



# **2SLGBTQIA+** **counselling in the Yukon**

The Yukon's Mental Wellness and Substance Use Services team is a welcoming, inclusive and affirming source of counselling and support for 2SLGBTQIA+ Yukoners and allies.

We understand 2SLGBTQIA+ Yukoners can have unique health care needs, and want everyone to feel safe, supported and welcome when accessing mental wellness supports.

If you need counselling or help with mental wellness or substance use, support is here for you. To see or speak to someone right away about getting help or seeing a counsellor, call:

- 867-456-3838
- 1-866-456-3838 (toll free)

Rapid Access Counselling appointments are booked within 3 business days of your request.



Our nurses, social workers and counsellors have completed World Professional Association for Transgender Health (WPATH) training to understand best practices in transgender medical and mental health care in a Yukon context. This training takes into account the Yukon's population, rural location and cultures.

## **We offer:**

- Free counselling services and supports for Yukoners 5 years of age and up.
- Counselling services in a variety of approaches to best suit your specific needs.
- Support for Yukoners transitioning or seeking gender-affirming care, and support for their families and partners.
- Mental wellness care for people managing or recovering from trauma or experiencing mental health challenges.
- A broad range of substance use services, including opioid treatment services, intensive treatment services, and withdrawal management services.

Counselling services are available in person, virtually and by phone in all Yukon communities. To learn more, visit:

- [Yukon.ca/mental-wellness](https://yukon.ca/mental-wellness)
- [SubstanceUseServices.ca](https://SubstanceUseServices.ca)

## **More counselling and support**

Other free, WPATH-trained counselling supports are available through the Canadian Mental Health Association, Yukon Division.

For confidential, free support, call the Reach Out Support Line at **1-844-533-3030** or learn more at [yukon.cmha.ca](https://yukon.cmha.ca).