**Supplementary Table 1.** Themes identified during initial coding of the sample of interview excerpts concerning “communication.” Search terms used to generate the sample are listed first, followed by our codes, which can be broadly classified into three types: appearances of key terms or concepts (e.g., children, youth, kids, are all classified under “children”); idioms, which were recurrent metaphors or ways of talking about a problem, and examples, in which respondents often discussed their experiences of dealing with stressful events.

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| --- | --- | --- |
| Theme | N excerpts | Type of grouping |
| Talk | 210 | search term |
| Speak | 33 | search term |
| Communicate | 40 | search term |
| Say | 25 | search term |
| Tell | 38 | search term |
| Ask | 6 | search term |
| Listen | 25 | search term |
| Children | 37 | key terms |
| Elders | 31 | key terms |
| Trust | 13 | key terms |
| Gossip | 14 | key terms |
| Trauma | 22 | key terms |
| Shyness (incl. fear, afraid) | 12 | key terms |
| Alcohol | 31 | key terms |
| Friend | 10 | key terms |
| Family | 25 | key terms |
| Researchers | 14 | key terms |
| Truth | 4 | key terms |
| On the land | 8 | key terms |
| Shame | 4 | key terms |
| Counseling | 22 | key terms |
| Meetings | 19 | key terms |
| Pain or hurt | 17 | key terms |
| Loneliness | 2 | key terms |
| Religion | 3 | key terms |
| Community | 10 | key terms |
| Suicide | 10 | key terms |
| Language | 25 | key terms |
| No one to talk to | 9 | idioms |
| Stay home | 2 | idioms |
| Bottling Up | 28 | idioms |
| Opening up | 15 | idioms |
| Being stuck in one place | 3 | idioms |
| Moving on | 1 | idioms |
| Dealing with stress | 29 | examples |
| Good ways to talk | 28 | examples |
| Bad ways to talk | 31 | examples |
| Empathy | 14 | examples |
| Socializing | 7 | examples |
| Difficulty talking | 45 | examples |
| Belonging | 4 | examples |
| Understanding | 5 | examples |
| Anger | 12 | examples |
| Forgiving | 2 | examples |
| Ease to talk to | 2 | examples |
| Health and healing | 13 | examples |
| Stress as contagion | 6 | examples |
| Not listening | 11 | examples |

**Supplementary Table 2.** Pile sort results, classified into general and subthemes. N = number of excerpts in that pile (total excerpts 323). The sample size should be considered a minimum number of times a problem was mentioned, because excerpts often could potentially belong to multiple piles, but we assigned them to the “best fit” pile and did not double count excerpts here.

|  |  |
| --- | --- |
| **Pile sort results** |  **N** |
| *General theme of communication* | *70* |
|  | Lack of communication as a problem | 20 |
|  | Role of alcohol (both facilitating and preventing) | 11 |
|  | Youth (rebelling, not listening, disrespecting elders) | 19 |
|  | Community talk and meetings (e.g., as a solution) | 20 |
| *Barriers to communication*  | *63* |
|  | Trauma | 2 |
|  | Shy/afraid | 7 |
|  | Isolation | 11 |
|  | Contagion (of thoughts, ideas) | 10 |
|  | Lack of connection | 12 |
|  | Judgement | 14 |
|  | Don't know how | 7 |
| *How to communicate* | *79* |
|  | Role of elders/parents | 11 |
|  | Opening up (importance, examples, how to) | 24 |
|  | Demeanour/characteristics of confidante | 13 |
|  | Importance of positive talk | 12 |
|  | Importance of empathy/experience | 5 |
|  | Bad ways to talk (e.g., in front of children, untruthfully, gossip) | 11 |
|  | Get a second opinion/change of ideas | 3 |
| *Keeping it in* | *22* |
|  | Bottling it up | 22 |
| *Other piles* | *89* |
|  | Religion (role in stress relief) | 3 |
|  | Researchers (e.g., potential role in facilitating communication) | 13 |
|  | Problems with institutions (police, government, etc.) | 5 |
|  | Language (mainly language loss in Ulukhaktok) | 24 |
|  | Miscellaneous | 44 |