



# Tele-Care NWT

*Your family health and support line*

**It is not for emergencies.** If you have a health emergency, call your local health centre or go to the hospital.

**If you're not sure, call *Tele-Care NWT*** and talk to a nurse who will help you decide what to do, such as how to:

- take care of yourself
- use your "*Do I Need to See the Nurse/Doctor?*" book
- call your local nurse, social worker or doctor
- talk to someone in your community that can help

Place this sticker on or near your phone. Placez cet autocollant près de votre téléphone.

**Tele-Care NWT**  
Info-Soins TNO  
**1-888-255-1010**  
1-888-255-8211 (TDD/TTY)

