

Public Service Announcement

Nunavut Celebrates Mental Health Week

Start Date: May 7, 2018 End Date: May 13, 2018

Nunavut-wide 30 sec

Mental Health Week is May 7-13⁻ and the Government of Nunavut Department of Health encourages Nunavummiut to talk and connect with friends, family and Elders about mental health and wellness.

It is important to take care of your mind as you would your body. Be patient with yourself and others and reach out for help when you are going through a hard time. Nurture your mental health by focusing on your strengths and accomplishments and practicing positive ways to cope with pain. Embrace the successes and challenges that have made you who you are.

It is okay to talk about mental health and get treatment for mental illness. Remember, you are not alone and help is available. If you or someone you know needs support, reach out to a trusted friend, family member, teacher, counsellor or Elder. Support is also available at your local health centre.

For anonymous support, contact:

- The Nunavut Kamatsiaqtut Help Line (available 24 hours a day, seven days a week) at 867-979-3333 or toll-free at 1-800-265-3333;
- Crisis Services Canada use the online chat (www.crisisservicescanada.ca), call, or send a text to 1-833-456-4566; or
- Isaksimagit Inuusirmi Kataujjiqatigiit Embrace Life Council's website (www.inuusiq.com), or call the toll free line at 1-866-804-2782.

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



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The Department of Health encourages Nunavummiut to talk about mental health and wellness not just during Mental Health Week, but every day of the year.

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