

IN CASE OF LIFE-THREATENING SITUATIONS / CONCERNS FOR ONE'S OWN OR SOMEONE ELSE'S IMMEDIATE SAFETYCALL RCMP 1-867-979-0123 (867-437-1111/OR -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
Health Center 867-473-8977	Child and Youth Outreach Worker 867 473 8977 Wellness Worker 867 473 8977 Mental Health Nurse School Counsellor Teachers	Psychiatric Nurse 867 473 8977	Representative for Children and Youth 1-855-449-8118 contact@rcynu.ca	Health Centre 867 473 8977 Social Services Office / Emergency Assaulted Women's Helpline (866) 863 0511 RCMP 867 473 1111	Social Services Office 867 473 8944 Social Services Emergency Nunavut Housing Corporation 867-252-3756 http://www.Nunavut housing.ca/	Social Assistance (18 and over) 867-473-8944 QIA's Grants and Contributions 800-667-2742 867-975-8400 https://www.qia.ca/applications/ Kaviak Applications http://www.kakivak.ca/en/applications Government of Nunavut Employee/Family Assistance (800) 663 1142 Government of Canada Employee/Family Assistance (800) 268 7708 Financial Assistance For Nunavut Students 1-877-860-0680

OTHER RESOURCES / SUPPORTS AVAILABLE IN PANGNIRTUNG:

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

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