**.

Trained responders can help you with any number of concerns, including:

- stress management;
- suicidal thoughts;
- abuse;
- sexual assault; and
- depression and anxiety.

NWT residents can also visit the NWT Help Line Facebook page at <https://www.facebook.com/NWTHelpLine/> for wellness information, tips, and community events.

Kids Help Phone

If you are under 25 years old and you need someone to talk to, you can also call the Kid's Help Phone 24/7 at **1-800-668-6868**. Texting and online chat options are also available 24/7.

- To text with a counsellor, text the word **CONNECT** to **686868**.
- To live chat, visit <https://kidshelpphone.ca/live-chat/> and click the "chat" button OR download the Always There app.

For more resources and information you can visit the website at: <https://kidshelpphone.ca/>

Indian Residential School Crisis Helpline

For anyone affected by intergenerational effects of the Indian Residential School system. Call **1-866-925-4419**

Treatment Programs

For more information on facility-based, intensive programs regarding mental health, addictions, or intergenerational trauma, contact:

- The Community Counselling Program (GNWT) – **867-767-9110**
- Tree of Peace – Addiction recovery and support – **867-873-2864**
- Arctic Indigenous Wellness Foundation – **867-445-1095**