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Building Nunavut Together
Nunavut iluqatigiingniq
Bâtir le Nunavut ensemble

Public Service Announcement

Nunavut celebrates World Mental Health Day

Start Date: October 7, 2016

End Date: October 10, 2016

Nunavut-wide

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October 10 is World Mental Health Day and Nunavummiut are reminded to take care of one another by connecting with family, friends and loved ones. Encourage family members and friends to reach out for help in times of need.

A person's mental health can be affected at any time in their life, regardless of age, gender, religion or culture. Everyone experiences challenges and hardships throughout life. We all experience feelings of sadness, anger, stress and grief. We can also experience feelings of happiness, joy, love and peace.

You are not alone. If you or someone you know is struggling with a mental health problem, help is available. Reach out to a trusted friend, family member, teacher, guidance counsellor or an 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 for anonymous support 24 hours a day at 867-979-3333 or toll free at 1-800-265-3333. You can also visit [Isaksimaqit Inuusirmi Kataujjiqatigiit](#), the Embrace Life Council's website, for more information and support, or call the toll-free line at 1-866-804-2782.

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

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Media Contact:

Ron Wassink

Communications Specialist

Department of Health

867-975-5710

rwassink@gov.nu.ca

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