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Health and Well-Being Tools

Isumansungittuq (Crisis) Supports



June 20, 2023

Managers, human resources team member or occupational health and safety representative



The Future Skills Centre – Centre des Compétences futures (FSC-CCF) is a forward-thinking centre for research and collaboration dedicated to preparing Canadians for employment success. We believe Canadians should feel confident about the skills they have to succeed in a changing workforce. As a pan-Canadian community, we are collaborating to rigorously identify, test, measure, and share innovative approaches to assessing and developing the skills Canadians need to thrive in the days and years ahead.

The Future Skills Centre was founded by a consortium whose members are Toronto Metropolitan University, Blueprint, and The Conference Board of Canada.

If you would like to learn more about this report and other skills research from FSC, visit us at fsc-ccf.ca or contact info@fsc-ccf.ca.

fsc-ccf.ca

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Blueprint

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Key terms

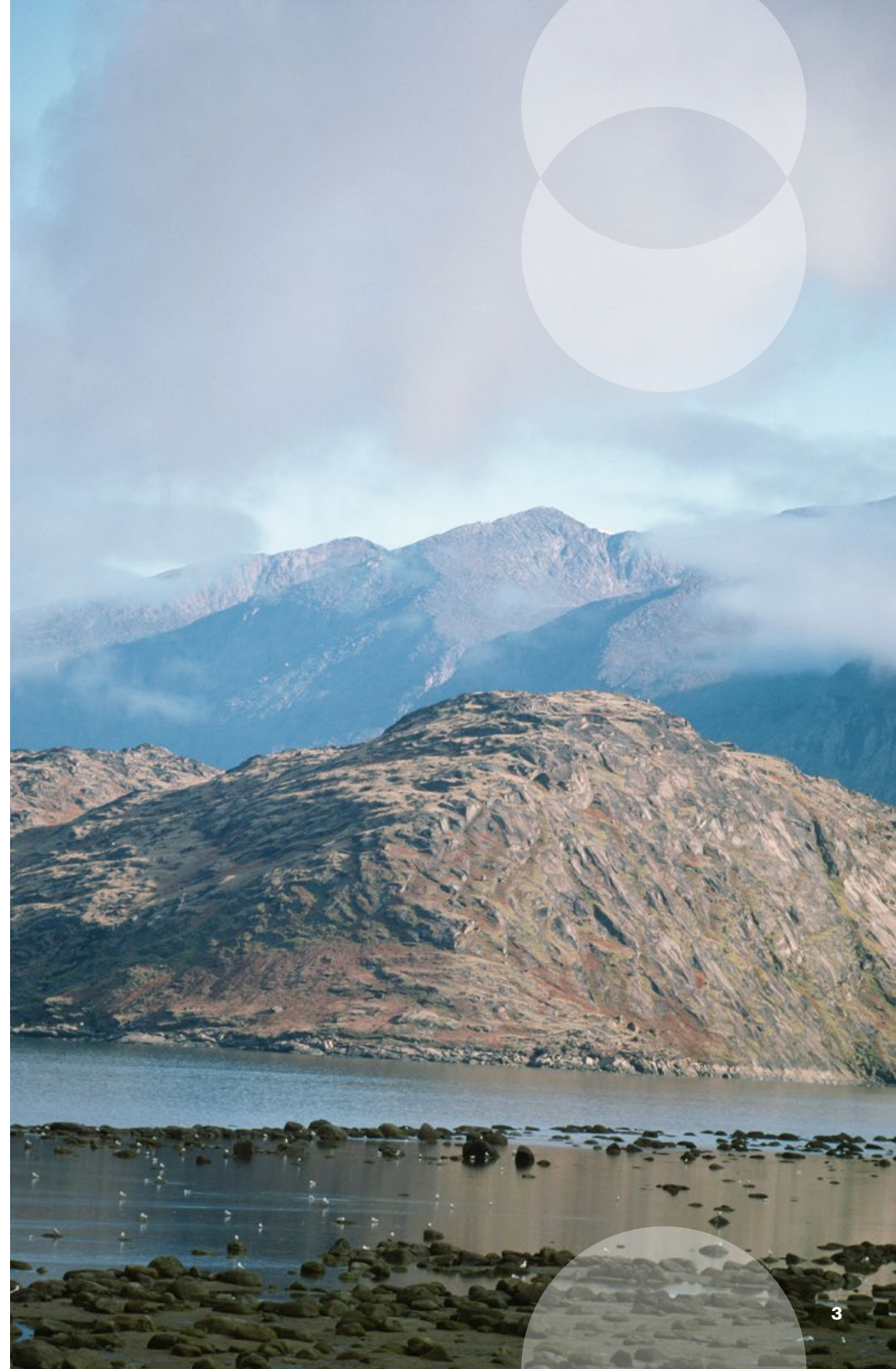
- **Elders:** Important Knowledge Keepers who play essential roles in ensuring cultural continuity. They are respected as leaders, teachers, role models, mentors, and healers.
- **Knowledge Keepers:** Recognized community members with cultural knowledge.
- **isumansungittuq:** A temporary mental health issue.¹

