

Public Service Announcement

Care and share on Survivors of Suicide Loss Day

Start Date: November 17, 2016 End Date: November 19, 2016

Nunavut 60 sec

November 19 is International Survivors of Suicide Loss Day. On this day, Nunavummiut are encouraged to find comfort, gain understanding and share their stories of healing and support.

We can get through hard times with the love and support of family, friends, Elders and counsellors. The Department of Health offers free and confidential mental health and addictions support. To contact a mental health professional, or for information on professional support services available, please check with your community health centre.

If you want to talk, or if you know of someone who needs help, call the Nunavut Kamatsiaqtut Help Line for anonymous support 24 hours a day, seven days a week, at 867-979-3333 or toll free at 1-800-265-3333. The First Nations and Inuit Hope for Wellness Helpline is also available, 24 hours a day, seven days a week, at 1-855-242-3310.

###

Media Contact:

Ron Wassink Communications Specialist Department of Health 867-975-5710 rwassink@gov.nu.ca