

Emergency Services

Ambulance: (867) 873-2222

Fire: (867) 873-2222

RCMP: (867) 669-1111



Special Thanks to:
The Tree of Peace Friendship Centre



Street Services Guide

Updated: 2014

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Website:	Ykstreetservicesguide.weebly.com

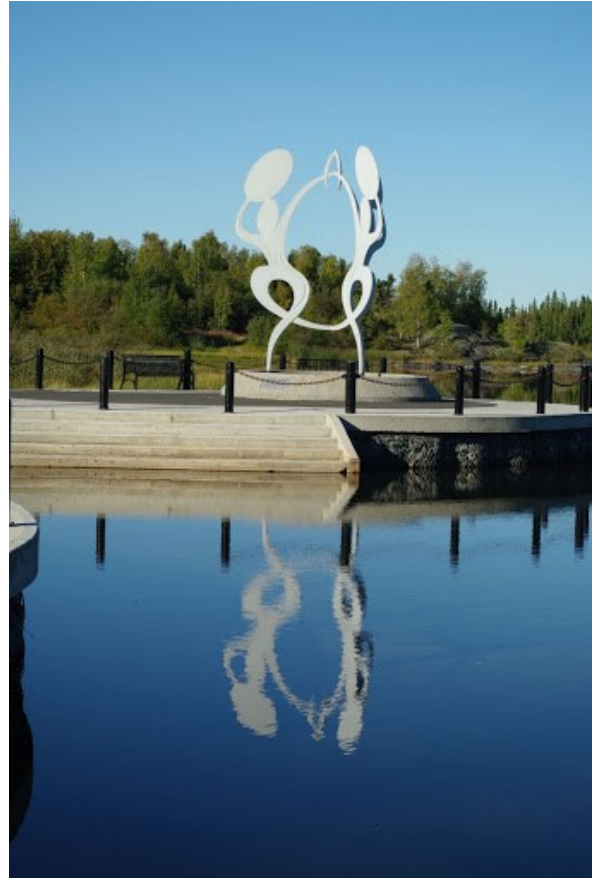
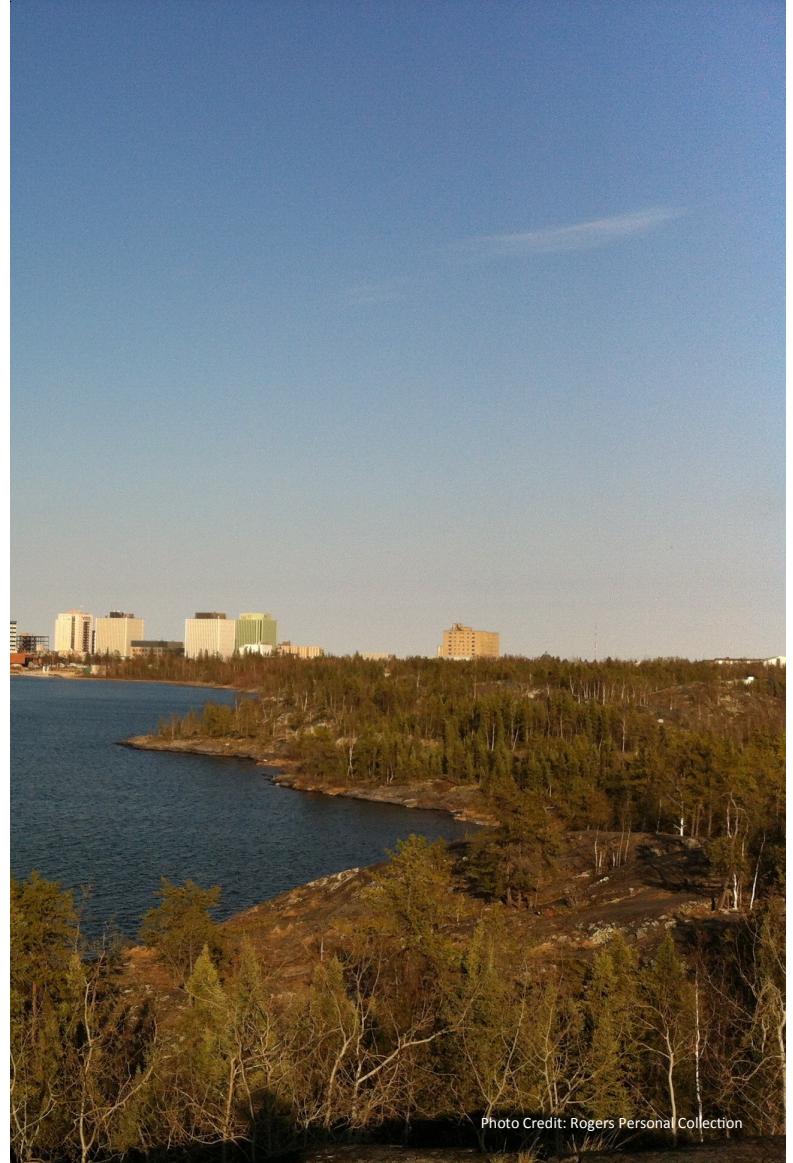


