

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>Kugaaruk Health Centre (867) 769-6441</p>	<p>Ilisaqsivik Toll-free counselling line: 1-888-331-4433 (Inuktitut and English)</p> <p>Mental Health Outreach Worker</p> <p>Community Health Nurse</p> <p>School Counsellor</p> <p>Teachers</p> <p>For more information please refer to https://www.gov.nu.ca/sites/default/files/health.pdf</p>	<p>Mental Health Outreach Worker</p> <p>For more information please refer to https://www.gov.nu.ca/sites/default/files/health.pdf</p>	<p>Representative for Children and Youth 1-855-449-8118 contact@rcynu.ca</p>	<p>Kugaaruk Health Centre (867) 769-6441</p> <p>Kugaaruk Family Violence Centre: (867) 769-6100</p> <p>RCMP (867) 939-1111</p>	<p>Social Services Office (867) 769 7999</p> <p>Nunavut Housing Corporation (http://www.NunavutHousing.ca/)</p>	<p>Social Assistance (18 and over) (867) 473 8944</p> <p>Government of Nunavut Employee/Family Assistance (800) 663 1142</p> <p>Government of Canada Employee/Family Assistance (800) 268 7708</p> <p>Financial Assistance For Nunavut Students 1-877-860-0680</p> <p>Kaviak Applications http://www.kakivak.ca/en/applications</p>

OTHER RESOURCES / SUPPORTS AVAILABLE IN KUGAARUK:

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

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