|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| IRC | Kids Help Phone | 911 | Elders | 7 Cups |
| Inuvik Community Greenhouse | YWCA NWT Crisis Centre | Municipal Enforcement | Wellness Worker | Mindyourmind.ca |
| Inuvik Native Band | NWT Helpline | FREE | Friends | BreathingRoom |
| Homeless Shelter | LGBT Youth Line | 678-2196 | Religious Leader | Bounce Back |
| GTC | Residential School Crisis Line | Fire Department | Mom | MindShift CBT |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Children First Society | Trans Life Line | 777-4427 | Employer | Ending Violence Association of Canada |
| Counselling | Wellness Together Canada | 777-2222 | Wellness Worker | Root’d |
| Ingamo Hall | NWT Seniors’ Information Line | FREE | Siblings | Youthspace.ca |
| Inuvik Justice Committee | Canada Suicide Prevention Service | Fire Department | Grandparents | Mygrief.ca |
| Inuvik Transition House | NWT Quitline | Ambulance | Religious Leader | CAMH |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Inuvik Youth Centre | Residential School Crisis Line | 911 | Friends | 7 Cups |
| Social Services | Wellness Together Canada | 777-2222 | Dad | Mygrief.ca |
| Arctic Family Centre | Kids Help Phone | FREE | Cousins | MindShift CBT |
| Inuvik Centennial Library | VAC Assistance Service | Ambulance | Elders | Anxiety Canada |
| Inuvik Transition House | NWT Quitline | Hospital | Aunts | CAMH |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Midnight Sun Complex | Naseeha | Fire Department | Grandparents | Mindful.org |
| Ingamo Hall | Residential School Crisis Line | 678-2196 | Teachers | Youthspace.ca |
| GTC | NWT Help Line | FREE | Wellness Worker | Ending Violence Association of Canada |
| Homeless Shelter | VAC Assistance Service | 911 | Principal | Kidsgrief.ca |
| Children First Society | Hope for Wellness Help Line | RCMP | Friends | Bounce Back |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Ingamo Hall | Kids Help Phone | Fire Department | Coworkers | Mygrief.ca |
| Inuvik Centennial Library | NWT Seniors’ Information Line | Ambulance | Mom | Anxiety Canada |
| Inuvik Community Greenhouse | NWT Quitline | FREE | Grandparents | CAMH |
| Midnight Sun Complex | Hope for Wellness Help Line | 777-2222 | Religious Leader | Ending Violence Association of Canada |
| Counselling | ChildHelp National Child Abuse Hotline | 777-4444 | Siblings | 7 Cups |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Social Services | Naseeha | 777-4427 | Friends | Bounce Back |
| Inuvik Transition House | Hope for Wellness Help Line | Municipal Enforcement | Teachers | MindShift CBT |
| Children First Society | Jordan’s Principle Call Centre | FREE | Aunts | Root’d |
| Ingamo Hall | Canada Suicide Prevention Service | 678-2196 | Cousins | Heads Up Guys |
| IRC | LGBT YouthLine | RCMP | Dad | Mindful.org |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Inuvik Youth Centre | Trans Lifeline | 777-1111 | Grandparents | Youthspace.ca |
| IRC | ChildHelp National Child Abuse Hotline | 911 | Uncles | Ending Violence Association of Canada |
| Social Services | LGBT YouthLine | FREE | Teachers | Mindyourmind.ca |
| Ingamo Hall | VAC Assistance Service | Ambulance | Employer | Anxiety Canada |
| Children First Society | NWT Seniors’ Information Line | Hospital | Principal | CAMH |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Inuvik Transition House | NWT Help Line | RCMP | Coworkers | CMHA |
| Homeless Shelter | Residential School Crisis Line | 678-2196 | Siblings | Youthspace.ca |
| Midnight Sun Complex | Hope for Wellness Help Line | FREE | Religious Leader | 7 Cups |
| Inuvik Justice Committee | Naseeha | 777-2222 | Teachers | Breathing Room |
| Inuvik Community Greenhouse | Kids Help Phone | 777-4444 | Wellness Worker | Kidsgrief.ca |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| GTC | LGBT YouthLine | 777-4427 | Mom | MindShift CBT |
| Social Services | Wellness Together Canada | 777-1111 | Dad | Heads Up Guys |
| Counselling | NWT Quitline | FREE | Friends | Root’d |
| Inuvik Centennial Library | Canada Suicide Prevention Service | 777-4444 | Aunts | Mindful.org |
| Arctic Family Centre | Hope for Wellness Help Line | 678-2196 | Cousins | Mygrief.ca |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Inuvik Youth Centre | NWT Quitline | 777-4427 | Uncles | Ending Violence Association of Canada |
| Inuvik Community Greenhouse | YWCA NWT Crisis Line | Hospital | Principal | Youthspace.ca |
| Children First Society | Jordan’s Principle Call Centre | FREE | Grandparents | Anxiety Canada |