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Notes:

Created By: Andrew R.
Mount Royal University Graduate
Tree of Peace Friendship Centre, Yellowknife, NT
Ykstreetservicesguide.weebly.com



Adult Mental Health

Canadian Mental Health Association:

5125– 50th Street, Yellowknife, NT
 (867) 873-3190
cmha@Northwestel.net

- ◆ Referrals to mental health services
- ◆ Mental health education
- ◆ Mental health promotion
- ◆ Relationship building

Centre for Northern Families:

5610—50th Street, Yellowknife, NT
 (867) 873-2566
www.centrefornorthernfamilies.org
Shelterprograms@centrefornorthernfamilies.org

Day Care

- ◆ Healthy Baby & Toddler Club

Women's Shelter

- ◆ Access to shelter every night
- ◆ Meals and snacks

Walk-in Clinic

- ◆ Physician and Nurse Practitioner on site
 - ◆ Tuesdays Only

NWT Help Line: (7pm to 11pm)

www.nwthelpline.ca or (867) 920-2121 or
 1-800-661-0844

Notes:

Notes:

The Healing Drum Society:

5004– 50th Avenue, Yellowknife, NT
(867)766-2007 or 1-866-898-3893

- ◆ Cultural Supports Elders and Traditional Teachings
- ◆ Programming is specific to those individuals who have survived and/or have been affected by the Legacy of the Residential School Systems
- ◆ Wek'èahkaa Healing Program
 - ◆ *Men who use violence in their relationships*
- ◆ Grief and loss counselling
- ◆ Trauma Recovery
- ◆ Support at claimants IAP Hearing

Salvation Army:

4925-45th Street, Yellowknife, NT
(867) 920-4673
sanorth.ca

Resource Centre

- ◆ Advocacy
- ◆ Crisis Management
- ◆ Clothing Voucher— 1 every three months
- ◆ Community Caseworker
- ◆ Foot Clinic — Thursday
- ◆ Life skills & Literacy programming
- ◆ Meals and snacks
- ◆ Wednesday foot wash

Salvation Army Continued:

Bailey House

4926-44th Street, Yellowknife, NT
(867) 766-3400

- ◆ Addictions programming
- ◆ Caseworker and support staff
- ◆ Transitional housing
- ◆ Referral to mental health treatment and employability options
- ◆ Pastor available for spiritual counselling

Mental Health Support Services

(3rd Floor) 4925-45th Street, Yellowknife, NT

- ◆ Admission through Community Adult Mental Health Services
- ◆ Independent living services
 - ◆ Problem Solving
 - ◆ Activities of daily living
 - ◆ Medication supervision
- ◆ Group Home (supported living) Placement

Withdrawal Management Services

4925-44th Street, Yellowknife, NT
(867) 920-4673

- ◆ Sober shelter
- ◆ Group Counselling
- ◆ Addiction management programming
- ◆ Referral to other community addictions programming
- ◆ Non-medical drug and alcohol recovery

