

Mental Health, Wellness and Related Resources – Inuvik

Emergency Numbers			
Police	777-1111	Hospital	777-8000
Fire	777-2222	Poison Control	1-800-332-1414
Ambulance	777-4444	Bylaw	678-2196

Campus Numbers			
Director, Aurora Campus	Sarah Tilley	777-7878	stilley@auroracollege.nt.ca
Campus Counsellor	Sheila O’Kane	777-7815	sheila.okane@auroracollege.nt.ca
Student Success Coordinator	Melanie Adams	777-7814	melanie.adams@auroracollege.nt.ca
Student Life & Wellness Coord.	Jonathan Wood	777-7837	jonathan.wood@auroracollege.nt.ca
Housing Officer	Robbie Joe	777-7824	rjoe@auroracollege.nt.ca
Security/Custodial Workers		620-5240 or 5238	Evenings and Weekends
Maintenance Requests – Email residence maintenance requests to rjoe@auroracollege.nt.ca			

Help Lines and Online Resources	
NWT Help Line provides information, support, referrals for stress, loneliness, depression, abuse, alcohol and drug issues.	1-800-661-0844 toll free www.hss.gov.nt.ca/social-services/nwt-help-line
Kids Help Line offers phone and web counselling for kids and teens covering such topics as bullying, dating, emotional health, family, friendship, LGBTQ, money, jobs, law, physical health, sexting, internet, violence, abuse, feelings, being me, and my body.	1-800-668-6868 (national 24/7 service) www.kidshelpphone.ca
Where are the Children? – A website dedicated to healing the legacy of residential schools. Also check out the Indian Residential School Survivors’ Society.	1-866-925-4419 (24/7 survivors crisis line) www.wherethechildren.ca
NWT Help Directory Database is a resource tool that is designed for both health care and social services professionals and all those working support roles in related fields.	www.hss.gov.nt.ca/help-directory
NWT Disabilities Council – The Learning Supports for Persons with Disabilities Fund helps residents with disabilities to achieve their learning goals.	1-800-491-8885 www.nwtcdc.net/learning-supports-for-persons-with-disabilities
NWT Quitline – A toll-free confidential help line for people who want to quit smoking.	1-866-286-5099 www.hss.gov.nt.ca/health/tobacco-and-your-health/nwt-quitline
Crime Stoppers encourages members of the community to assist law enforcement agencies in the fight against crime by overcoming the two key elements that inhibit community involvement: fear and apathy.	1-800-222-8477 or www.nwtnutips.com or Text ‘NWTNUTIPS’ plus message to 274637 (CRIMES)
Credit Counselling Society – Are you stressed out about your debts? Maybe your credit card is all maxed out, you can’t sleep, and your financial worries are affecting your relationships? If so, the Credit Counselling Society can help.	1-877-527-8999 www.nomoredebts.org
Your Life Counts Online Lifeline – Reaching out for help is really hard when life is tough... we understand... no matter what you’re going through, the YLC Online Lifeline is a safe place for you to share your worries concerns confidentially and anonymously.	www.yourlifecounts.org/need-help
LGTBQ Supports – There are several supports available to individuals who identify as lesbian, gay, transgender, bisexual or queer.	www.ipsociety.ca/events/two-spirit/ www.nwtpride.com

Community Services and Supports	
Social Services – Access to Social Worker supports, counselling, child and family services, mental health and addictions supports, etc.	777-8101 777-8000 (After Hours)
Counselling Services – Gain a better understanding of issues and concerns in order to enhance your self-growth, personal effectiveness, relationships, and mental health and well-being.	777-4360
Mental Health and Addictions for support in dealing with mental health and addictions issues.	777-8102
Victim Services – can assist you in dealing with the emotional and physical consequences of crime, and the associated justice processes.	777-5493
Family Violence/Protection Orders – Family violence includes many different forms of abuse, mistreatment or neglect that adults or children may experience in their intimate, kinship, or dependent relationships. A protection order can help victims in situations where there is family violence but no immediate danger.	1-866-223-7775 or Local RCMP (777-1111)
Inuvik Transition House provides a safe environment, counseling, group meetings and referrals for abused Women and Children.	777-3877
The Inuvik Homeless Shelter provides temporary shelter located at 185 Kingmingya Rd.	777-2726
Emergency Warming Shelter provides specialized shelter and supportive services to persons in Inuvik who are homeless, or near homeless, and who are unable to access existing services.	777-4392
Healthy Families Program (Arctic Family Centre) will support you in making parenting more enjoyable and less stressful.	777-4400
Alcoholics Anonymous – Delta Group open meetings at Anglican Church of the Ascension on Fridays and Sundays @ 8pm.	
Public Health provides health services such as health promotion and education, immunizations, travel clinic, maternal wellness, communicable disease screening, etc.	777-7266

Food Bank and Thrift Stores	
Inuvik Food Bank – In the green trailer behind the library, behind the Warming Centre, across from the News Stand	Open Wednesdays 6pm – 8pm 777-6317
Arctic Food Bank – In the trailer behind the Midnight Sun Mosque, Wolverine St. near Navy Road	Open Sundays 2pm – 8pm 678-2700
Next to New Shop – 115 Kingmingya Rd. (access on Berger St – across from the Yellow Perry Building). Same building as Warming Shelter and Inuvik Food Bank.	Open Saturdays 1pm – 3pm