

Public Service Announcement

National Mental Health Week

Start Date: April 28, 2015 End Date: May 10, 2015

Iqaluit, NU 45 sec.

May 4-10 is National Mental Health Week. This year's focus is on the mental health and well-being of men and boys. The Department of Health is encouraging Nunavummiut to take time to reflect on their own health, and to engage in activities that promote mental health practices.

Community involvement and "connectedness" are important factors in maintaining good mental health. Everyone is invited to participate in workshops across Nunavut to learn more about mental health, and to learn how to recognize signs of distress so we can help people in need! Please check with your local health centre for a complete list of activities and workshop details.

Seeking help is normal and Nunavummiut are encouraged to talk to someone they trust. Speak with a friend, family member or Elder. You can call your community health centre for more information, book an appointment with your local community wellness worker, or call the Kamatsiaqtut Helpline at 1-800-265-3333. Let's talk!

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