

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

If you're struggling, reach out. You're not alone.

It is important to respect your needs and to be kind to yourself.

Ways to Take Care

- Eating well
- Getting exercise
- Spending time with friends and family
- Spending time on the land
- Participating in ceremony
- Visiting with an Elder

This pamphlet was created for the "How I Survived" project, an initiative of the NWT Recreation and Parks Association and the University of Alberta. If you have any questions about the project, please contact the project manager, Jess Dunkin (jdunkin@nwtrpa.org or 867-669-8375).

TAKING CARE

WELLNESS SUPPORT INFORMATION



You are receiving this information because you have agreed to participate in an interview about your experiences of recreation at residential or day school. 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

The 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

Indian Residential Schools Resolution Health Support Program

This program provides mental health and emotional support services to eligible residential schools 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>

NWT Help Line

The 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.

Hope for Wellness Help Line

The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada. It is available 24 hours a day, 7 days a week to offer counselling and crisis intervention.

Telephone (toll free): 1-855-242-3310

Online chat: www.hopeforwellness.com

NWT Community Counselling Program

The 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 communities, counsellors provide phone support and in-person counselling on a fly-in basis.

Telephone: (867) 767-9061

Website: <http://www.hss.gov.nt.ca/en/contact/community-counsellor>

Other Numbers

Talk Suicide Canada (free, 24/7): 1-833-456-4566

Wellness Together Canada (free, 24/7):

Youth, call 1-888-668-6810 or text WELLNESS to 686868

Adults, call 1-866-585-0445 or text WELLNESS to 741741