

Community Counselling Program

Contact Information



Territorial Operations

Territorial Mental Health 867-767-9485

1. Beaufort-Delta Region

Fort McPherson 867-952-2245

Inuvik, Aklavik, 867-777-8101

Paulatuk, Tsiigehtchic

Sachs Harbour 867-690-4181

Tuktoyaktuk 867-977-2511

Ulukhaktok 867-396-3024

2. Sahtu Region

Deline 867-589-5543

Fort Good Hope 867-598-2211

Tulita 867-588-4019

Norman Wells, Colville 867-587-3333

Lake

3. Dehcho Region

Fort Liard, Nahanni Butte 867-770-4770

Fort Providence, Kakisa 867-699-3421

K'atloodeche First Nation 867-874-3560

Fort Simpson, Jean Marie 867-695-2293

River, Wrigley, Samba

K'e

4. Yellowknife Region

Yellowknife, Fort 867-767-9110

Resolution, Lutsel K'e

Dettah, N'Dilo 867-920-2925

5. Fort Smith Region

Fort Smith 867-872-6310

6. Tłı̄chǫ Community Services Agency

Behchokò, Whatì, 867-392-3005

Gamètì, Wekweèti

7. Hay River Health and Social Services Authority

Hay River, Enterprise 867-874-2446

Or contact your local health centre.

What is Tele-practice or Virtual Care?

Tele-practice or Virtual Care is the remote delivery of a range of health and mental health services using telecommunications technology.

In the context of the novel coronavirus, Virtual Care allows continued care while minimizing the potential spread of the virus. It allows clients to access services without attending a clinic. Appropriateness of tele-practices/virtual care are assessed and in-person care is assessed on a case-by-case basis.

Regional Community Counselling Services

NTHSSA has transitioned in-person counselling services to telephone-based services in each region.

Wellness Workers, Mental Health and Addictions Counsellors, Child-Youth and Family Counsellors, and Child Youth Care Counsellors are available by telephone to provide a wide range of services to children, youth, families and elders during this challenging and uncertain time for our communities.

Telephone-based services include (and are not limited to):

- * Individual counselling
- * Crisis counselling
- * Caregiver/Parental and Family-based counselling
- * Supportive counselling
- * Wellness Checks
- * Psychological First Aid

Opioid Program

Shawna Gilmour RN is the Territorial Opioid Program Case Manager. She will be working remotely and will continue to provide assistance with case management and service coordination across the territory for OAT clients.

The Opioid Maintenance Therapy Program staff have augmented services for people in the territory who are currently prescribed opioid agonist therapy (OAT, i.e. Suboxone, methadone, kadian, etc.) or who may enter or return to the program during the pandemic response OMTP physicians in Yellowknife remain available for consultation with community based prescribers, or for prescribing via telehealth in communities who do not have a physician available.

Shawna is available through the OMTP program cell phone (867) 444-9045 or Shawna_Gilmour@gov.nt.ca.

YK Primary Care

Mental Health Nursing staff are transitioning clients to telephone-based services. All outpatient psychiatry services have transitioned to telephone-based or virtual care.

Resources will be transitioned to Stanton hospital to operate injection clinics.

In-Patient Psychiatric Services

In-patient Psychiatry continues to offer acute services. Group programming has been suspended to promote social distancing and meal delivery services had adapted to promote social distancing.

Visitors are currently limited to 1 per patient.