



Public Service Announcement

World Suicide Prevention Day

Start Date: September 1, 2015

End Date: September 10, 2015

Nunavut

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World Suicide Prevention Day is September 10. Nunavummiut are invited to participate in the Cycle Around the Globe event by cycling, running or walking the distance from Sanikiluaq to Grise Fiord!

The goal is to cover the 2,100 kilometres trip twice, between the northernmost community of Nunavut and the southernmost region, for a total of 4,200 kilometres!

This event is meant to highlight the importance of reaching out to people when we need help, and also the importance of reaching out to our loved ones when we know they need help.

Community teams are helping to organize cycling and walking venues throughout Nunavut. At the end of the day, community leads will collect the total number of kilometres people cycle, walk or run in their communities.

The top community in each region will be recognized on the Government of Nunavut Facebook page and on the Department of Health website.

Cyclists are encouraged to always wear helmets, and to be safe when they ride their bicycles on World Suicide Prevention Day. Walkers and runners are encouraged to walk or run on the side of the road facing the traffic.

For more information, please check with your local health centre or go to the Department of Health website www.gov.nu.ca/health.

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