

Public Service Announcement

Nunavut celebrates Mental Health Week

Start Date: May 2, 2016 **End Date:** May 8, 2016

Nunavut 60 sec

To mark Mental Health Week, May 2-8, Nunavummiut are encouraged to connect with others, and to take time for enjoyable and healthy activities to support mental health and well-being.

There are many activities you can choose that have a positive effect on your mental health. You could:

- Go out for a walk and spend time on the land.
- Sit and relax. Watch a movie with your loved ones. Enjoy a cup of tea and read a book, listen to the radio or to your favourite music.
- Work out, go running or hiking. Physical activity keeps your body and mind healthy. Encourage others to join you.
- Spend time with friends, family or visit an Elder.
- Engage in any traditional activities you enjoy. This could be sewing, crafting, hunting, artwork, carving or cooking.
- Eat healthy foods. Preparing a healthy meal with family and friends is fun and good for both your body and your mind.
- Get involved with the community. Volunteering with a local organization is a great way to meet new people, share your strengths and skills.

Remember you are not alone. If you or someone you know is struggling with a mental health problem, help is available. Reach out to a friend, family member, teacher, guidance counsellor or Elder, and talk about how you feel and what you're going through. Go to your local health centre to speak with a mental health worker.

Call the Kamatsiaqtut Help Line, which provides anonymous support 24 hours a day, at 867-979-3333 or toll free at 1-800-265-3333.

If you or someone you know is in crisis, call the RCMP, go to your local health centre or hospital immediately.

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