



Hay River Health & Social Services Authority | Administration des services de santé et des services sociaux de Hay River  
37911 MacKenzie Highway | 37911 route Mackenzie  
Hay River, NT X0E 0R6 | ☎ (867) 874-8000 📠 (867) 874-8141

# HAY RIVER COMMUNITY MENTAL HEALTH & WELLNESS SUPPORTS

## MENTAL HEALTH AND WELLNESS RESOURCES

### HRHSSA COMMUNITY COUNSELLING

867-874-8450

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

### SOARING EAGLE FRIENDSHIP CENTRE

867-874-6581

Drop-in counselling with Elders - call to inquire.

### RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT

1-800-464-8106

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

## ADDICTIONS SUPPORTS

### MATRIX

Outpatient addictions treatment offered by Community Counselling.  
Call to inquire:  
867-874-8450

### ALCOHOLICS ANONYMOUS

Meetings held at Soaring Eagle Friendship Centre:  
For Info call 867-874-6581

### HRHSSA ADDICTIONS MEDICINE CLINIC

Biweekly Clinic specializing in Addictions Medicine.  
Call to inquire:  
867-874-8119

### 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:  
**POUNDMAKERS: 1 (866) 458 - 1884**  
**AVENTA: 1 (403) 245 - 9050**  
**EDGEWOOD: 1 (866) 947-5911**  
**FRESH START: 1 (844) 768 - 6266**

## SHELTERS / FAMILY VIOLENCE AND OTHER SUPPORTS

### FAMILY SUPPORT CENTRE

867-874-3311

### VICTIM SERVICES

867-876-2020  
victimservices@katlodeeche.com

### HRHSSA SOCIAL SERVICES

867-874-8430

### HRHSSA CHILD AFTERHOURS PROTECTION LINE

867-874-2696

### RCMP

867-874 1111

### HRFD AMBULANCE

867-874-9333

### HAY RIVER SOUP KITCHEN

867-874-2885

### GNWT JUSTICE, PROBATIONS

867-874-6272



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# E-MENTAL HEALTH & ADDICTIONS SUPPORTS

## E-MENTAL HEALTH SUPPORTS

### WELLNESS TOGETHER CANADA

Offers a variety of mental health services including an optional brief assessment to identify resources and tools.

[ca.portal.gs](http://ca.portal.gs)

### STRONGER MINDS

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

[www.mindbeacon.com/strongerminds](http://www.mindbeacon.com/strongerminds)

### ROOT'D

An app to understanding and managing panic attacks and anxiety. This includes interactive tools for in the moment panic attacks. Most features are free.

[www.rootd.io](http://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 in peer-support and self-help and is available to youth (13-17) and adults of all ages.

[www.7cups.com](http://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 Community Addictions Peer Support Association

[ca.portal.gs](http://ca.portal.gs)

### ALCOHOLICS ANONYMOUS

[www.area78aaa.org](http://www.area78aaa.org)

### BREAKING FREE

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

[www.wellness.breakingfreeonline.ca](http://www.wellness.breakingfreeonline.ca)

### OVEREATERS ANONYMOUS

[www.oaedm.com](http://www.oaedm.com)

## 24/7 CRISIS SUPPORTS



Canada  
Suicide  
Prevention  
Service

1-867-456-4566



Kamatsiaqtut  
Nunavut Helpline  
1-800-265-3333

WELLNESS TOGETHER

**Canada**

Adults: 1866-585-0445  
Youth: 1-888-668-6810

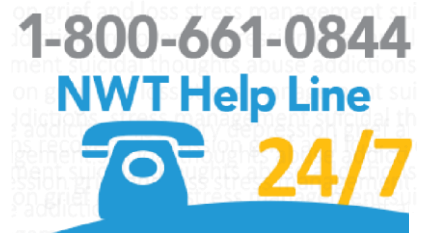


KidsHelpPhone.ca  
1 800 668 6868



HOPE FOR WELLNESS

1-855-242-3310



1-800-661-0844  
NWT Help Line

24/7