

Mental Health, Wellness and Related Resources – Inuvik

EMERGENCY CALL 911			
Police	911	Hospital	678-8000
Fire	911	Poison Control	1-800-332-1414
Ambulance	911	Bylaw	678-2196

Campus Numbers		
Campus Administration	777-7800	
Student Success / Tutoring	777-7883	inlibrary@auroracollege.nt.ca
Student Wellness	777-7881	
Residence & Maintenance	777-7886	ResidenceIN@auroracollege.nt.ca
Security (On Site)	678-5240	Evenings and Weekends
Security (On Call)	678-5238	On Call

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
Crisis Suicide Prevention Service – this organization offers support to those thinking about suicide, or for those who are looking for information on what to do if they suspect someone might be thinking about suicide.	1-833-456-4566 (Available 24/7) Text: 45645 (4 pm – Midnight EST) https://www.crisisservicescanada.ca/en/
Health Canada First Nations and Inuit Hope for Wellness Help Line – Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Experience and culturally competent Help Line counsellors can if you want to talk, are distressed, have strong emotional reactions or are triggered by painful memories.	1-855-242-3310 (toll-free, 24/7) Or connect with a counsellor through chat at: https://www.hopeforwellness.ca/
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) Text: “Talk” to 686868 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.wherearethechildren.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 https://www.nwtcdc.net/
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
Rainbow Coalition of Yellowknife – an outreach organization based in Yellowknife that works to support 2SLGBTQQIPAA+ youth in the Northwest Territories.	1-867-444-7295 https://www.rainbowcoalitionyk.org

Community Services and Supports	
Social Services – Access to Social Worker supports, counselling, child and family services, mental health and addictions supports, etc.	678-8001 (Ext 4) 678-8000 (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.	678-8001 (Ext 5)
Mental Health and Addictions for support in dealing with mental health and addictions issues.	678-8001
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 (Alison McAteer House) 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.	777-7246

Food Bank and Thrift Stores

Inuvik Food Bank – In the green trailer behind the library, behind the Warming Centre, across from the News Stand	620-0391 call to order on Tuesdays 1-6pm, FB: Inuvik Food Bank
Arctic Food Bank – In the trailer behind the Midnight Sun Mosque, Wolverine St. near Navy Road	Open 1 st and 3 rd Sundays of the month 2pm – 6pm 678-2700