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Building *Nunavut* Together
Nunavut iuqatigiingniq
Bâtir le *Nunavut* ensemble

Public Service Announcement

National Addictions Awareness Week

Start Date: November 29, 2018

End Date: December 2, 2018

Nunavut-wide

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Nunavummiut are invited to join the Department of Health in recognizing National Addictions Awareness Week from November 26 to December 2.

National Addictions Awareness Week aims to increase awareness of addictions and reduce the negative societal impacts and stigma associated with substance abuse. Building and maintaining supportive communities can help improve the lives of those who may be struggling with addiction by making it easier to ask for, and receive help.

If you or someone you know needs help overcoming substance use problems, call or visit your health centre, or talk to a trusted friend, family member, Elder or wellness counselor. For anonymous support, call the Kamatsiaqtut Help Line at 1-867-979-3333 or toll-free at 1-800-265-3333.

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