| Social Services | Hope for Wellness Helpline | RCMP | Religious Leader | CMHA |
| Midnight Sun Complex | LGBT YouthLine | 777-4444 | Siblings | 7 Cups |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| IRC | Trans Lifeline | 777-1111 | Elders | Breathing Room |
| Social Services | ChildHelp National Child Abuse Hotline | Municipal Enforcement | Principal | Mindyourmind.ca |
| Children First Society | NWT Help Line | FREE | Coworkers | Kidsgrief.ca |
| GTC | NWT Seniors’ Information Line | Fire Department | Uncles | Mindful.org |
| Inuvik Transition House | VAC Assistance Service | 678-8000 | Grandparents | MindShift CBT |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Ingamo Hall | NWT Quitline | Ambulance | Wellness Worker | CMHA |
| Arctic Family Centre | Kids Help Phone | Hospital | Aunts | Youthspace.ca |
| Inuvik Transition House | Hope for Wellness Help Line | FREE | Friends | 7 Cups |
| Inuvik Centennial Library | Residential School Crisis Line | 678-2196 | Teachers | Heads Up Guys |
| Children First Society | Naseeha | 911 | Principal | Mygrief.ca |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Homeless Shelter | LGBT YouthLine | 777-4444 | Mom | Root’d |
| Social Services | Trans Lifeline | Ambulance | Cousins | Ending Violence Association of Canada |
| Inuvik Youth Centre | ChildHelp National Child Abuse Hotline | FREE | Uncles | Breathing Room |
| Inuvik Transition House | YWCA NWT Crisis Line | 777-2222 | Elders | CAMH |
| Midnight Sun Complex | NWT Help Line | Inuvik Gas | Grandparents | 7 Cups |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Counselling | Canada Suicide Prevention Service | 777-1111 | Coworkers | Anxiety Canada |
| Inuvik Native Band | Hope for Wellness Help Line | Municipal Enforcement | Religious Leader | MindShift CBT |
| Social Services | Jordan’s Principle Call Centre | FREE | Siblings | Youthspace.ca |
| IRC | Wellness Together Canada | Hospital | Grandparents | Mygrief.ca |
| Inuvik Community Greenhouse | Hope for Wellness Help Line | RCMP | Wellness Worker | Kidsgrief.ca |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| GTC | Naseeha | Ambulance | Employer | Heads Up Guys |
| Inuvik Centennial Library | VAC Assistance Service | 678-8000 | Uncles | Mindful.org |
| Inuvik Transition House | NWT Seniors’ Information Line | FREE | Coworkers | Breathing Room |
| Arctic Family Centre | Kids Help Phone | 777-4444 | Dad | CMHA |
| Children First Society | NWT Quitline | 678-2196 | Teachers | CAMH |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Inuvik Justice Committee | ChildHelp National Child Abuse Hotline | Fire Department | Elders | Bounce Back |
| Midnight Sun Complex | Residential School Crisis Line | Municipal Enforcement | Mom | Ending Violence Association of Canada |
| Homeless Shelter | Naseeha | FREE | Wellness Worker | CMHA |
| Inuvik Youth Centre | YWCA NWT Crisis Line | 777-4427 | Friends | Youthspace.ca |
| Social Services | LGBT YouthLine | Hospital | Aunts | Anxiety Canada |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Arctic Family Centre | Canada Suicide Prevention Service | RCMP | Siblings | Root’d |
| Counselling | NWT Help Line | 777-1111 | Cousins | Mindful.org |
| Inuvik Centennial Library | Kids Help Phone | FREE | Teachers | Heads Up Guys |
| Inuvik Native Band | YWCA NWT Crisis Line | 777-2222 | Coworkers | MindShift CBT |
| Ingamo Hall | NWT Seniors’ Information Line | 911 | Dad | Mindyourmind.ca |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Inuvik Native Band | Jordan’s Principle Call Centre | 678-8000 | Uncles | Mygrief.ca |
| Inuvik Justice Committee | Hope for Wellness Help Line | 777-4427 | Grandparents | Kidsgrief.ca |
| IRC | Naseeha | FREE | Religious Leader | Bounce Back |
| Homeless Shelter | Hope for Wellness Help Line | Hospital | Mom | CMHA |
| Inuvik Youth Centre | LGBT YouthLine | Municipal Enforcement | Aunts | Anxiety Canada |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Midnight Sun Complex | VAC Assistance Service | 777-4427 | Teachers | 7 Cups |
| GTC | Wellness Together Canada | Inuvik Gas | Elders | Mindful.org |
| Inuvik Community Greenhouse | Kids Help Phone | FREE | Principal | Heads Up Guys |
| Social Services | Trans Lifeline | 678-2196 | Siblings | Breathing Room |
| Arctic Family Centre | YWCA NWT Crisis Line | 777-4444 | Grandparents | Youthspace.ca |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Midnight Sun Complex | NWT Quitline | 777-2222 | Dad | Mindyourmind.ca |
| Inuvik Native Band | Canada Suicide Prevention Service | Municipal Enforcement | Coworkers | CAMH |