Use the document to follow, organized by province or territory, as a framework. Keep resources relevant to your organization, delete others, and add your own.

We recognize that this is not an exhaustive list. Your community or region may have resources or supports that would benefit your employees. **For example, you may have Elders or Knowledge Keepers in your organization or surrounding community with expertise in mental well-being that you can add, with their permission.**

Please revisit this resource regularly and update as new resources become available and as the needs of your employees evolve.

¹ Laurence J. Kirmayer and others, *Inuit Concepts of Mental Health and Illness: An Ethnographic Study* (Montréal: Jewish General Hospital and McGill University, January 1997), 126–30, <https://www.mcgill.ca/tcpsych/files/tcpsych/Report4.pdf>.



isumansungittuq (crisis) supports in Nunavut

Your organization: _____

Employee and family assistance program

(confidential consultation) Telephone Number: _____

Email address: _____

Website: _____

Additions/Notes: _____

Your community and region: Nunavut

[Emergency services](#)

Kamatsiaqtut Help Line: 1-867-979-3333 (Iqaluit)
or toll-free at 1-800-265-3333 (24 hours)

Ilisaqsivik Mobile Trauma Crisis Response Team (Inuit staff):
1-867-924-6565, tungasugit@ilisaqsivik.ca

Territorial Residential School Crisis Line: 1-800-464-8106

Additions/Notes: _____

For Indigenous Peoples, Canada-wide

Hope for Wellness Helpline (for all Indigenous Peoples across Canada, with phone and chat counselling in Inuktitut, Cree, and Ojibway): 1-855-242-3310

hopeforwellness.ca

Crisis Text Line (adults): Text WELLNESS to **741 741**.

Crisis Text Line (for youth, from Kids Help Phone): Text the word **Inuit** to **68 68 68** or call **1-800-668-6868** to connect with an Inuit or other Indigenous crisis responder. If none are available, a non-Indigenous crisis responder will support. The text line is free and you don't need a data plan, Internet connection, or app.

<https://kidshelpphone.ca/need-help-now-text-us>

Residential School Survivors and Family: 1-866-925-4419
(24-hour crisis line)

Other, Canada-wide

Crisis Services Canada (24/7): 1-800-784-2433,
crisisservicescanada.ca

Canada Suicide and Crisis National Hotline: 1-800-448-3000

isumansungittuq (crisis) supports in Quebec

Your organization: _____

Employee and family assistance program

(confidential consultation) Telephone Number: _____

Email address: _____

Website: _____

Additions/Notes: _____

Your community and region: Quebec

[Emergency services](#)

Kamatsiaqtut Help Line: 1-800-265-3333 (24 hours)

