

**IN CASE OF LIFE-THREATENING SITUATIONS / CONCERNS FOR ONE'S OWN OR SOMEONE ELSE'S IMMEDIATE SAFETYCALL RCMP 1-867-979-0123 (867-439-0123)**

**FOR NON-LIFE-THREATENING YOUTH DISTRESS SITUATIONS**

**CALL KAMATSIAQTUT HELPLINE – 867-979-3333 / 800-265-3333 (ALL DAY, EVERYDAY)**

**KIDS HELP PHONE – 1-800-668-6868 (ALL DAY, EVERYDAY)**

**CRISIS TEXT LINE – TEXT "CONNECT" TO 686868 (ALL DAY, EVERYDAY)**

**HOPE FOR WELLNESS HELPLINE – 1-855-242-3310 (ALL DAY, EVERYDAY)**

**COMMUNITY RESOURCES & SUPPORTS**

ILLNESS/INJURY (NON-LIFE THREATENING)	SUPPORT AND COUNSELLING	DISTRESS/ SUICIDAL THOUGHTS	ADVOCACY	SEXUAL ASSAULT	EMERGENCY HOUSING	EMERGENCY FUNDING
<p><b>Health Centre</b> (867) 979-4800</p> <p><b>Public Health</b> Centre (867) 975-4800</p>	<p><b>Iisagsivik Toll-free counselling line:</b> 1-888-331-4433 (Inuktitut and English)</p> <p><b>Mental Health worker</b> (867) 975-5660 or (867) 979-7270</p> <p><b>Wellness Drop In Tukisigiavik Centre</b> (867) 979-2400</p> <p><b>Alcohol Anonymous</b> (888) 616-4011</p> <p><b>Mental Health Nurse</b></p> <p><b>School Counsellor</b></p> <p><b>Teachers</b></p> <p>For more information please refer to <a href="https://www.gov.nu.ca/sites/default/files/health.pdf">https://www.gov.nu.ca/sites/default/files/health.pdf</a></p>	<p><b>Psychiatric Nurse(s)</b></p> <p>For more information please refer to <a href="https://www.gov.nu.ca/sites/default/files/health.pdf">https://www.gov.nu.ca/sites/default/files/health.pdf</a></p>	<p><b>Embrace Life Council</b> (867) 975-3233</p> <p><b>Representative for Children and Youth</b> (867) 975-5090</p>	<p><b>Health Centre</b> (867) 979-4800</p> <p><b>Social Services Office</b> (867) 975-7250</p> <p><b>Assaulted Women's Helpline</b> (866) 863 0511</p> <p><b>US National Hotline for Domestic Violence</b> (800) 799 7233</p>	<p><b>Social Services Office</b> (867) 975-7250</p> <p><b>Qimaavik Women's Shelter</b> (867) 979-4500</p> <p><b>Nunavut Housing Corporation</b> (<a href="http://www.nunavuthousing.ca/">http://www.nunavuthousing.ca/</a>)</p>	<p><b>Social Assistance</b> (18 and over) 867-473-8944</p> <p><b>Government of Nunavut Employee/Family Assistance</b> (800) 663 1142</p> <p><b>Government of Canada Employee/Family Assistance</b> (800) 268 7708</p> <p><b>Financial Assistance For Nunavut Students</b> 1-877-860-0680</p> <p><b>Qia's Grant and Contributions</b> <a href="https://www.qia.ca/applications/">https://www.qia.ca/applications/</a></p> <p><b>Kaviak Applications</b> <a href="http://www.kakivak.ca/en/applications">http://www.kakivak.ca/en/applications</a></p>

**OTHER RESOURCES / SUPPORTS AVAILABLE IN IQALUIT:**

- FAMILY / FRIENDS WHO YOU TRUST
- ELDERS WHO YOU TRUST

**FOR OTHER SUPPORTS, VISIT ISAKSIMAGIT INUUSIRMI KATUJJIQAATIGIIT EMBRACE LIFE COUNCIL – WWW.INUUSIQ.COM**