

# Mental Health Supports

If you want to talk, these resources may be helpful.

## Nunavut

- 24 Hour Nunavut Kamatsiaqtut Help Line: Toll free at 1-800-265-3333
- Isaksimagit Inuusirmi Kataujjiqatigiit (Embrace Life Council) Toll free: 1-866-804-2782 ([www.inuusiq.com](http://www.inuusiq.com) or Email: [embracelife@inuusiq.com](mailto:embracelife@inuusiq.com))
- GN Help and Support Resource Document: [GN Help & Support](#)
- How to access Virtual Counselling: [Healing by Talking](#)

## Inuvialuit

- [IRC Health and Wellness](#)

## Nunatsiavut

- [Mental Wellness & Healing](#)

## Nunavik

- [Nunavik Regional Board of Health & Social Services](#)
- [Isuarsivik](#)
- [Tasiutigiiit Qavvivik Inuit Community Health Centre](#)
- [Nunavik Mental Health Resource Guide](#)



## National

- 24 hour Hope for Wellness Help Line at 1-855-242-3310 or the online chat at [hopeforwellness.ca](http://hopeforwellness.ca). Support is available in English and French and, by request, in Cree, Ojibway, and Inuktitut.
- 24 Hour phone or text 988: Suicide Crisis Helpline, in English or French.
- Crisis Services Canada: Call 1-833-456-4566 or text 45645
- 24 Hour Residential School Crisis Line: Toll free: 1-866-925-4419
- Text 741741 for a volunteer crisis counsellor
- 24 Hour MMIWG2SLGBTQQIA+ (Missing and Murdered Indigenous Women, Girls, and 2SLGBTQQIA+ people): Toll free: 1-844-413-6649.

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## Youth

- Kids Help Phone: Call 1-800-668-6868, text 'TALK' to 686868, or use the online chat on [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- Native Youth Crisis Hotline: 1-877-209-1266
- [Youthspace.ca](http://Youthspace.ca): Use the online chat, or send a text message to 778-783-0177

If we are missing any resources, please email us at [info@arcticwellness.ca](mailto:info@arcticwellness.ca).