Association québécoise de prévention du suicide (French):

1-866-APPELLE (1-866-277-3553)

<https://aqps.info/nous-joindre/>

Nunavik Regional Board of Health and Social Services

has a variety of crisis supports and a list of contact numbers by community: <https://nrbhss.ca/en/contact-us>

Additions/Notes: _____

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<https://kidshelpphone.ca/need-help-now-text-us>

Residential School Survivors and Family: 1-866-925-4419 (24-hour crisis line)

Other, Canada-wide

Crisis Services Canada (24/7): 1-800-784-2433, crisisservicescanada.ca

Canada Suicide and Crisis National Hotline: 1-800-448-3000

isumansungittuq (crisis) supports in Newfoundland and Labrador

Your organization: _____

Employee and family assistance program

(confidential consultation) Telephone Number: _____

Email address: _____

Website: _____

Additions/Notes: _____

Your community and region: Newfoundland and Labrador

[Emergency services](#)

Call 811

Additions/Notes: _____

For Indigenous Peoples, Canada-wide

Hope for Wellness Helpline (for all Indigenous Peoples across Canada, with phone and chat counselling in Inuktitut, Cree, and Ojibway): 1-855-242-3310

hopeforwellness.ca

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<https://kidshelpphone.ca/need-help-now-text-us>

Residential School Survivors and Family: 1-866-925-4419
(24-hour crisis line)

Other, Canada-wide

Crisis Services Canada (24/7): 1-800-784-2433,
crisisservicescanada.ca

Canada Suicide and Crisis National Hotline: 1-800-448-3000

isumansungittuq (crisis) supports in the Yukon

Your organization: _____

Employee and family assistance program

(confidential consultation) Telephone Number: _____

Email address: _____

Website: _____

Additions/Notes: _____

Your community and region: the Yukon

[Emergency services](#)

The Yukon Distress & Support Line (toll-free, volunteer-run, confidential, open nightly from 7 p.m.–3 a.m.): 1-844-533-3030
(Crisis Line)

Territorial Residential School Crisis Line: 1-800-464-8106

Additions/Notes: _____

For Indigenous Peoples, Canada-wide

Hope for Wellness Helpline (for all Indigenous Peoples across Canada, with phone and chat counselling in Inuktitut, Cree, and Ojibway): 1-855-242-3310

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<https://kidshelpphone.ca/need-help-now-text-us>

Residential School Survivors and Family: 1-866-925-4419
(24-hour crisis line)

Other, Canada-wide

Crisis Services Canada (24/7): 1-800-784-2433,
crisisservicescanada.ca

Canada Suicide and Crisis National Hotline: 1-800-448-3000

isumansungittuq (crisis) supports in the Northwest Territories

Your organization: _____

Employee and family assistance program

(confidential consultation) Telephone Number: _____

Email address: _____

Website: _____

Additions/Notes: _____

Your community and region: The Northwest Territories

[Emergency services](#)

The NWT Help Line (24/7, free, confidential, and anonymous):
1-800-661-0844.

Territorial Residential School Crisis Line: 1-800-464-8106

Additions/Notes: _____

For Indigenous Peoples, Canada-wide

Hope for Wellness Helpline (for all Indigenous Peoples across Canada, with phone and chat counselling in Inuktitut, Cree, and Ojibway): 1-855-242-3310

hopeforwellness.ca

Crisis Text Line (adults): Text WELLNESS to **741 741**.

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<https://kidshelpphone.ca/need-help-now-text-us>

Residential School Survivors and Family: 1-866-925-4419
(24-hour crisis line)

Other, Canada-wide

Crisis Services Canada (24/7): 1-800-784-2433,
crisisservicescanada.ca

Canada Suicide and Crisis National Hotline: 1-800-448-3000



Where insights meet impact

Health and Well-Being Tools:

Isumansungittuq (Crisis) Supports

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