



Workplace Harassment: Legal & Wellness Resources



For incidents of workplace violence or where a crime has been committed, you should call the RCMP.

The following is a list of legal and wellness resources that service providers can provide to support their clients experiencing workplace harassment and violence.

LEGAL SUPPORT

There are resources and legal information available to you in Nunavut. These include:

- **Legal Services Board of Nunavut** You may be able to speak to a lawyer at Legal Aid to get legal information about your problem and your options.
 - o Kitikmeot Law Centre:
867-983-2906 OR 1-866-240-4006
 - o Kivalliq Legal Services:
867-645-2536 OR 1-800-606-9400
 - o Maliiganik Tukisiiniakvik
Legal Services:
867-975-6395 OR 1-866 202-5593
 - o Website: nulas.ca
- **Nunavut Human Rights Tribunal** can provide information about how to file a notification related to a human rights discrimination problem.
 - o Toll Free: 1-866-413-6478
 - o Toll Free Fax: 1-888-220-1011
 - o Website: nhrt.ca
- **Law Society of Nunavut** can help you find a lawyer.
 - o Toll Free: 1-844-979-2330
 - o Inuktitut Toll Free: 1-888-990-4665
 - o Iqaluit: 867-975-2120
 - o Website: lawsociety.nu.ca
- **Victim Services** is a free and confidential client-centered support service for victims of crime. They can provide information on a victim's case, general information about the criminal justice system and refer you to specialized community resources.
 - o Telephone: 1-866-456-5216
 - o Email: VictimServices@gov.nu.ca
 - o Website: gov.nu.ca/justice/programs-services/victim-services
- **Correctional Service Canada - Victim Services** provides information to victims who were harmed by an offender serving a sentence of two or more years, such as information about the offender and the correctional process.
 - o Telephone: 1-866-806-2275
 - o Website: csc-scc.gc.ca/victim

HEALTH & WELLNESS RESOURCE SUPPORTS

You should consider going to the local health centre if you have injuries or require mental health support. Additional health and wellness resources include:



CRISIS AND COUNSELLING SERVICES

- **Nunavut Kamatsiaqtut Help Line** provides anonymous and confidential support over the phone to Northerners in crises.
 - o Telephone: 867-979-3333
 - o Toll Free: 1-800-265-3333
- **First Nations and Inuit Hope for Wellness Help Line** offers immediate 24/7 counselling and crisis prevention services to all Indigenous peoples across Canada.
 - o Toll Free Helpline: 1-855-242-3310
 - o Community Programs: 1-866-509-1769
- **Crisis Text Line** provides counselling over text message.
 - o Text 'Home' to 686868 to speak with a trained Crisis Responder.
- **Crisis Services Canada** provides a safe place to talk 24/7.
 - o Telephone: 1-833-456-4566
 - o OR Text 'Start' to 45645 (from 4pm-12am)
- **Kids Help Phone** provides helps to young people about mental/emotional health, relationships, suicide and emotional abuses.
 - o Toll Free: 1-800-668-6868
 - o OR Live Chat online at kidshelpphone.ca
- **Assaulted Women's Helpline** offers 24hr telephone crisis line to all women who have experienced abuse.
 - o Telephone: 1-866-863-0511
 - o TTY: 1-866-863-7868
- **National Indian Residential School Crisis Line** provides support for former Residential School students.
 - o Telephone: 1-866-925-4419
 - o Resolution Health Support Program: 1-866-509-1769
- **The Healing by Talking Program** offers up to 22 free sessions with a counsellor.
 - o Telephone: 867-975-5367
 - o Email: healing@gov.nu.ca
- **211** A free and confidential service that connects individuals and families, including Nunavummiut, with social supports in their communities. Phones are answered 24 hours a day, 7 days a week. To access the service, dial 2-1-1 or visit 211.ca

- **Ilisaqsivik Society** English and Inuktitut-speaking counsellors are available 9:00 a.m. to 5:00 p.m. Monday to Friday. They also have a 28-day on-the-land addictions treatment program.
 - o Telephone: 1-888-331-4433
- **Government of Nunavut Employee and Family Assistance Program** Designed to help Government of Nunavut employees and their families maintain and/or improve their overall well-being. Employees and their families can call the number 24 hours a day, 7 days a week to access personal counselling in English, French and Inuktitut on request.
 - o Toll Free: 1-800-663-1142
 - o Resolution Health Support Program: 1-866-509-1769



MENTAL HEALTH SUPPORT RESOURCES

- **I Respect Myself Program** provides education tools on healthy sexual relationships.
 - o Website: irespectmyself.ca/en/home
- **Department of Health (Live Healthy Program)** provides information about mental health support.
 - o Telephone: 867-975-5700
 - o Website: livehealthy.gov.nu.ca/en/mental-wellness
- **Embrace Life Council** offers different resources related to violence and suicide prevention.
 - o Mental health support: inuusiq.com/resources/mental-health/overview/
 - o Suicide prevention: inuusiq.com/resources/suicide/
- **Pauktuutit Inuit Women of Canada** provides information on violence and abuse prevention, health, and encourages social and economic participation of Inuit women.
 - o Telephone: 613-238-3977
 - o Website: pauktuutit.ca



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