Akausivik Inuit Family Health Team

613-740-0999

www.aifht.ca

Free primary care dedicated to the Inuit community. AIFHT also provides service to the homebound, homeless, hard to reach, high risk, and those in medical travel isolation.

SERVICES - INUIT FOCUSED













Belong Ottawa

Toll-Free: 1-800-611-4755 www.belongottawa.ca

Provides safe spaces that connect people and create community. Offers programs that address basic needs and foster dignity, wellness and hope for all.

SERVICES









Community Legal Services of Ottawa

Tel. 613-733-0140 Toll-free: 1-844-343-7462 www.clsottawa.ca

Free legal services for persons with low income, living in Ottawa.

SERVICES



Inuit Non-Profit Housing Corporation

613-741-1449

inphca@gmail.com

Housing for Inuit families and singles living in the Ottawa area- Mon-Fri 8:30am-4pm.

SERVICES - INUIT FOCUSED





The Resources Handbook is a tool to connect Nunavummiut to supportive resources while away from home.



SERVICE LEGEND



Legal Support



Elder Services



Community Supports



Women's Services



Shelter / Housing



Men's Services



Food Supports



Mental Health & **Addictions**



Health



2SLGBTQI+



Children & Youth Services



Miinga is a mobile app that helps you find mental health, emergency, and community resources in Nunavut.



miinga.ca

Ottawa

NATIONWIDE NUMBER

811

Health services, advice, and information

211

Directory of Community Services and Programs (Foodbanks, Shelters, etc.)

National

GENERAL PHONE

Hope For Wellness Helpline (Inuktitut/English)

1-855-242-3310

Suicide Crisis Hotline Call or text 9-8-8

Residential School Survivor's Helpline 1-866-925-4419

Kamatsiaqtut Helpline (Inuktitut/English)

867-979-3333 or 1-800-265-3333

Text 686868 | Type "TALK" to start talking to a counselor

Assaulted Women's Helpline (English, French)

1-866-863-0511



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Canada





Law Society of Nunavut

Resources Handbook

Ottawa





Inuugatigiit Centre for Inuit Children, Youth & Families

613-744-3133 inuuqatigiit.ca

Services and programs for Inuit children, youth and their families. In partnership with parents and the community, Inuugatgiit fosters strong families by providing a learning environment that will enhance children's overall wellbeing, adaptability and strength in a proud Inuit culture.

SERVICES - INUIT FOCUSED















613-724-5844

www.makonsag.ca

Provides a culturally-enriched preschool environment that fosters early learning and enhances pride through education to ensure that Aboriginal children and their families have positive lifelong experiences as members of Aboriginal communities.

SERVICES - INDIGENOUS FOCUSED





Minwaashin Lodge

613-741-5590/crisis line: 613-789-1141 www.minlodge.com

Provides a range of programs and services to First Nations, Inuit and Métis women and children who are survivors of domestic and other forms of violence, and who may also be suffering the effects of the residential school system.

SERVICES - INDIGENOUS FOCUSED











Nelson House of Ottawa

Crisis line: 613-225-3129 www.nelsonhouse.on.ca

Dedicated to providing all persons who identify as women and their children shelter, support and information so they can take steps towards ending violence in their lives. 24-hour safe shelter, crisis helpline.

SERVICES















Odawa Native Friendship Centre

613-260-2360 or 1-877-377-7775 odawafc.com

Enhance the quality of life for Indigenous people in the Capital Region. To maintain a tradition of community, an ethic of self-help and development as well as to provide traditional teachings from our elders.

SERVICES - INDIGENOUS FOCUSED





















Ontario Native Women's Association (Ottawa)

1-800-667-0816

www.onwa.ca/ottawa-services

Systems navigation (child welfare/family violence), plan of care, Gladue Writer, court support, healthy babies program, and more.

SERVICES - INDIGENOUS FOCUSED









Ottawa Police Services

Non-emergency: 613-236-1222 www.ottawapolice.com

Ottawa Sexual Health Clinic

613-234-4641

www.ottawapublichealth.ca/en/public-healthtopics/sexual-health-clinic.aspx

STBBIs testing, emergency contraception, affordable contraception, IUD/IUS and Nexplanon insertion, pregnancy testing and information about options, Hep A and B immunizations, HPV vaccines, and free condoms.

SERVICES













Tewegan Housing

613-233-0672

www.teweganhousing.ca

Tewegan Housing for Aboriginal Youth is a 12 bed transitional home for First Nations, Inuit and Métis women, ages 16 to 29, who are homeless or at risk of becoming homeless.

SERVICES - INDIGENOUS FOCUSED









The Sexual Assault Support Center of Ottawa (SASCO)

24/7 call 613-234-2266 www.sascottawa.com

Settlement services, medical care, mental health, housing, legal services, cultural services.

SERVICES











Tungasuvvingat Inuit Ottawa

613-565-5885

www.tiontario.ca

Inuit specific community supports for Inuit of all ages connecting Inuit to their cuture.

SERVICES - INUIT FOCUSED





















Call: 613-686-1818 | Toll-free: 866-239-0558 www.voicefound.ca/the-clinic

Trauma-informed healthcare for human trafficking survivors. No health insurance, identification or medical referral required.

SERVICES











Wabano Centre for Aboriginal Health

613-748-0657

www.wabano.com

Helping members of Ottawa's Indigenous community every step of the way, from providing healthcare to mental health programs, from cultural events and classes, to collaborating with social service providers.

SERVICES - INDIGENOUS FOCUSED











Youth Services Bureau of Ottawa

Crisis Line: 613-260-2360 or 1-877-377-7775 www.ysb.ca

Helps young people address what threatens their physical, sexual, mental, and social well-being.

SERVICES