Holy Family Lutheran Church

5403 Franklin Avenue, Yellowknife, NT
(867) 873-3809

Holy Trinity Anglican Church

Box 276, Yellowknife, NT
(867) 873-5949

Roman Catholic Diocese of Mackenzie

5117-52nd Street, Yellowknife, NT
(867) 920-2129
Diocese.mackenzie@theedge.ca

Salvation Army

4925-45th Street, Yellowknife, NT
(867) 920-4673
sanorth.ca

Yellowknife Seventh-Day Adventist Church

5008 Forrest Drive, Yellowknife, NT
(867) 873-6767
info@yksda.org
www.yksda.org

Yellowknife United Church

5403-50th Avenue, Yellowknife, NT
Northern United Place
(867) 873-6291
ykunited@ssimicro.org
<http://yellowknifeunitedchurch.ca>

Spirituality

Alliance Church

Box 20039
(867) 873-6657
ykac@ssimicro.com

Calvary Community Church

5502 50th Avenue, Yellowknife, NT
(867) 873-5848
ccc@theedge.ca

Catholic Women's League

5206-52nd Avenue, Yellowknife, NT
(867) 873-4880

Church of Christ

516 Range Lake Road, Yellowknife, NT
(867) 873-3875

Church of Jesus Christ of Latter Day Saints

5016-52nd Street, Yellowknife, NT
(867) 873-8234

Diocese of the Arctic—Anglican Church of Canada

Box 190, Yellowknife, NT
(867)-873-5432
Arctic@arcticnet.org
Www.arcticnet.org

Stanton Territorial Hospital Psychiatry Unit:

550 Byrne Road, Yellowknife, NT
(867) 669-4140
Www.stha.ca

- ◆ Access through the Emergency Unit
- ◆ Access to medical social worker/ discharge planner
- ◆ Access to Occupational Therapist
- ◆ Cognitive Behavioral Therapy Techniques discussed with RN staff
- ◆ Crisis Management and stabilization
- ◆ Inpatient programming
- ◆ Referrals made to centralized intake
- ◆ Recreational therapy
- ◆ Referrals made to Tree of Peace Friendship Centre to manage addictions
- ◆ Specialized program south, referral initiated

Tree of Peace Friendship Centre:

Community Wellness Program:

5011-51st Street, Yellowknife, NT
(867) 873-2864

- ◆ Addictions assessments & counselling
 - ◆ Adult and Youth
- ◆ Outpatient addictions programming
- ◆ Inpatient & out of territory referrals
- ◆ Adult education groups
- ◆ Aftercare support & Hospital visits
- ◆ Community addictions education & prevention
- ◆ Living in Balance (1:30 pm Monday to Friday)
- ◆ Crackbusters (6:30pm to 8:00pm Thursdays)

Cultural Connections for Aboriginal Youth:

(867) 873-2864

- ◆ Ages 12 to 24
- ◆ Assisting youth in recognizing and addressing issues such as addiction, culture, employment, education, and life skills.
- ◆ Counseling
- ◆ Cultural programs
- ◆ Elder and youth sharing circles
- ◆ Referrals

Employment & Cultural Programs

(867) 873-2864

- ◆ Resume building
- ◆ Email & fax resumes
- ◆ Online job applications
- ◆ Education counselling
- ◆ ABE– education application
- ◆ Elder’s gathering / feast
- ◆ Annual talent shows
- ◆ Weekly cribbage tournaments

Office of the Public Guardian– GNWT Department of Health and Social Services

5th Floor Courthouse
 Box 1320, Yellowknife, NT
 (867) 920-8029
 Www.hlthss.gov.nt.ca

Probation Services

(867) 873-7747
 Toll Free: 1-877-873-1747
 Www.justice.gov.nt.ca

Royal Canadian Mounted Police– Yellowknife

5010 Veterans Memorial Drive, Yellowknife, NT
 (867) 669-5100
 Emergency Line: (867) 669-1111

Salvation Army*Fine Options, & Community Services Hours*

4925 45th Street, Yellowknife, NT
 (867) 920-4673

Territorial Court and Youth Justice Court

*Bail Hearings, Child Protection Matters,
 Criminal Court, Family Matters,
 Fines/ Restitution Payments, Preliminary Inquires,
 Small Claims (\$10,000 >),
 Tickets (Traffic, Municipal Charges, Liquor)*

