**Mental Health and Wellness Supports**

**for staff**

**Community Counselling Services**

Individual, couples and family counselling, groups, workshops, treatment applications, info, immediate support, consultation, presentations and more. Walk in and same day service available.

Phone: 874-8450

Email: HRHSSA\_Ccsadmin@gov.nt.ca

Located at 9-4 Courtoreille St. (2nd floor Gensen building down the hall from Norland Insurance)

**Employee Family Assistance Program**

Available to all staff is the EFAP – through Morneau Shepell. They offer a huge range of services free of charge, there is nutrition counselling, self-help options, parenting packages, legal consults, and one-on-one counselling by email, phone or virtual.

**Website:** <https://www.workhealthlife.com/>

**Access:** by phone tel:1 844 880-9137, or the website listed above . You can also access them by text or through an app but this needs to be downloaded from the website. When entering the organization you are from we are GNWT

**Indian Residential Schools Resolution Health Support Program**

For staff members who have been impacted by the legacy of the residential school system there is the IRSRHSP, this is a federal program that pays for individual psychotherapy with a trained provider. Medical travel will covers travel if needed. For more information you can connect with one of the staff at CCS.

**Website:** <https://www.sac-isc.gc.ca/eng/1581971225188/1581971250953>

**Access:** by Phone toll free: 1-866-509-1769 or for more information or help contact community Counselling services

**Wellness Together Canada**

Accessible online and through an app this site offers assessments and a massive array of resources from apps, to phone supports, self-help supports and other digital resources for free for all Canadians. There is even the option of one to one professional telephone counselling.

**Website:** <https://ca.portal.gs/>

**Access:** online at website provided

**Psych Services for COVID 19**

Free psychological services to front line health care providers who may be feeling stressed, overwhelmed or distressed by being on the front lines of this health crisis

**Website:** <https://cpa.ca/corona-virus/psychservices/>

**Access:** visit the website for a list a providers and contact them directly

**Family Intensive Program**

Virtual family programming for families affected by substance use. The cost for this is covered by the Department of Health and Social Services and applications are available through community counselling

**Website:** <https://thorperecoverycentre.org/family-intensive/>

**Access:** Through Community Counselling Services

**Kids Help Phone**

For children and youth there is the kids help phone which is accessible by phone, online or by text. Service is provided by professional mental health counselors.

**Website** <https://kidshelpphone.ca/>

**Access:** by phone (1-800-668-6868) online at website above or text CONNECT to 686868

**Strongest Families Institute**

The GNWT has partnered with the strongest family institute to provide virtual/telephone support for parents with kids that struggle with behavioral problems, anxiety, and bedwetting. There is also a youth and adult anxiety program – referrals for these programs are available through community counselling.

**Website:** <https://strongestfamilies.com/>

**Access**: – Through Community Counselling Services

**Mental Health Apps**

7cups is a website which provides online therapy and free support to people experiencing emotional distress by connecting them with trained listeners.

Link: <https://www.7cups.com/>

Root’d - Panic attack & anxiety relief right in your pocket

Link: <https://www.rootd.io/>

AbilitiCBT is cognitive behavioral therapy (CBT) guided by a therapist through a digital platform, which is accessible through your smartphone or tablet.

Link: <https://gnwt.abiliticbt.com/home>