

Counselling and Community-Based Services

Yellowknife/Somba K'e Area

EMERGENCY MENTAL HEALTH SERVICES:

- 1) **Same-day Counselling Appointments:** 2 per day in Yellowknife. They can offer risk assessments and crisis counselling with counsellors and nurses. *Community Mental Health & Adult Services:* 867-767-9110.
- 2) **Stanton Territorial Hospital:** immediate assistance for mental health crises.
- 3) The NWT **24/7 Telephone Helpline** 1-800-661-0844. Or see their facebook page for program info and instant messaging chat option.
- 4) **IRS Crisis Helpline: 1-866-925-4419** - Anyone affected by the inter-generational effects of the Indian residential school (IRS) system.

COUNSELLING SERVICES:

- (1) **Anneka Westergreen, MSW RSW, Fireweed Counselling:** [individuals, couples & families](#)

A. **Privately Sessions** - Client pays directly - \$130.00/hours

B. **Extended benefits:** mClients' insurance may cover services with a social worker.

C. **The Indian Residential Schools Resolution Health Support Program (IRS RHSP)**
Mental Health counselling to address the inter-generational effects of the residential school system. See Gaia's Front desk for a list of current services providers or call: 1-866-509-1769

- (2) **The Arctic Indigenous Wellness Foundation:** Traditional and Indigenous-based healing services and advocacy. Anyone is welcome at the On-The-Land Healing Camp where counsellors and Elders are available Mon-Fri, 9am-5pm. The Healing Camp can be accessed by the trail located at the Fieldhouse parking lot. <https://arcticindigenouswellness.org/indigenous-health/> 867-445-1095

- (3) **The Community Counselling Program:** NT Health and Social Services Authority. Free counselling. Residents with coverage elsewhere (i.e. EAP) may be asked to access those services first. 767-9110

- (4) **Other Private Counselling Services:** Psychologists, social workers and licensed counsellors in private practice. Can be found at Gaia Integrative Clinic, online or be asking another professional in a related field.

- (5) **Indigenous Wellness Program at Stanton Hospital:**

- Indigenous Patient Liaison: 867-669-4388 or 867-445-3979
- Resident Elder and Advisor: 867-669-4114

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TREATMENT PROGRAMS:

For more information on facility-based, intensive programs regarding mental health, addictions, or inter-generational trauma, contact:

1. The Community Counselling Program (GNWT) – 867-767-9110
2. Tree of Peace – Addiction recovery and support: (867) 873-2864
3. Arctic Indigenous Wellness Foundation: 867-445-1095

OTHER EMERGENCY RESOURCES:

- 1) **Stanton Territorial Hospital:** Medical and/or mental health emergency (867) 669-4111
- 2) **Alison McAteer House:** (867) 669-0235 or 1-866-223-7775
 - o Emergency housing and support services for women and their children fleeing violence
- 3) **Yellowknife Women's Society:** (867) 873-2566
 - o *Yellowknife Women's Centre:* Emergency Shelter & Transitional housing
(women who have consumed alcohol are welcome at the shelter)
 - o *Centre for Northern Families:* Daycare and family support programming.
 - o Also: Advocacy services, Housing First program, employment support, and more.
- 4) **Salvation Army:** (867) 920-4673
 - o Emergency Housing Shelter for Men (*men who have consumed alcohol are welcome*)
 - o Withdrawal Management Services (alcohol and addiction supports) and more.
- 5) **Hope's Haven:** Emergency Housing Shelter for Youth (867) 766-4673
 - o For youth 15-24 years old, all genders, 10pm-8am
- 6) **Victim Services:** Legal and emotional support after crime or trauma (867) 920-2978
- 7) **Child and Family Services:** (867) 873-7276 (867) 445-1092
 - o Reporting child neglect/abuse
 - o Voluntary services to support families
- 8) **Kids Help Line:** 1-800-668-6868
 - o 24/7, Confidential, free, anonymous support line for children and youth (also French)
- 9) **St. Vincent De Paul Society:** Emergency food resource (867) 920-7411

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SOCIAL & ECONOMIC COMMUNITY RESOURCES:

- 1) **John Howard Society:** (867) 920-4276 or (867) 669 6795
 - o Youth and adult support for people involved with the justice system
- 2) **Tree of Peace Friendship Centre:** (867) 873-2864
 - o Support for alcohol and/or drug use (youth and adults) *treatment referrals*
- 3) **A New Day:** Counselling for anyone use has used abuse/violence (867) 920-4276
- 4) **Yellowknives Dene First Nation – Community Wellness Programming** (867) 920-2925
- 5) **North of 60 Military Family Resource Centre:** (867) 873-0700 ext. 6859
 - o Free and confidential professional counselling and peer support. www.familyforce.ca
- 6) **Canadian Forces Assistance Program:** Confidential support line 1-800-268-7708
- 7) **SideDoor Youth Centre:** An inclusive and safe space for youth 15-24yrs: (867) 766-3272
 - o Housing, employment, literacy, mental health/addictions, meals, showers, laundry, clothing, etc.
- 8) **Adult Services – Community Mental Health:** (867) 767-9110
 - o Walk-in services for adults – Monday to Thursday, 1:00-3:00pm
- 9) **Yellowknife Housing Authority – Subsidized housing** (867)873-5694
- 10) **Income Support:** Financial support for basic needs 767-9356, 1-866-768-8145
- 11) **Rainbow Coalition:** Support for LGBTQ+ youth, and their families (867) 445-5878
- 12) **Medical Clinics:** YK Primary Care Center (YPCC) (867) 920-7777, Frame Lake (867) 873-3512
** YK Women's Center has drop-in doctor appointments Tuesday from 10:00am-3:30pm*
- 13) **Legal Aid** Access to free or low-cost legal advice and representation (867) 767-9361
- 14) **Alcoholics Anonymous:** Support for alcohol sobriety (867) 444-4230
- 15) **Gaia Integrative Clinic:** Spectrum of health care services including: naturopathic medicine, chiropractic, massage, counselling, and other diagnostic and speciality services. (867) 873-3669