(867) 873-7602
 Toll Free: 1-866-822-5864

Victims Services

Department of Justice
 Box 1320, Yellowknife, NT
 (867) 920-6244

Legal

Justice of the Peace Program

Department of Justice
Box 550, Yellowknife, NT
(867) 920-6439
Www.nwtcourts.ca

Child and Family Services

Government of the Northwest Territories
Box 1320, Yellowknife, NT
(867) 920-6276

GNWT: Education, Culture and Employment Client

Services Officers: Income Assistance Program

(867) 766-5100
Toll Free: 1-866-768-8149
Www.ece.gov.nt.ca

John Howard Society

Fine Options Program
Community Justice

4901—49th Street, Yellowknife, NT
(867) 920-4276

Legal Aid

Department of Justice
4915-48th Street, Yellowknife, NT
3rd Floor—Yk Centre East
(867) 920-6108

Legal Services Board

Collect calls accepted: (867) 873-7450

Yellowknife Health & Social Services Authority (YHSSA):

Www.yhssa.org

Community Mental Health & Adult Services

4920-47th Street, Yellowknife, NT
(Jan Stirling Building)
(867) 873-7042

- ◆ Access to a Community Mental Health Nurse
- ◆ Admission to independent living services
- ◆ Access to health benefit services
- ◆ Assistance navigating social system
- ◆ Case Management for psychiatric disorders and intellectual disabilities
- ◆ Referral to other community services

Central Intake: Community Mental Health and Adult Services

4915-48th Street, Yellowknife, NT
(Primary Health Care Building)
(867) 765-7715

- ◆ Same day appointments
 - ◆ One per day (Monday—Friday)
 - ◆ At Primary Health Care
 - ◆ At Frame Lake Clinic
 - ◆ Monday, Tuesday, Wednesday only
- ◆ Access to mental health counselling

Young Women Christian Association (YWCA):

Suite 104, 4904-54th Avenue, Yellowknife, NT
(867) 920-2777
Emergency Line for family violence calls (24hr):
(867) 873-8257 or
1-866-223-7775
Www.ywcanwt.ca

Alison McAteer

(867) 873-8257 or 1-866-223-7775

- ◆ Family Violence shelter up to 6 weeks
- ◆ Crisis Management
- ◆ Emergency protection orders
- ◆ Referral to community based counselling and programming
- ◆ Advocacy
- ◆ Meals

Betty House

Opening Early Fall 2014

Please call the YWCA for all inquiries

- ◆ Transitional Housing for single women and women with children.

