

Public Service Announcement

Nunavut celebrates Mental Health Week

Start Date: May 3, 2017 **End Date:** May 7, 2017

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Mental Health Week is May 1-7, and the Department of Health is encouraging Nunavummiut to take time to learn, talk and connect with friends, family and Elders about mental health and wellness.

When we are mentally healthy, we are able to feel, think and act in ways that help us lead healthy and enjoyable lives. We are better able to cope with challenges and negative experiences. We feel confident in our abilities and build healthy relationships. We are able to support others. We can recognize when we are not feeling well, and reach out for help to get better.

If you or someone you know is struggling with a mental health challenge, remember, you are not alone. Reach out to a trusted friend, family member, teacher, counsellor or Elder for help. Support is also available at your local health centre.

For anonymous support, the Kamatsiaqtut Help Line is available 24 hours a day, seven days a week at 867-979-3333 or toll free at 1-800-265-3333. You can also visit the Isaksimagit Inuusirmi Kataujjiqatigiit Embrace Life Council's website (www.inuusiq.com) 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:

Nadine Purdy A/Manager of Communications Department of Health 867-975-5712 npurdy@gov.nu.ca

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