

# Kugaaruk

**IN CASE OF LIFE-THREATENING SITUATIONS / CONCERNS FOR ONE'S OWN OR SOMEONE ELSE'S IMMEDIATE SAFETYCALL RCMP 1-867-979-0123 (867-439-0123)**

## FOR NON-LIFE-THREATENING YOUTH DISTRESS SITUATIONS

**CALL KAMATSIAQTUT HELPLINE – 867-979-3333 / 800-265-3333 (ALL DAY, EVERYDAY)**

**KIDS HELP PHONE – 1-800-668-6868 (ALL DAY, EVERYDAY)**

**CRISIS TEXT LINE – TEXT "CONNECT" TO 686868 (ALL DAY, EVERYDAY)**

**HOPE FOR WELLNESS HELPLINE – 1-855-242-3310 (ALL DAY, EVERYDAY)**

## COMMUNITY RESOURCES & SUPPORTS

ILLNESS/INJURY (NON-LIFE THREATENING)	SUPPORT AND COUNSELLING	DISTRESS/ SUICIDAL THOUGHTS	ADVOCACY	SEXUAL ASSAULT	EMERGENCY HOUSING	EMERGENCY FUNDING
<p><b>Kugaaruk Health Centre</b> (867) 769-6441</p>	<p><b>Ilisaqsivik Toll-free counselling line:</b> 1-888-331-4433 (Inuktitut and English)</p> <p><b>Mental Health Outreach Worker</b></p> <p><b>Community Health Nurse</b></p> <p><b>School Counsellor</b></p> <p><b>Teachers</b></p> <p>For more information please refer to <a href="https://www.gov.nu.ca/sites/default/files/health.pdf">https://www.gov.nu.ca/sites/default/files/health.pdf</a></p>	<p><b>Mental Health Outreach Worker</b></p> <p>For more information please refer to <a href="https://www.gov.nu.ca/sites/default/files/health.pdf">https://www.gov.nu.ca/sites/default/files/health.pdf</a></p>	<p><b>Representative for Children and Youth</b> 1-855-449-8118 <a href="mailto:contact@rcynu.ca">contact@rcynu.ca</a></p>	<p><b>Kugaaruk Health Centre</b> (867) 769-6441</p> <p><b>Kugaaruk Family Violence Centre:</b> (867) 769-6100</p> <p><b>RCMP</b> (867) 939-1111</p>	<p><b>Social Services Office</b> (867) 769 7999</p> <p><b>Nunavut Housing Corporation</b> (<a href="http://www.NunavutHousing.ca/">http://www.NunavutHousing.ca/</a>)</p>	<p><b>Social Assistance</b> (18 and over) (867) 473 8944</p> <p><b>Government of Nunavut Employee/Family Assistance</b> (800) 663 1142</p> <p><b>Government of Canada Employee/Family Assistance</b> (800) 268 7708</p> <p><b>Financial Assistance For Nunavut Students</b> 1-877-860-0680</p> <p><b>Kaviak Applications</b> <a href="http://www.kakivak.ca/en/applications">http://www.kakivak.ca/en/applications</a></p>

### OTHER RESOURCES / SUPPORTS AVAILABLE IN KUGAARUK:

- FAMILY / FRIENDS WHO YOU TRUST
- ELDERS WHO YOU TRUST

**FOR OTHER SUPPORTS, VISIT ISAKSIMAGIT INUUSIRMI KATUJJIQAATIGIIT EMBRACE LIFE COUNCIL – [WWW.INUUSIQ.COM](http://WWW.INUUSIQ.COM)**