| Children First Society | ChildHelp National Child Abuse Hotline | FREE | Employer | Heads Up Guys |
| Inuvik Transition House | NWT Help Line | 678-8000 | Uncles | MindShift CBT |
| Inuvik Centennial Library | Jordan’s Principle Call Centre | Ambulance | Elders | Ending Violence Association of Canada |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Midnight Sun Complex | NWT Seniors’ Information Line | 777-1111 | Principal | CMHA |
| Social Services | YWCA NWT Crisis Line | 911 | Coworkers | Anxiety Canada |
| Homeless Shelter | Residential School Crisis Line | FREE | Mom | Bounce Back |
| Counselling | LGBT YouthLine | RCMP | Teachers | Kidsgrief.ca |
| Ingamo Hall | Naseeha | Inuvik Gas | Friends | Mindful.org |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Inuvik Youth Centre | Hope for Wellness Help Line | 678-8000 | Grandparents | Youthspace.ca |
| Children First Society | ChildHelp National Child Abuse Hotline | Inuvik Gas | Cousins | 7 Cups |
| Arctic Family Centre | Trans Lifeline | FREE | Uncles | Mindyourmind.ca |
| Ingamo Hall | YWCA NWT Crisis Line | Municipal Enforcement | Aunts | Mygrief.ca |
| Inuvik Justice Committee | Kids Help Phone | 777-4427 | Siblings | Root’d |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Inuvik Centennial Library | Wellness Together Canada | 777-4427 | Elders | Anxiety Canada |
| Inuvik Community Greenhouse | Jordan’s Principle Call Centre | Hospital | Religious Leader | CMHA |
| GTC | VAC Assistance Service | FREE | Principal | Heads Up Guys |
| Inuvik Native Band | NWT Quitline | 777-1111 | Dad | Ending Violence Association of Canada |
| Social Services | Residential School Crisis Line | 678-8000 | Siblings | MindShift CBT |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Inuvik Youth Centre | Canada Suicide Prevention Service | RCMP | Employer | Youthspace.ca |
| Midnight Sun Complex | Naseeha | Municipal Enforcement | Mom | Kidsgrief.ca |
| Inuvik Justice Committee | Hope for Wellness Help Line | FREE | Teachers | Mindful.org |
| Counselling | ChildHelp National Child Abuse Hotline | 678-2196 | Uncles | Breathing Room |
| Inuvik Transition House | NWT Seniors’ Information Line | 777-4427 | Grandparents | CAMH |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Inuvik Native Band | NWT Help Line | Fire Department | Siblings | Mindyourmind.ca |
| Arctic Family Centre | Jordan’s Principle Call Centre | 911 | Elders | Root’d |
| Social Services | Trans Lifeline | FREE | Friends | Anxiety Canada |
| Inuvik Youth Centre | YWCA NWT Crisis Line | Hospital | Principal | CMHA |
| Inuvik Centennial Library | LGBT YouthLine | 777-2222 | Coworkers | Heads Up Guys |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Inuvik Centennial Library | NWT Quitline | Inuvik Gas | Cousins | Breathing Room |
| Homeless Shelter | Canada Suicide Prevention Service | RCMP | Dad | Mygrief.ca |
| Inuvik Justice Committee | YWCA NWT Crisis Line | FREE | Aunts | 7 Cups |
| Inuvik Transition House | Naseeha | 777-4444 | Grandparents | Ending Violence Association of Canada |
| Midnight Sun Complex | Kids Help Phone | Ambulance | Uncles | MindShift CBT |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Counselling | Kids Help Phone | 777-1111 | Religious Leader | Kidsgrief.ca |
| GTC | VAC Assistance Service | Inuvik Gas | Principal | CMHA |
| Inuvik Youth Centre | Jordan’s Principle Cell Centre | FREE | Employer | Youthspace.ca |
| Social Services | Canada Suicide Prevention Service | 678-8000 | Elders | Mindful.org |
| Arctic Family Centre | NWT Seniors’ Information Line | Municipal Enforcement | Teachers | Heads Up Guys |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Ingamo Hall | Wellness Together Canada | Inuvik Gas | Coworkers | Bounce Back |
| Counselling | Trans Lifeline | Fire Department | Dad | Breathing Room |
| Midnight Sun Complex | NWT Quitline | FREE | Employer | CAMH |
| Inuvik Centennial Library | Residential School Crisis Line | 678-2196 | Mom | Root’d |
| Inuvik Justice Committee | ChildHelp National Child Abuse Hotline | Municipal Enforcement | Grandparents | CMHA |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Inuvik Justice Committee | Trans Lifeline | Hospital | Principal | Youthspace.ca |
| Inuvik Transition House | Naseeha | 777-1111 | Siblings | Anxiety Canada |
| IRC | NWT Help Line | FREE | Teachers | Mindyourmind.ca |
| Inuvik Youth Centre | ChildHelp National Child Abuse Hotline | RCMP | Aunts | Ending Violence Association of Canada |
| Counselling | Canada Suicide Prevention Service | 678-8000 | Coworkers | Bounce Back |