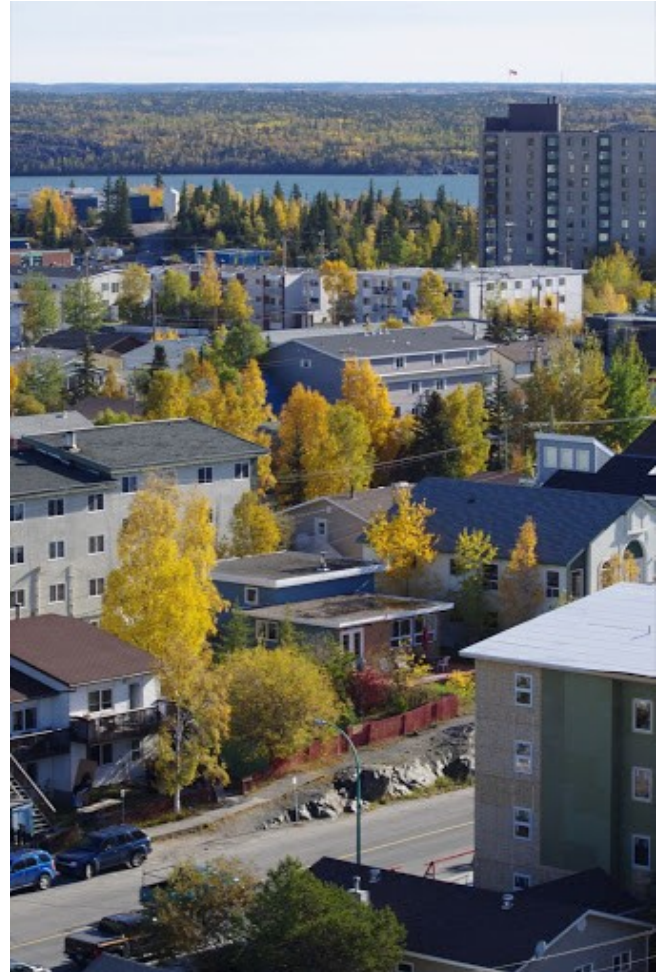


Photo Credit: Elkin Personal Collection

Housing

Alison McAteer House (Women / Children)

Emergency Only

(867) 873-8257 or 1-866-223-7775

Bailey House (Men)

4926 –44th Street, Yellowknife, NT
(867) 766-3400

Community Services Corporation

Priority to those whose income is under \$30,000

(867) 873-2527

nwtcsc@theedge.ca

Northwest Territories Housing Corporation

North Slave District Office

(867) 873-7795

Toll Free: (866) 956-9842

<http://nwthc.gov.nt.ca>

The Centre for Northern Families

5610-50th Avenue, Yellowknife, NT

(867) 873-2566

Emergency Line: (867) 873-9131

www.centrefornorthernfamilies.org/

womenyk@theedge.ca

Family Housing

4904-54th Avenue, Yellowknife, NT

(867) 873-5760

Yellowknife Housing Authority

(867) 873-5694

5105 50th Street, Yellowknife, NT

Family Housing Services

(located at Rockhill)

(867) 873-5760

- ◆ Transitional housing
- ◆ Emergency housing up to 3 months
- ◆ Life skills program
- ◆ Access to program support
- ◆ Food bank available

Community Support Services

(located at YWCA)

- ◆ Project Child Recovery — *Children and Youth who have experienced violence will receive the support they need.*

Notes:



Photo Credit: Elkin Personal Collection

Food Hampers and Vouchers:

YK Food Bank

6 Coronation Drive, Kam Lake, NT
(First Bay)
(867) 873-4035

- ◆ Every second Saturday (Call for Dates) from 9:30 to 12 noon
- ◆ Food Hamper (2-3 days worth of food)

Salvation Army

4925 45 Street Yellowknife, NT
(867) 920-4673

- ◆ 8:45 am to 4:45 pm weekdays
 - ◆ Food Hamper (1 per month)
- ◆ Monday to Thursday
 - ◆ Bread and perishable food

Society St Vincent de Paul

(867) 446-1934

- ◆ Call for details
 - ◆ Emergency Food Voucher
 - ◆ Once every 6 months

Centre for Northern Families

5610 50th Avenue, Yellowknife, NT
(867) 873-2566

- ◆ Perishable food

RCMP	(867) 669-1111
Stanton Territorial Hospital	550 Byrne Road, Yellowknife, NT Emergency: (867) 669-4100 Psychiatric Unit Crisis Line: (867) 920-2121 Switchboard: (867) 669-4111
Status of Women Council of the NWT	5201 Franklin Avenue, Yellowknife, NT 4th Floor, Northwest Tower (867) 920-6177 Toll Free: (888) 234-4485 Www.statusofwomen.nt.ca
Yellowknife Health and Social Services Authority	4702 Franklin Avenue, Yellowknife, NT (867) 873-7276 Child Protection: (867) 873-7276 Family Counselling Services: (867) 920-6522 Finance Department: (867) 873-7094 Home Care Services: (867) 920-3338
Young Women Christian Association (YWCA)	4904-54th Avenue, Yellowknife, NT (867) 920-2777 info@ywcanwt.ca Family Violence Prevention: (867) 669-0235 Project Child Recovery (867) 920-2777

Emergency Meal Availability (Men)

Mornings	No places available
Lunch	Salvation Army 12:30 to 1:00 pm
Snack	No places available
Dinner	Salvation Army 7:00 pm to 8:00 pm

Emergency Meal Availability (Women)

Morning

Centre for Northern Families
7:30 to 9:00 am

Lunch

Salvation Army
12:30 to 1:00 pm

Centre for Northern Families
12:00 to 1:00 pm

Snack

No places available

Dinner

Salvation Army
7:00 pm

Centre for Northern Families
6:00 pm

Domestic Violence Myths:

