

## Mental health resources: Nunavut

| Name   | Contact  | Information  | Location                | Type of resource                  | Type of support                  | Target demographic                    | Serves adults (18+) | Serves children (0–12) | Serves youth (13–17) | Serves families     | Language (s) spoken                                     |
|--|--|--|-------------------------|-----------------------------------|----------------------------------|---------------------------------------|---------------------|------------------------|----------------------|---------------------|---|
| Embrace Life Council                           | <a href="http://inuusiq.com">inuusiq.com</a>   | Provides comprehensive resources, programs, and workshops to prevent suicide in Nunavut.           | <a href="#">Nunavut</a> | <a href="#">In-person service</a> | <a href="#">Wellness support</a> | <a href="#">General population</a>    | <a href="#">Yes</a> | <a href="#">Yes</a>    | <a href="#">Yes</a>  | <a href="#">Yes</a> | <a href="#">English</a>                                 |
| Government of Nunavut: Mental Health Resources | <a href="http://gov.nu.ca/en/health/mental-health-resources">gov.nu.ca/en/health/mental-health-resources</a>                           | Links to counselling, online support, local support, and helplines.                                | <a href="#">Nunavut</a> | <a href="#">Navigation tool</a>   | <a href="#">Wellness support</a> | <a href="#">General population</a>    | <a href="#">Yes</a> | <a href="#">Yes</a>    | <a href="#">Yes</a>  | <a href="#">Yes</a> | <a href="#">English, French, Inuktitut, Inuinnaqtun</a> |
| Healing by Talking Program                     | <a href="tel:1-888-648-0070">1-888-648-0070</a>  | A free telephone counselling service provided by the government of Nunavut's Department of Health. | <a href="#">Nunavut</a> | <a href="#">Telephone</a>         | <a href="#">Wellness support</a> | <a href="#">General population</a>    | <a href="#">Yes</a> | —                      | —                    | —                   | <a href="#">English</a>                                 |
| Ilisaqsivik: Health and Wellness Centre        | <a href="http://ilisaqsivik.ca/en/our-pilars/health-and-wellness-centre/">ilisaqsivik.ca/en/our-pilars/health-and-wellness-centre/</a> | Offers Inuit-led community programs and counselling services for residents of Nunavut.             | <a href="#">Nunavut</a> | <a href="#">In-person service</a> | <a href="#">Wellness support</a> | <a href="#">Indigenous population</a> | <a href="#">Yes</a> | <a href="#">Yes</a>    | <a href="#">Yes</a>  | <a href="#">Yes</a> | <a href="#">English, Inuktitut</a>                      |
| Kamatsiaqtut Helpline                          | <a href="tel:1-800-265-3333">1-800-265-3333</a>  | 24/7 confidential support. Staffed by trained volunteers.  | <a href="#">Nunavut</a> | <a href="#">Telephone</a>         | <a href="#">Wellness support</a> | <a href="#">General population</a>    | <a href="#">Yes</a> | —                      | —                    | <a href="#">Yes</a> | <a href="#">English, French, Inuktitut</a>              |