

Yellowknife Mental Health and Community Wellness Supports

Mental Health and Community Wellness Supports

Community Counselling Office

Flexible same day and scheduled appointments are available each day from 8:30am to 5:00pm. Mental Health Nursing remains available.

(867) 767-9110 ext. 3

Northern Mosaic Network

Telephone support is available to all people with focus on youth 2SLGBTQQIPAA+ concerns. <https://www.northernmosaic.net/>

(867) 444-7295

Adult Services

Offers case management, help navigating resources, programs and service providers.

(867) 767-9110 ext. 41219 or
(867) 767-9122 ext. 41218

Arctic Indigenous Wellness Foundation

Telephone sessions available with traditional counsellors, available from 9:00-5:00.

(867) 447-1095 or
(867) 445-8035

Child and Youth Counsellors

Flexible same day and scheduled appointment are available to all children and youth from 8:30am to 5:00pm. Contact your counsellor or call to get connected today.

(867) 767-9110 ext. 41716 text or call **(867) 445-6332**

Shelter Supports

Yellowknife Women's Society

Emergency shelter that serves women. Intoxicated individuals are welcome after 5:00pm.

(867) 873-2566 or
(867)-873-2339

Sobering Shelter

A low barrier overnight shelter for individuals experiencing homelessness.

Open hours 4:00pm-8:00am
(867) 873-3272

Day Shelter

a low barrier shelter for individuals experiencing homelessness who need a safe place to stay. Open

Hours 7:00am-6:00pm
(867) 873-4002

Allison McAteer House

A safe place for women who are fleeing violent situations.

(867) 873-8257

The Salvation Army

Men's shelter for those who are experiencing homelessness.

(867) 920-4673

Home Base

Transitional housing for youth experiencing homelessness.

(867) 766-4673 or
(867) 766-3272

eMental Health and Addictions Supports

Mental Health Supports

Wellness Together Canada

Offers a variety of mental health services including an optional brief assessment to identify resources and tools.

www.wellnesstogether.ca/en-CA

Stronger Minds

Offers coping resources to all Canadians with anxiety and depression associated to COVID-19

www.mindbeacon.com/strongerminds

Root'd

An app to understanding and managing panic attacks and anxiety. This includes interactive tools for in the moment panic attacks. Most features are free.

www.rootd.io

Breathing Room

Supports youth and young adults learn new ways to manage stress, depression and anxiety.

Download the app using this code: **XXQTGPUE**

7 Cups

7 Cups is an app based in peer-support and self-help and is available to youth (13-17) and adults of all ages.

www.7cups.com

Strongest Families Institute

The Strongest Families Institute delivers distance services primarily over telephone. Individuals can self refer by sending an email to info@strongestfamilies.com or contact their local community counsellor.

1-866-470-7111

Substance Use Supports

All People, All Pathways

Support groups (via Zoom) facilitated by Community Addictions Peer Support Association. access through Wellness Together Canada <https://www.wellnesstogether.ca/en-CA>

Alcoholics Anonymous

www.area78aa.org

OverEaters Anonymous

www.oaedm.com

EHN Wagon: Addictions Virtual Aftercare

EHN Wagon provides abstinence-based, online maintenance programming for individuals who have completed addictions recovery treatment program (facility based, on-the-land, etc.) Visit ehnonline.ca today. Select "Get Started" and "Aftercare Assessment NWT".

1-866-926-4196

Breaking Free

Assists in understanding your cravings and urges, you can also download the app.

www.breakingfreeonline.ca

24/7 NWT Quitline

Confidential helpline for smokers who want to quit.

1 (866) 286-5099

24/7 Crisis Live Supports

Hope For Wellness

1-855-242-3310

Kids Help Phone

1-800-668-6868

Or Text CONNECT to 686868

Canada Suicide Prevention Service

1-833-456-4566

YWCA Family Violence Crisis Line

1-866-223-7775

Kamatsiaqtut Nunavut Helpline

1-800-265-3333

NWT Help Line

1-800-661-0844

Wellness Together Canada

Adults : Call 1-866-585-0445 or Text WELLNESS to 741741

Youth : Call 1-888-668-6810 Or Text WELLNESS to 686868