



# Health and Well-Being Tools

Resources for General Mental Health and Problematic Substance Use





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](http://fsc-ccf.ca) or contact [info@fsc-ccf.ca](mailto:info@fsc-ccf.ca).

[fsc-ccf.ca](http://fsc-ccf.ca)

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Board of Canada

**Blueprint**

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# Key terms

- **aangajugasuarniq:** Problematic substance use.<sup>1</sup>
- **problematic substance use:** Substance use that has mild to severe negative impacts on a person. This type of use involves craving (a “strong need to use the substance”), difficulty controlling use, compulsion (an urge), and consequences (“continuing to use the substance despite negative outcomes”).<sup>2</sup>
- **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.
- **piusirsungittuq:** A person who is not acting like themselves.<sup>3</sup>

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, <https://www.mcgill.ca/tcpsych/files/tcpsych/Report4.pdf>.

2 Centre for Innovation in Campus Mental Health, “4. Understanding Substance Use Disorders and Problematic Substance Use,” in *Reducing Cannabis Harms: A Guide for Ontario Campuses* (Toronto: Government of Ontario, 2018), <https://campusmentalhealth.ca/toolkits/cannabis/cannabis-substance-use/understanding-disorders-problematic/>.

3 Laurence J. Kirmayer and others, *Inuit Concepts of Mental Health and Illness: An Ethnographic Study* (Montréal: Jewish General Hospital and McGill University, January 1997), 129, <https://www.mcgill.ca/tcpsych/files/tcpsych/Report4.pdf>.

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.

## Resources for General Mental Health and Problematic Substance Use in Nunavut

Your organization: \_\_\_\_\_

### **Employee and family assistance program**

(confidential consultation) Telephone Number: \_\_\_\_\_

Human resources advisor: \_\_\_\_\_

Additions/Notes: \_\_\_\_\_

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## Your community and region: Nunavut

**Emergency services:** see <https://www.publiclibraries.nu.ca/en/fire-emergency> for emergency numbers by community.

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

**Ilisaqsivik counselling and training, including an addictions program on the land:** 1-867-924-6565, [tungasugit@ilisaqsivik.ca](mailto:tungasugit@ilisaqsivik.ca)

**Tunganiq Addiction Project, Baker Lake:** 867-793-2739

**Aqsaaraq Addictions Project, Rankin Inlet:** 867-645-2910

**Canadian Mental Health Association:** Contact the **Yukon Division** for virtual mindfulness sessions available Canada-wide. Contact the **B.C. Division** for workplace workshops that can be booked virtually Canada-wide.

Additions/Notes: \_\_\_\_\_

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## 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](http://hopeforwellness.ca)

## Other, Canada-wide

Additions/Notes: \_\_\_\_\_

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## Resources for General Mental Health and Problematic Substance Use in Quebec

Your organization: \_\_\_\_\_

### **Employee and family assistance program**

(confidential consultation) Telephone Number: \_\_\_\_\_

Human resources advisor: \_\_\_\_\_

Additions/Notes: \_\_\_\_\_

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## Your community and region: Quebec

**Emergency services:** see <https://nrhss.ca/en/contact-us> for emergency numbers by community.

**Public distribution of naloxone kits:** <https://sante.gouv.qc.ca/en/repertoire-ressources/naloxone/>.

**Isuarsivik Regional Recovery Center, Kuujuaq:** 819-964-2592

**Tunganiq Addiction Project, Baker Lake:** 867-793-2739

**Canadian Mental Health Association:** Contact the **Yukon Division** for virtual mindfulness sessions available Canada-wide. Contact the **B.C. Division** for workplace workshops that can be booked virtually Canada-wide.

Additions/Notes: \_\_\_\_\_

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## Other, Canada-wide

Additions/Notes: \_\_\_\_\_

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## Resources for General Mental Health and Problematic Substance Use in Newfoundland and Labrador

Your organization: \_\_\_\_\_

### Employee and family assistance program

(confidential consultation) Telephone Number: \_\_\_\_\_

Human resources advisor: \_\_\_\_\_

Additions/Notes: \_\_\_\_\_

## Your community and region: Newfoundland and Labrador

**Emergency services:** 9-1-1

**Health line:** 8-1-1 (staffed by Registered Nurses, available for mental health and addictions support 24/7. If you have problems getting connected with 8-1-1, you can also call 1-888-709-2929.

**Public distribution of naloxone kits:** <https://sante.gouv.qc.ca/en/repertoire-ressources/naloxone/>.

**Labrador Health Centre, Happy Valley-Goose Bay:**  
709-897-2343

**Canadian Mental Health Association:** Contact the **Yukon Division** for virtual mindfulness sessions available Canada-wide. Contact the **B.C. Division** for workplace workshops that can be booked virtually Canada-wide.

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[hopeforwellness.ca](http://hopeforwellness.ca)

## Other, Canada-wide

Additions/Notes: \_\_\_\_\_



## Resources for General Mental Health and Problematic Substance Use in the Yukon

Your organization: \_\_\_\_\_

### **Employee and family assistance program**

(confidential consultation) Telephone Number: \_\_\_\_\_

Human resources advisor: \_\_\_\_\_

Additions/Notes: \_\_\_\_\_

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## Your community and region: Yukon

**Emergency services:** 9-1-1

### **Mental Wellness and Substance Use Services**

(8:00 a.m.–4:30 p.m., Monday to Friday) Local: 867-456-3838,  
Toll-free: 1-866-456-3838

**Withdrawal Management (Detox):** 867-667-8473

### **Canadian Mental Health Association, Yukon Division:**

[1] Counselling in-person, by telephone (including drop-in), or on Zoom. [2] Bounceback (free but must have primary care provider, guided self-help to manage low mood, mild to moderate depression, anxiety, stress, or worry): call 867-668-6429, email: [admin@yukon.cmha.ca](mailto:admin@yukon.cmha.ca), website

**Canadian Mental Health Association:** Contact the **Yukon Division** for virtual mindfulness sessions available Canada-wide. Contact the **B.C. Division** for workplace workshops that can be booked virtually Canada-wide.

## 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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## Other, Canada-wide

Additions/Notes: \_\_\_\_\_

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## Resources for General Mental Health and Problematic Substance Use in the Northwest Territories

Your organization: \_\_\_\_\_

### Employee and family assistance program

(confidential consultation) Telephone Number: \_\_\_\_\_

Human resources advisor: \_\_\_\_\_

Additions/Notes: \_\_\_\_\_

## Your community and region: the Northwest Territories

**Emergency services:** 9-1-1

**Public distribution of naloxone kits:** <https://www.hss.gov.nt.ca/sites/hss/files/resources/naloxone-availability.pdf>.

**Counselling Program:** 867-767-9485: <https://www.hss.gov.nt.ca/sites/hss/files/resources/naloxone-availability.pdf>.

**Peer Support for 2SLGBTQIPA+:** 867.444.7295  
[admin@northernmosaic.net](mailto:admin@northernmosaic.net) to schedule an appointment

**Canadian Mental Health Association:** Contact the **Yukon Division** for virtual mindfulness sessions available Canada-wide. Contact the **B.C. Division** for workplace workshops that can be booked virtually Canada-wide.

## 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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## Other, Canada-wide

Additions/Notes: \_\_\_\_\_





# Where insights meet impact

**Health and Well-Being Tools:  
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