- ◆ Battered women/men exaggerate
- ◆ It can't be that bad otherwise he or she wouldn't stay
- ◆ Abuse is caused by alcohol
- ◆ Abuse is an anger management issue
- ◆ Men are aggressive by nature

Places where you can find help:

Alison McAteer House

(867) 873-8257 or 1-866-223-7775
Crisis Hotline: (867) 873-8257
Family Violence Program (867) 920-2777

Healing Drum Society

Wek'èahkaa Healing Program
Men who use violence in their relationships
5004—50th Avenue, Yellowknife, NT
(867) 766-2007

Centre for Northern Families

(867) 873-2566
5610—50th Street, Yellowknife, NT
www.centrefornorthernfamilies.org

Native Women's Association of the NWT

(867) 873-5509
www.nativewomensnwt.com/

Using Children:

Making him or her feel guilty about the children
 Using the children to relay messages
 Using visitation to harass him or her
 Threatening to take children away

Using Male Privilege:

Treating her like a servant
 Making all the big decisions
 Acting like the “master of the castle”
 Being the one to define men’s and women’s roles

Using Economic Abuse:

Preventing him or her from getting or keeping a job
 Making him or her ask for money
 Giving him or her an allowance
 Taking his or her money
 Not letting him or her know about or have access to
 — family income

Using Coercion and Threats:

Making and/or carrying out threats to do something to
 - hurt him or her
 Threatening to leave him or her
 Threatening to commit suicide
 Threatening to report him or her to welfare
 Making him or her drop charges
 Making him or her do illegal things

**Emergency Meal Availability
(Youth up to 19 years of age)****Morning**

No places available

Lunch

Salvation Army
 12:30 to 1:00 pm
 (must have adult accompaniment)

Centre for Northern Families
 12:00 to 1:00 pm
 (must have adult accompaniment)

Snack

No places available

Dinner

Salvation Army
 7:00 pm
 (must have adult accompaniment)

Centre for Northern Families
 6:00 pm
 (must have adult accompaniment)

Evening

Side Door Youth Centre
 4903 50th St.
 (867) 766-3272 for times

Counselling

Alison McAteer House (Women / Children)

Crisis Line: (867) 873-8257
1-866-223-7775

Community Counselling Program

Box 608, Yellowknife, NT
(867) 920-6522

École St. Patrick High School Counsellor (Student)

5010 -44 Street, Yellowknife, NT
(867) 873-4888

École Sir John Franklin High School Counsellor (Student)

4701-52 Avenue, Yellowknife, NT
(867) 669-0773
www.sjf.yk1.nt.ca

École St. Joseph School Counsellor (Student)

489 Range Lake Road, Yellowknife, NT
(867) 920-2112

Mildred Hall School Counsellor (Student)

5408-50th Avenue, Yellowknife, NT
(867) 873-5811

Same Day Counselling Appointments Yellowknife Primary Care Centre

(867) 920-7777

Using Intimidation:

Making him or her afraid by using looks, actions,
- & gestures
Smashing things
Destroying his or her property
Abusing pets
Displaying weapons

Using Emotional Abuse:

Putting him or her down
Making him or her feel bad about themselves
Calling him or her names
Making her think she's crazy
Playing mind games
Making him or her feel guilty

Using Isolation:

Controlling what he or she does
Controlling who he or she sees
Controlling where he or she goes
Limiting him or her outside involvement
Using jealousy to justify actions

Minimalizing, Denying, & Blaming:

Making light of the abuse and not taking his or her
- concerns about it seriously
Saying the abuse didn't happen
Shifting responsibility for abuse behavior
Saying he or she caused it

Domestic Violence:

The following pages will help explain the different aspects of domestic violence.



