

Wellness Support Information

You are receiving this information because you are considering participating in an interview about your experiences of residential schools. The content of this interview may cause emotional trauma, related to memories of your experiences. We want to minimize the risk associated with participating in this interview. You are encouraged to use the following services, should you find them necessary.

Indian Residential Schools Survivor Support Line provides crisis counselling and emotional support for survivors and intergenerational survivors 24 hours a day, 7 days a week.

Telephone (toll free): **1-866-925-4419**

The **Indian Residential Schools Resolution Health Support Program** provides mental health and emotional support services to eligible residential school survivors and their families. There are Resolution Health Support Workers across the North. To access the services of one of these workers, contact the regional office of the support program:

Telephone (toll free): **1-800-464-8106**

Teletypewriter: 1-800-267-1245 (Health Canada)

Website: <https://www.canada.ca/en/health-canada/services/first-nations-inuit-health/health-care-services/indian-residential-schools-health-supports/indian-residential-schools-resolution-health-support-program.html>

The **NWT Help Line** offers confidential support to residents of the NWT, 24 hours a day, 7 days a week. It is 100% free and anonymous. The help line also has an option for follow-up calls with a Care Coach.

Telephone (toll free): **1-800-661-0844**

The **NWT Community Counselling Program** helps people deal with a variety of issues including family violence, mental health issues, and addictions. It is available free-of-charge to every NWT resident, in every region of the NWT. Counsellors live in 19 communities. In the other 16 communities, counsellors provide phone support, in-person counselling on a fly-in basis and through telehealth.

Local phone numbers for the community counsellors are available here:

<http://www.hss.gov.nt.ca/en/contact/community-counsellor>. Or contact GNWT Mental Health and Addictions at (867) 767-9061.

There are other people and organizations in your community who are available to provide support to you, including Community Wellness Workers, Aboriginal Wellness Workers, Alcoholics Anonymous, Canadian Mental Health Association, and others.

If you are struggling, reach out. You are not alone.