

# 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	<a href="mailto:poyugi@auroracollege.nt.ca">poyugi@auroracollege.nt.ca</a>
Campus Counsellor	Joanne Erasmus	920-3004	<a href="mailto:jerasumus@auroracollege.nt.ca">jerasumus@auroracollege.nt.ca</a>
Student Success Coord.	Lou Rankin	920-3077	<a href="mailto:lrankin@auroracollege.nt.ca">lrankin@auroracollege.nt.ca</a>
Student Life & Wellness	Jestine Amora	920-4003	<a href="mailto:mjamora@auroracollege.nt.ca">mjamora@auroracollege.nt.ca</a>
Residence Life Officer	Susan Vodnoski	920-3170	<a href="mailto:svodnoski@auroracollege.nt.ca">svodnoski@auroracollege.nt.ca</a>
Security at NUP	445-2743	Nova Court	873-6686
Maintenance Requests – Email residence maintenance requests to <a href="mailto:svodnoski@auroracollege.nt.ca">svodnoski@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="#">LGTBQ 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.	873-7042 777-8000 (After Hours)
<a href="#">Counselling Services</a> – Contact the Central Intake Counsellor at YHSSA for counselling services.	765-7715
<a href="#">Mental Health and Adult Services</a> for support in dealing with mental health concerns.	873-7042
<a href="#">Victim Services</a> – can assist you in dealing with the emotional and physical consequences of crime, and the associated justice processes.	873-2978
<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 (873-1111)
<a href="#">The Centre for Northern Families</a> 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
<a href="#">YWCA</a> - 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
<a href="#">Alison McAteer House</a> 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)
<a href="#">The Salvation Army</a> offers emergency shelter and transitional housing for men.	920-4673
<a href="#">The Tree of Peace Community Wellness Program</a> 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
<a href="#">The Salvation Army</a> offers emergency shelter and transitional housing for men.	920-4673
<a href="#">Lynn's Place</a> provides temporary safe housing for women after leaving a violent relationship or who are ready to find stability in a safe environment.	920-2777
<a href="#">Rockhill</a> provides temporary family housing for homeless families.	873-5760
<a href="#">Healthy Family Program</a> 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
<a href="#">Alcoholics Anonymous</a> – Meetings every day in different locations. Click here to see the list of meetings.	444-4230
<a href="#">The Status of Women Council of the NWT</a> 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
<a href="#">Public Health</a> provides health services such as health promotion and education, immunizations, travel clinic, maternal wellness, communicable disease screening, etc.	920-6570

<b>Food Bank and Thrift Stores</b>	
<a href="#">YK Food Bank</a> - 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
<a href="#">The Salvation Army Thrift Store</a> is located at 4925-45 <sup>th</sup> St.	Open Mondays 11am – 6pm; Tuesday to Saturday 10am-6pm