Please call the Status of Women Council for all inquiries
 (867) 920-6177
<http://www.statusofwomen.nt.ca>

Domestic Abuse Intervention Programs. (2011). *Duluth Model: Power and Control*. Retrieved from <http://www.theduluthmodel.org/pdf/PowerandControl.pdf>

SideDoor Youth Centre
 4903 –50 Street, Yellowknife, NT
 (867) 766-3272
www.sidedooryk.com

The Healing Drum Society
Counselling for survivors of Residential Schools and those affected by IRS, and men who use violence in relationships
 5004–50th Avenue, Yellowknife, NT
 50-50 Mini Mall
 (867) 766-2007
 Toll Free: 1-866-898-3893
 Residential School Crisis Line: 1-866-925-4419

Tree of Peace Friendship Centre
Alcohol and Drug Addiction Counselling
 5011-51st Street, Yellowknife, NT
 (867) 873-2864

Weledeh School Counsellor (Student)
 5023 46th Street, Yellowknife, NT
 (867) 873-5591

William McDonald School Counsellor (Student)
 50 Taylor Road, Yellowknife, NT
 (867) 873-5814

Yellowknife Dene First Nation—Community Services
 Box 2514, Yellowknife, NT
 (867) 920-2925

Yellowknife Victim Services

(Above Post Office) 5017 - 49th Street, Yellowknife, NT
 (9am to 5pm) (867) 920-2978
 24/7 Crisis Hotline: (867) 765-8811
victimservices@nativewomens.com

- ◆ Victim services aims to lessen the immediate impact of crime or tragedy on a person.



Photo Credit: Elkin personal collection

Places where you can find help:**Narcotics Anonymous**

(780) 421-4429

Call for meeting times and locations in Yellowknife
<http://www.canaacna.org/>

Salvation Army

(867) 920-4673

sanorth.ca

Stanton Territorial Hospital

550 Byrne Road,

Emergency: (867) 669-4100

Psychiatric Unit Crisis Line: (867) 920-2121

Switchboard: (867) 669-4111

Tree of Peace Friendship Centre

(867) 873-2864

Living in Balance: Monday—Friday at 1:30pm

This booklet is not meant for diagnosis, but as a guide for individuals and their families to familiarize themselves so that they can seek addiction, medical, or mental health services.

Drugs and their effects: Marijuana (Cannabis)

Drug type:

Hallucinogen

Method:

Orally

Signs and Symptoms:

Calm
Relaxed
Talkative
Heightened senses
Rapid heartbeat
Red eye
Dry mouth and throat
Impairs perceptions
Impairs judgments
Impairs balance
Impairs motor co-ordination
Impairs reaction times

Notes:

Drugs and their effects

This portion of the booklet will tell you the type of drug, the method in which the drug is taken, and the effects of the drug.

Drug Type:

Example

Method:

Example

Signs and Symptoms:

Example
Example
Example
Example

Places where you can find help

Example
Example
Example

This booklet is not meant for diagnosis, but as a guide for individuals and their families to familiarize themselves so that they can seek addiction, medical, or mental health services.

Places where you can find help:

Narcotics Anonymous

(780) 421-4429

Call for meeting times and locations in Yellowknife

<http://www.canaacna.org/>

Salvation Army

(867) 920-4673

sanorth.ca

Stanton Territorial Hospital

550 Byrne Road,

Emergency: (867) 669-4100

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Switchboard: (867) 669-4111

Tree of Peace Friendship Centre

(867) 873-2864

Living in Balance: Monday—Friday at 1:30pm

YHSSA

(Primary Health Care Building)

(867) 920-7777

Methadone Treatment

This booklet is not meant for diagnosis, but as a guide for individuals and their families to familiarize themselves so that they can seek addiction, medical, or mental health services.

Alberta Health Services (2010), *Beyond the ABCs, Information for Professionals: Opioids*. <http://www.albertahealthservices.ca/AddictionsSubstanceAbuse/hi-asa-beyond-abcs-opioids.pdf>

Drugs and their effects: Oxycodone

Drug Type:

Opioid

Method:

Injected
Snorted

Signs and Symptoms:

Nausea
Vomiting
Drowsiness
Itchiness
Dry mouth
Constipation
Death
Depression



Photo Credit: Elkin Personal Collection

Drugs and their effects: Alcohol

Drug Type:

Alcohol

Method:

Ingestion

Signs and Symptoms:

