Who can help me when I need it?

Ilisaqsivik Counselling Services
http://ilisaqsivik.ca
✆ 1-888-331-4433 (Toll-Free)

Kids Help Phone
https://kidshelpphone.ca
24/7 over the phone counselling
✆ 1-800-668-6868

Office of the representative for Children and Youth
http://rcynu.ca
✆ 1-855-449-8118

Assaulted Womens Helpline
http://www.awhl.org
✆ 1-866-863-0511

Government of Nunavut, Employee Family Assistance
✆ 1-800-663-1142

Nunavut Kamatsiaqtut Helpline
http://www.nunavuthelpline.ca
24/7 over the phone
one-on-one counselling
✆ 1-800-265-3333

EMERGENCY SERVICES
867-XXX-1111

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Education

- Talk to a teacher, principal, or school counsellor.

Hospital Services

- Emergency Assessments.
- Sexual Assault Kits.
- Doctor Consults and referrals.

Family Services

- Family violence, child protection, foster care, adoption and income assistance.
- Guardianship.
- Assist with referrals to shelters, safe homes, and treatment facilities.

Community Justice

- Explore options on how to protect yourself and/or a child.
- Assist with safety planning and interventions.
- Emergency EPO, CIO, and FAIA.
- Family Mediators.

✆ **1-844-534-1038**

Shelters / Safe Homes

- Offers programs to help individuals get back on their feet.
- Call your local health centre, hospital, or family services office for a referral.

Maliiganik Tukisiinkviik

- Provides legal advice for victims of family violence.
- Provides lawyers for family and criminal law.
- Assist with custody consults.

✆ **1-866-202-5593**

Embrace Life Council

- Provides resources for suicide awareness including ASIST training.

✆ **1-866-804-2782**

Mental Health Services

- Treatment Facility referrals.
- Family and individual counselling.
- Discuss options to remove yourself from harm.

Call a trusted friend / family member

Talk to your MLA

About policies that affect your health.