

# Mental Health, Wellness and Related Resources – Fort Smith

Emergency Numbers			
Police	872-1111	Hospital	872-6200
Fire	872-2222	Poison Control	1-800-332-1414
Ambulance	872-3111	Bylaw	872-0607

Campus Numbers			
Director, Thebacha Campus	Dave Porter	872-7505	<a href="mailto:dporter@auroracollege.nt.ca">dporter@auroracollege.nt.ca</a>
Campus Counsellor	Grant Paziuk	872-7522	<a href="mailto:gpaziuk@auroracollege.nt.ca">gpaziuk@auroracollege.nt.ca</a>
Student Success Coordinator	Laura Aubrey	872-7583	<a href="mailto:laubrey2@auroracollege.nt.ca">laubrey2@auroracollege.nt.ca</a>
Student Life & Wellness Coord.	Nicola O’Keefe	872-7515	<a href="mailto:nokeefe@auroracollege.nt.ca">nokeefe@auroracollege.nt.ca</a>
Residence Coordinator	Gerald Poitras	872-7536	<a href="mailto:gpoitras@auroracollege.nt.ca">gpoitras@auroracollege.nt.ca</a>
Residence Life Supervisors		872-7538	Evenings and Weekends
Maintenance Requests – Email residence maintenance requests to <a href="mailto:maintenance@auroracollege.nt.ca">maintenance@auroracollege.nt.ca</a>			

Help Lines and Online Resources	
<a href="#">NWT Help Line</a> provides information, support, referrals for stress, loneliness, depression, abuse, alcohol and drug issues.	1-800-661-0844 toll free <a href="http://www.hss.gov.nt.ca/social-services/nwt-help-line">www.hss.gov.nt.ca/social-services/nwt-help-line</a>
<a href="#">Kids Help Line</a> 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) <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>
<a href="#">Where are the Children?</a> – 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) <a href="http://www.wherethechildren.ca">www.wherethechildren.ca</a>
<a href="#">NWT Help Directory Database</a> is a resource tool that is designed for both health care and social services professionals and all those working support roles in related fields.	<a href="http://www.hss.gov.nt.ca/help-directory">www.hss.gov.nt.ca/help-directory</a>
<a href="#">NWT Disabilities Council</a> – The Learning Supports for Persons with Disabilities Fund helps residents with disabilities to achieve their learning goals.	1-800-491-8885 <a href="http://www.nwtcdc.net/learning-supports-for-persons-with-disabilities">www.nwtcdc.net/learning-supports-for-persons-with-disabilities</a>
<a href="#">NWT Quitline</a> – A toll-free confidential help line for people who want to quit smoking.	1-866-286-5099 <a href="http://www.hss.gov.nt.ca/health/tobacco-and-your-health/nwt-quitline">www.hss.gov.nt.ca/health/tobacco-and-your-health/nwt-quitline</a>
<a href="#">Crime Stoppers</a> 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 <a href="http://www.nwtnutips.com">www.nwtnutips.com</a> or Text ‘NWTNUTIPS’ plus message to 274637 (CRIMES)
<a href="#">Credit Counselling Society</a> – 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 <a href="http://www.nomoredebts.org">www.nomoredebts.org</a>
<a href="#">Your Life Counts Online Lifeline</a> – 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.	<a href="http://www.yourlifecounts.org/need-help">www.yourlifecounts.org/need-help</a>
<a href="#">LGBTQ Supports</a> – There are several supports available to individuals who identify as lesbian, gay, transgender, bisexual or queer.	<a href="http://www.ipsociety.ca/events/two-spirit/">www.ipsociety.ca/events/two-spirit/</a> <a href="http://www.nwtpride.com">www.nwtpride.com</a>

<b>Community Services and Supports</b>	
<a href="#">Social Services</a> – Access to Social Worker supports, counselling, child and family services, mental health and addictions supports, etc.	872-6300 621-1122 (After Hours)
<a href="#">Counselling Services</a> – Gain a better understanding of issues and concerns in order to enhance your self-growth, personal effectiveness, relationships, and mental health and well-being.	872-6310
<a href="#">Matrix Intensive Outpatient Treatment Program</a> – designed to help you learn more about addictions and decrease or eliminate your alcohol and drug use, leading to healthier lifestyle behaviours.	872-6310
<a href="#">Victim Services</a> – can assist you in dealing with the emotional and physical consequences of crime, and the associated justice processes.	872-3521 or text 621-2273
<a href="#">Family Violence/Protection Orders</a> – 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 (872-1111)
<a href="#">Women’s Shelter (Sutherland House)</a> – YWCA Sutherland House is an 8-bed facility in Fort Smith. It is staffed 24/7 to provide safety and support for women, and their children experiencing violence.	872-5925
Men’s Homeless Shelter provides temporary shelter located at 176 Wilderness Rd. This facility is operated by the Salt River First Nation.	872-4100 (closed 8am – 4pm daily)
<a href="#">Healthy Families Program</a> will support you in making parenting more enjoyable and less stressful.	872-4355
<a href="#">Alcoholics Anonymous</a> – Thursday Night Discussion Group @ 7:30pm at St. Joseph’s Catholic Church (side entrance; at the corner of McDougall Rd. and Breynt St.	621-0927
<a href="#">Al-Anon</a> – Friends and families of problem drinkers find understanding and support at Al-Anon meetings. Tuesday night discussion group @ 7:30pm in the Seniors’ Room at the Fort Smith Recreation Centre.	
<a href="#">Uncle Gabe’s Friendship Centre</a> – youth centre, lunch program, exercise room for youth, and Saturday night ladies drop in 6pm – 8pm.	872-3004
<a href="#">Public Health</a> provides health services such as health promotion and education, immunizations, travel clinic, maternal wellness, communicable disease screening, etc.	872-6203

<b>Food Bank and Thrift Stores</b>	
Fort Smith Food Bank – In the basement of the Catholic Church	Open Saturdays 1pm – 3pm
Thebacha Campus Student Food Bank – In the Student Success Centre	See Nicola or Laura weekdays between 8:30am – 5pm
Thrift Store – In the basement of the Catholic Church	Open Saturdays 1pm – 3pm