Blackouts
Depression
Euphoria
Slowed Reaction Time
Fatigue
Possible Death
Can cause diseases of the liver and pancreas
Pregnant Women should not consume Alcohol

Places where you can find help:

Alcoholics Anonymous

(867) 444-4230

www.area78.org/

Salvation Army

(867) 920-4673

sanorth.ca

Tree of Peace Friendship Centre

(867) 873-2864

Living in Balance: Monday—Friday at 1:30pm

Drugs and their effects: Cocaine, "Crack", Crystal Meth:

Drug Type:

Amphetamines

Method:

Snorted
Smoked
Injected

Signs and Symptoms:

Delayed muscular movement
Feeling of euphoria
Alertness
Decreased appetite
Decreased need for sleep
Enhanced energy
Severe agitation
Violent behavior
Paranoid thoughts
Delirium
Fainting
Nausea

Places where you can find help:

Narcotics Anonymous

(780) 421-4429

Call for meeting times and locations in Yellowknife

<http://www.canaacna.org/>

Salvation Army

(867) 920-4673

sanorth.ca

Stanton Territorial Hospital

550 Byrne Road,

Emergency: (867) 669-4100

Psychiatric Unit Crisis Line: (867) 920-2121

Switchboard: (867) 669-4111

Tree of Peace Friendship Centre

(867) 873-2864

Living in Balance: Monday—Friday at 1:30pm

This booklet is not meant for diagnosis, but as a guide for individuals and their families to familiarize themselves so that they can seek addiction, medical, or mental health services.

Drugs and their effects: Hallucinogens

Drug Type:

LCD (Acid), PCP, DMT, MDA, Ecstasy, & STP

Method:

Orally
Smoked
Sniffed
Injected

Signs and Symptoms:

Hallucinations
Changes in mood
Changes in perception
Short-term memory is impaired
Hearing, smelling, and vision distortions
Feeling “outside” the body



Photo Credit: Elkin Personal Collection

Places where you can find help:

Narcotics Anonymous

(780) 421-4429

Call for meeting times and locations in Yellowknife

<http://www.canaacna.org/>

Salvation Army

(867) 920-4673

sanorth.ca

Stanton Territorial Hospital

550 Byrne Road,

Emergency: (867) 669-4100

Psychiatric Unit Crisis Line: (867) 920-2121

Switchboard: (867) 669-4111

Tree of Peace Friendship Centre

(867) 873-2864

Crackbusters: Thursday 6:00pm to 9:00pm

Living in Balance: Monday—Friday at 1:30pm

This booklet is not meant for diagnosis, but as a guide for individuals and their families to familiarize themselves so that they can seek addiction, medical, or mental health services.

Alberta Health Services (2010), *Beyond the ABCs, Information for Professionals: Cocaine*. Retrieved from <http://www.albertahealthservices.ca/AddictionsSubstanceAbuse/hi-asa-beyond-abcs-cocaine.pdf>

Drugs and their effects: Ecstasy (MDMA)

Drug Type:

Ecstasy (MDMA)

Method:

Swallowed as a pill

Signs and Symptoms:

Feeling of being “high”
 Feeling intoxicated
 Feeling relaxed
 Feeling energetic
 Stronger sensations
 Jaw clenching
 Teeth grinding
 Anxiety and/or panic attacks
 Blurred vision
 Vomiting
 Sweating
 Increased blood pressure and heart rate
 Death
 Dehydration
 Disrupted sleep patterns
 Irritability
 Paranoid
 Depression

Places where you can find help:

Narcotics Anonymous

(780) 421-4429

Call for meeting times and locations in Yellowknife

<http://www.canaacna.org/>

Salvation Army

(867) 920-4673

sanorth.ca

Stanton Territorial Hospital

550 Byrne Road,

Emergency: (867) 669-4100

Psychiatric Unit Crisis Line: (867) 920-2121

Switchboard: (867) 669-4111

Tree of Peace Friendship Centre

(867) 873-2864

Living in Balance: Monday—Friday at 1:30pm

This booklet is not meant for diagnosis, but as a guide for individuals and their families to familiarize themselves so that they can seek addiction, medical, or mental health services.