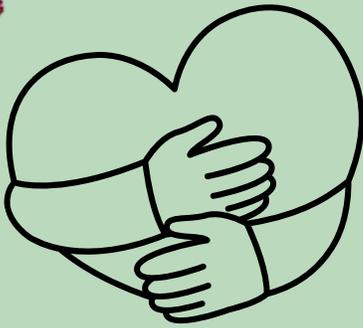


If you haven't been feeling yourself lately, and it's been hard to open up...

...Talking with a trained professional is a safe start



Canadian Mental Wellness Distress Number:

**1-844-533-3030**

Canadian Mental Health Association : Yukon Region  
To Book An Appointment:

**(867) 668-6429**

*Offers FREE counselling services for youth, adults, families and couples.*

Whitehorse counselling : Rapid services free counselling

**(867)-456-3838**

*Available Monday through Friday*

The suicide crisis helpline is available by calling or texting

**9-8-8**

*Provides a safe space to talk, 24 hours a day, every day of the year.*



### For Indigenous Youth

The National Indian Residential Schools Crisis Line  
*Available to former students of Indian Residential Schools and their family members 24/7*

**1-866-925-4419**

Hope for Wellness  
*24 hours a day, 7 days a week*

**1-855-242-3310**

To Swim And Speak



With Salmon



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 Suicide & Crisis Hotline : call **1-800-273-8255** or text **988**. *Crisis Lifeline offers 24/7 access to trained crisis counsellors who can help people experiencing mental health-related distress. That could be: Thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress.*

*In Alaska, if you are calling from a 907 area code, 988 connects you to the Alaska Careline, a member of the 988 Suicide & Crisis Lifeline. Careline is active to help 24/7.*

*Call **1-877-266-4357 (HELP)** or text **4help** to **839863** to speak to a trained counsellor. You can also visit [www.carelinealaska.com](http://www.carelinealaska.com).*

### Online Resources



 Healing Native Hearts Coalition, Fairbanks Resources : <https://www.hnhcoalition.org/resources>

 White Bison - provides sobriety, recovery, addictions prevention, and wellness/Wellbriety learning resources to the Native American/Alaskan Native community nationwide.

<https://whitebison.org/>

General inquiries: [info@whitebison.org](mailto:info@whitebison.org) ; **1-(719)-548-1000** /

Toll Free **1-(877)-871-1495**



### For Other Support Services



Nation Domestic Violence Hotline: **800-799-7233** or text **LOVEIS** to **22522**



To report child abuse: **800-478-4444**



Free Legal Hotline: **1-866-279-0851**

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