|  |
| --- |
| Resources Bingo |
| Community Resources | **Helplines** | **Emergency Resources** | **Supporters** | **Online Resources** |
| Homeless Shelter | Canada Suicide Prevention Service | 777-1111 | Uncles | Heads Up Guys |
| Inuvik Native Band | Wellness Together Canada | 678-8000 | Elders | CMHA |
| Midnight Sun Complex | NWT Quitline | FREE | Mom | Root’d |
| Inuvik Community Greenhouse | Jordan’s Principle Call Centre | Municipal Enforcement | Friends | Kidsgrief.ca |
| GTC | NWT Help Line | Fire Department | Cousins | Breathing Room |

Resource List

**Inuvik Community Resources**

* **Inuvialuit Regional Corporation** (IRC) - resources for Inuvialuit, including wellness and educational services. 107 Mackenzie Road, (867) 777-7000, https://irc.inuvialuit.com/
* **Inuvik Native Band** – a Gwich’in band government that delivers programs and services for the community. 190 Kingmingya Road, (867) 777-5868, http://www.inbnt.ca/
* **Gwich’in Tribal Council** – resources for Gwich’in, health services and help accessing Jordan’s Principle. 1-3 Council Crescent, (867) 777-7900, https://www.gwichintribal.ca/
* **Counselling** – child, adult, and family counselling services are available at the Inuvik Regional Hospital. 867-678-8001 ext. 4
	+ Counselling services are also available at East Three Elementary School (867-678-0673) and East Three Secondary School (867-620-1237)
* **Social Services** – operates out of the Inuvik Regional Hospital. Services can help individuals and families struggling with mental health, family violence, and addiction. (867) 678-8001 ext. 3
* **Midnight Sun Complex** – a recreation and complex facility. The Midnight Sun Complex has a gym, pool, curling rink, squash court, and arena. There are also a number of drop in programs available. 95 Gwich’in Road, (867) 777-8640, https://www.inuvik.ca/en/getting-active/Midnight-Sun-Complex.asp
* **Arctic Family Centre** – programming and services for families. 50 Franklin Road, (867) 777-4400
* **Inuvik Centennial Library** – book loans, free computer and Wi-Fi access, and programs for youth. 100 Mackenzie Road, (867) 777-8620, https://www.inuvik.ca/en/getting-active/Library.asp
* **Inuvik Justice Committee** – victim services and resources for those involved in the criminal justice system. 4 Dolphin Street, (867) 777-3181 (Justice Coordinator), (867) 777-5493 (Inuvik Victim Services), (867) 777-5480 (Beaufort Delta Victim Services), inuvikjusticecommittee.com
* **Inuvik Transition House** – for women and children experiencing violence at home and looking for help. (867) 777- 3877
* **Ingamo Hall Friendship Centre** – hosts cultural and community events, many of which are geared toward youth. 20 Mackenzie Road, (867) 777-2166
* **Children First Society** – child care for children aged 6 months to 12 years old. 210 Kingmingya Road, (867) 777-3703, https://childrenfirstsociety.org/
* **Homeless Shelters** – there are two shelters in Inuvik. The dry shelter is located at Kingmingya Road and can be reached by phone at (867) 777-2725. The warming shelter is located at 26 Reliance Street and can be reached by phone at (867) 777-4392
* **Inuvik Community Greenhouse** – available to community members to garden. 79 Gwich’in Road, (867) 678-0399, https://inuvikgreenhouse.com/

