

## **Public Service Announcement**

## World Health Day promotes "Let's Talk"

Start Date: April 4, 2017 End Date: April 7, 2017 Iqaluit, NU

60 sec

Nunavummiut are encouraged to join citizens around the world in recognition of the founding of the World Health Organization on World Health Day on April 7. This year's theme is "Depression – Let's Talk".

Depression affects people of all ages and walks of life. We do not choose to be depressed. Depression can have consequences on our personal lives and the lives of those closest to us.

This year, as we share and celebrate the founding of the World Health Organization, let's all do our part to support family and friends living with depression. Let's talk.

If you are feeling depressed, don't be afraid to ask a family member, an Elder or someone you trust for help. You can also go to your local health centre and ask for information on mental health support.

If you are feeling overwhelmed or distressed, you can call the Kamatsiaqtut Help Line, 24-hours a day, at 867-979-3333 or toll-free at 1-800-265-3333.

###

## Media Contact:

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

Communications