

Mental Health, Wellness and Related Resources – Yellowknife

Emergency Numbers			
Police	873-1111	Hospital	669-4111
Fire	873-2222	Poison Control	1-800-332-1414
Ambulance	873-2222	Municipal Enforcement	920-5630 (After Hours 920-2737)

Campus Numbers			
Director, YK/NS Campus	Dr. Perez Oyugi	920-3032	poyugi@auroracollege.nt.ca
Campus Counsellor	Joanne Erasmus	920-3004	jerasumus@auroracollege.nt.ca
Student Success Coord.	Lourdes Rankin	920-3077	lrarkin@auroracollege.nt.ca
Student Life & Wellness	Kari Williams	920-4003	kwilliams@auroracollege.nt.ca
Residence Life Officer	Susan Vodnoski	920-3170	svodnoski@auroracollege.nt.ca
Security at NUP	445-2743	Nova Court	873-6686
Maintenance Requests – Email residence maintenance requests to svodnoski@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
LGBTQ 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.	873-7042 777-8000 (After Hours)
Counselling Services – Contact the Central Intake Counsellor at YHSSA for counselling services.	765-7715
Mental Health and Adult Services for support in dealing with mental health concerns.	873-7042
Victim Services – can assist you in dealing with the emotional and physical consequences of crime, and the associated justice processes.	873-2978
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 (873-1111)
The Centre for Northern Families is home to the Healthy Baby & Toddler Club, an emergency shelter for adult women, a daycare, a walk in clinic, and host to a variety of temporary programs and services.	873-2566
YWCA - Whether you are woman fleeing family violence, a family needing transitional or emergency housing, or you are looking for after-school programs for children, we are the place to come.	920-2777
Alison McAteer House provides emergency shelter and a safe environment, counseling, group meetings and referrals for abused Women and Children.	873-8257 (Crisis Line) 669-0235 (Main Line)
The Salvation Army offers emergency shelter and transitional housing for men.	920-4673
The Tree of Peace Community Wellness Program adheres to the 12 core functions of addictions some of which are education, prevention, awareness, assessments, counselling, referrals and aftercare.	873-2864
Vision of Hope is a counselling program for residential school survivors.	873-4332
The Salvation Army offers emergency shelter and transitional housing for men.	920-4673
Lynn's Place provides temporary safe housing for women after leaving a violent relationship or who are ready to find stability in a safe environment.	920-2777
Rockhill provides temporary family housing for homeless families.	873-5760
Healthy Family Program is a free home visitation program for new parents. It builds on your family's strengths to support healthy child development.	873-7413 or 873-7414
Alcoholics Anonymous – Meetings every day in different locations. Click here to see the list of meetings.	444-4230
The Status of Women Council of the NWT is dedicated to achieving equality for all NWT women through public education and awareness, advocacy, and identification and development of opportunities for women.	920-6177
Public Health provides health services such as health promotion and education, immunizations, travel clinic, maternal wellness, communicable disease screening, etc.	920-6570

Food Bank and Thrift Stores	
YK Food Bank - provides a bi-monthly distribution of basic grocery staples to individuals and families who have a need.	Check the Facebook page for dates it is open.
Campus Student Food Bank – food donations from the Food Rescue program are distributed regularly on campus. Ask your campus Student Services team for more information	Open weekdays 8:30am – 5pm;
YK Campus – Free Continental Breakfast provided M-F for students on-site	M-F, Canteen Area on Main Floor
The Salvation Army Thrift Store is located at 4925-45 th St.	Open Mondays 11am – 6pm; Tuesday to Saturday 10am-6pm