



# NWT HELP LINE



**1-800-661-0844**  
**24/7**

**We are here to listen**

7 days per week, 24 hours per day  
**1-800-661-0844 (toll free)**

**Questions or Concerns?**

**Email: [nwthelpine@gov.nt.ca](mailto:nwthelpine@gov.nt.ca)**

If you would like this information in another official language,  
contact us at 867-920-3367.  
Si vous voulez ces informations dans une autre langue officielle,  
téléphonez-nous au 867-920-3367.



## Should I call?

Do you feel embarrassed about talking to a friend or family member about a problem?

Yes No

Are you afraid people will judge you if you tell them how you feel?

Yes No

Do you live in a small community and fear that if you talk to someone, then everyone will know your problems?

Yes No

Do you need help finding information or a helpful resource in your community?

Yes No

Are you dealing with a crisis and need a supportive person to talk to?

Yes No

Are you working through grief and loss?

Yes No

**If you answered “Yes” to any of the above questions, we might be able to help.**

## Why Call Us?

- We are available 24 hours per day, 7 days per week
- You do not need to tell us your name
- We will not tell anyone else you called
- All calls are free to Northwest Territories residents
- We do not trace calls
- We will not judge you
- We can offer you follow-up phone calls
- We will listen and try to help

## Need to Talk?

- Abuse?
- Alcohol/ Drug issues?
- Depressed?
- Do you want a follow-up call from us?
- Feeling like suicide is an option?
- Lonely?
- Need a referral?
- Need Information?
- Stressed out?
- Worried?

**We Listen!**