**Helplines** – all helplines are available 24 hours a day, 7 days a week unless otherwise noted

* **Kids Help Phone** – confidential mental healthcare for those aged 5-29. 1-800-668-6868 or text CONNECT to 686868. Services are also available through Facebook Messenger at [www.KidsHelpPhone.ca/Messenger](http://www.KidsHelpPhone.ca/Messenger)
* **NWT Help Line** – free and confidential support for Northwest Territories residents. 1-800-661-0844
* **Residential School Crisis Line** - emotional and crisis services for those who attended or are impacted by residential schools. 1-866-925-4419
* **Wellness Together Canada** – mental health and substance use support for people of all ages. 1-866-585-0445. (https://www.wellnesstogether.ca/en-CA)
* **NWT Quitline** – help for residents of the Northwest Territories who want to quit smoking. 1-800-661-0844
* **Canada Suicide Prevention Service** – for those thinking about suicide or are concerned about a friend or family member. 1-833-456-4566 or text 45645 (text is only available from 2-10pm)
* **Hope for Wellness Help Line** – counselling and crisis intervention for Indigenous peoples across Canada. 1-855-242-3310. (online chat is also available at hopeforwellness.ca)
* **Naseeha** – confidential support for Muslim youth around the world. 1-866-627-3342 (available every day from 9am-9pm) <https://naseeha.org/>
* **Jordan’s Principle Call Centre** – helps First Nations children in Canada access the services and resources they need. 1-855-572-4453
* **Childhelp National Child Abuse Hotline** – for victims of child abuse, parents, and anyone who witnesses child abuse. 1-800-422-4453 (available by call or text)
* **NWT Seniors’ Information Line** – services for those aged 50 and over in the Northwest Territories. 867-920-7444 (or toll free at 1-800-661-0878)
* **LGBT YouthLine** – peer support for 2SLGBTQ+ youth (up to age 29). 1-800-268-9688 (only available Sunday-Friday from 4-7pm). Live chat is also available at https://www.youthline.ca/
* **Trans Lifeline** – peer support by trans people for trans peoples. 1-877-330-6366 (https://translifeline.org/)
* **YWCA NWT Crisis Line** – help and support for women experiencing abuse in the Northwest Territories. 1-866-223-7775
* **VAC Assistance Service** – provides free psychological support to Veterans, former RCMP members, their families, and caregivers. 1-800-268-7708

**Inuvik Emergency Resources**

* 911
* Fire Department: 867-777-2222
* Inuvik Regional Hospital: 867-678-8000
* RCMP: 867-777-1111 (for non-emergencies call 867-777-3976)
* Ambulance: 867-777-4444
* Municipal Enforcement after hours: 867-678-2196 (during business hours call 867-777-8616 or 867-777-8624)
* Inuvik Gas after hours: 867-777-4427 (during business hours call 867-777-3422)

**Support** – trusted people you can talk to

* Elders
* Friends
* Mom
* Dad
* Cousins
* Aunts
* Uncles
* Grandparents
* Teachers
* Principals
* Coworkers
* Siblings
* Employer
* Religious Leader
* Wellness Worker

**Online Resources**

* **7 Cups app** – a free, anonymous, confidential peer support app for youth struggling with depression, anxiety, relationships, LGBTQ+, relationships, and more
* **BreathingRoom app** – a free online program for youth and young adults to find new ways to manage stress, anxiety, or depression
* **Root’d app** – provides information and lessons on managing anxiety and panic attacks
* **Mygrief.ca** – an online resource to help people move through the process of grief
* **Kidsgrief.ca** – an online resource for parents and educators to help children move through the process of grief
* **Canadian Mental Health Association** (cmha.ca) – a national organization that promotes mental health and supports people dealing with mental illness
* **Centre for Addiction and Mental Health** (camh.ca) – a mental health hospital and research centre
* **MindShift CBT app** – a free app to help people struggling with anxiety to relax and develop new ways of thinking
* **HeadsUpGuys** (<https://headsupguys.org/>) – resources and support for men experiencing depression and suicidal thoughts
* **Youthspace.ca** – an anonymous emotional support chat line for people under 30
* **Ending Violence Association of Canada** (<https://endingviolencecanada.org/>) – resources about ending gender-based violence in Canada
* **Mindyourmind.ca** – interactive tools and resources to build capacity and resilience (targeted at those aged 14-29)
* **Anxiety Canada** (anxietycanada.com) – online self-help resources for anxiety
* **Bounce Back** (bounceback.cmha.ca) – helps adults and youth aged 15+ manage low mood, stress, anxiety, depression, and worry
* **Mindful.org** – resources for developing mindfulness skills