

Community Wellness Support

We understand the heightened stress and anxiety that many members of the Paqtnkek Mi'kmaw Nation are going through. As we practice self-isolation and social distancing for the wellness of ourselves, our families and our community many stresses can seem overwhelming. Please remember there is always someone you can reach out to during these times.

If you are in crisis, please reach out to any of the following:

- **Eskasoni Crisis Line 1-855-379-2099 or 902-379-2099**
- **Hope for Wellness Help Line 1-855-242-3310**
- **NS Help Line 1-888-429-8167**
- **Suicide Prevention and Support 1-833-456-4566 or text 45645**
- **24/7 telephone crisis intervention is available for Paqtnkek children, youth and adults by calling (902) 429-8167 or toll-free 1-888-429-8167**

If you would like to reach out for regular support, please contact any of the following:

- **Our two community clinicians (adult) Michelle Lebrun 782-440-2711 and (youth) Emily Larson-Ure 902-759-8145**
- **Tiana Fusco 902-754-4632 or Tammy Kontuk 902-759-4410, (youth) Doreen Shadbolt doreen.shadbolt@eastlink.ca. (parent support/youth) Wendy Digout 902-863-3002 or WDPsych@gmail.com.**
- **For addiction prevention support, call Mike Taylor at 902-870-4922 or message him on Facebook.**

Each one of the above clinicians are willing and can offer support by phone, text, video chat etc. Please do not hesitate to contact any of them.