

For anonymous support:

- Call the Nunavut Kamatsiaqtut Help Line toll-free at 1-800-265-3333 or 867-979-3333 (available 24 hours a day).
- Text Crisis Services Canada at 1-833-456-4566 or use the online chat (www.crisisservicescanada.ca).
- Call the National Crisis Line for former residential school students and their families at 1-866-925-4419 (available 24 hours a day, in Inuktitut, English, or French).
- Call the Child First Initiative at 1-855-572-4453 (www.canada.ca/supporting-inuit-children)

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