

# 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.

[ca.portal.gs](http://ca.portal.gs)

### Stronger Minds

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

[www.mindbeacon.com/strongerminds](http://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](http://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](http://www.7cups.com)

### Strongest Families Institute

The Strongest Families Institute (SFI) delivers distance services to families primarily via telephone.

Contact your local community counsellor for a referral.

## Addictions Recovery Supports

### All People, All Pathways

Support groups (via Zoom) facilitated by Community Addictions Peer Support Association

### Breaking Free

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

[www.breakingfreeonline.ca](http://www.breakingfreeonline.ca)

### Alcoholics Anonymous

[www.area78aaa.org](http://www.area78aaa.org)

### OverEaters Anonymous

[www.oaedm.com](http://www.oaedm.com)

## 24/7 Crisis Supports

### Hope For Wellness

1-855-242-3310

### NWT Help Line

1-800-661-0844

### YWCA NWT

1-866-223-7775

### Canada Suicide Prevention Service

1-833-456-4566

### Kids Help Phone

1-800-668-6868

### Wellness Together Canada

Adults : 1-866-585-0445

Youth : 1-888-668-6810

### Kamatsiaqtut Nunavut Helpline

1-800-265-3333

# 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**

### Rainbow Coalition

Telephone support is available to all people with focus on youth 2SLGBTQQIPAA+ concerns.

**(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 Care 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) 446-4851** or **(867) 446-6177**

## Addictions Recovery Supports

### Alcoholics Anonymous

Online meetings are available across Canada.

**[www.area78aaa.org](http://www.area78aaa.org)**

### 24/7 NWT Quitline

Confidential helpline for smokers who want to quit.

**1 (866) 286-5099**

### Addiction Program Support

Phone counselling is available for former clients of:

**Poundmakers 1 (866) 458-1884**

**Aventa 1 (403) 245-9050**

**Edgewood 1 (866) 947-5911**

## Shelter Supports

### Yellowknife Women's Society

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

**(867) 873-2566**

### Sobering Shelter/Day Centre

For individuals experiencing homelessness and/or need a safe place to stay while intoxicated.

**(867) 873-3272**

### GNWT Day Shelter

For individuals experiencing homelessness and/or need a safe place to stay.

**(867) 688-9941**

### 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**