



HAY RIVER COMMUNITY MENTAL HEALTH & WELLNESS SUPPORTS

MENTAL HEALTH AND WELLNESS RESOURCES

HRHSSA COMMUNITY COUNSELLING

Confidential referral, counselling and education services. We also process facility-based addiction treatment applications. Drop-in or same-day services between 9:00am – 4:30pm are available.

867-874-8450/8430

SOARING EAGLE FRIENDSHIP CENTRE

Drop-in counselling with Elders. Call to inquire:

867-874-6581

RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT

Counselling is available for survivors or family members of residential school survivors. Contact the number below and give the name of the person who attended the residential school, their date of birth, & the location of the school they attended. Health Canada will contact you to approve eligibility and refer you to a provider in your area.

1-800-464-8106

ADDICTIONS SERVICES

MATRIX/LIVING IN BALANCE

Outpatient addiction treatment. Call to inquire:

867-874-8450

ALCOHOLICS ANONYMOUS

Meetings held at the Anglican Church.

HRHSSA MEDICAL CLINIC FOR ADDICTION SUPPORT

Call to inquire:

867-874-8100

24/7 NWT QUITLINE

Helpline for smokers who want to quit.

1-866-286-5099

ADDICTION PROGRAM SUPPORT

Phone counselling is available for former clients of:

SUNRISE HEALING LODGE:

1 (403) 261 7921

AVENTA: 1 (403) 245 9050

EDGEWOOD: 1 (800) 683 0111

FRESH START: 1 (403) 387 6266

SHELTERS / FAMILY VIOLENCE AND OTHER SUPPORTS

FAMILY SUPPORT SYSTEM

867-874-3311

VICTIM SERVICES

867-876-6701/2020

HRHSSA SOCIAL SERVICES

867-874-8430

HRHSSA CHILD PROTECTION LINE

AFTER HOURS: 867-875-7012

RCMP

867-874-4606/1111

HRFD AMBULANCE

867-874-9333

HAY RIVER SOUP KITCHEN

867-874-2885

GNWT JUSTICE, PROBATIONS

867-874-6272



E-MENTAL HEALTH & ADDICTIONS SUPPORTS

E-MENTAL HEALTH SUPPORTS

STRONGER MINDS

Offers coping resources to all Canadians with anxiety and depression associated with COVID-19.

www.mindbeacon.com/strongerminds

ROOT'D

An app for understanding and managing panic attacks and anxiety. Most features are free.

www.rootd.io

BREATHING ROOM

Supports youth and young adults learn new ways to manage stress, depression, and anxiety.

Download the app using this code: XXQTGPUE

7 CUPS

7 Cups is an app based on peer support and self-help and is available to youth (13-17) and adults of all ages.

www.7cups.com

STRONGEST FAMILIES INSTITUTE

The Strongest Families Institute (SFI) delivers distance services to families primarily via telephone.

Contact your local community counsellor for a referral.

E-ADDICTIONS RECOVERY SUPPORTS

ALL PEOPLE, ALL PATHWAYS

Support groups (via Zoom) facilitated by the Community Addictions Peer Support Association.

ca.portal.gs

ALCOHOLICS ANONYMOUS

www.area78aaa.org

BREAKING FREE

Assists in understanding your cravings and urges, you can also download the app.

www.wellness.breakingfreeonline.ca

OVEREATERS ANONYMOUS

www.oaedm.com

24/7 CRISIS SUPPORTS



HOPE FOR WELLNESS
1-855-242-3310



Kamatsiaqtut
Nunavut Helpline
1-800-265-3333

1-800-661-0844
NWT Help Line



24/7

SUICIDE HOTLINE:

988

NWT HEALTH LINE:

811