

**Not feeling well
and not sure
what to do?**

The NWT family health and support line can help you.

Tele-Care NWT is:

- information and advice from a nurse
- available every day at any time
- service in French, Aboriginal and other languages

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.



Tele-Care NWT

1-888-255-1010

1-888-255-8211 (TDD/TTY)

24 HOURS A DAY • 7 DAYS A WEEK

