

Who can help me when I need it?

**Ilisaqsivik
Counselling Services**
1-888-331-4433 (Toll-Free)

Kids Help Phone
Over the phone 24/7
1-800-668-6868

**Office of the
representative of
Children and Youth**
1-855-449-8118

**Assaulted
Womens Helpline**
1-866-863-0511

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

**Nunavut
Kamatsiaqtut Helpline**
24/7 over the phone
one-on-one counselling
1-800-265-3333

**EMERGENCY
SERVICES**

867-XXX-1111

