ᑲᑐᑎᓗᒍ ᓄᓇᕗᑦ ᐱᕈᖅᐸᓕᐊᑎᓪᓗᒍ
Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

Public Service Announcement

Nunavut marks International FASD Awareness day

Start Date: September 7, 2018
End Date: September 14, 2018
Nunavut-wide **45 sec**

September 9 is International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day. FASD is a diagnostic term for a range of effects that can occur in an individual exposed to alcohol before birth. These effects may include physical, mental, behavioral, sensory processing and learning difficulties.

It is safest not to drink any alcohol or use any drugs, including cannabis, while pregnant. Partners, family and friends can all support alcohol-free and drug-free pregnancies by reducing stress for the mother-to-be, offering non-alcoholic drinks at gatherings or planning activities that do not involve alcohol or drugs.

If you or someone you know needs support with substance use during pregnancy, help is available. Reach out to a trusted friend, family member or Elder. Free, confidential mental health and addictions support is available at your local health centre.

For anonymous support:

- Call 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.
- Text Crisis Services Canada at 1-833-456-4566 or use the online chat (www.crisisservicescanada.ca).
- Visit Isaksimagit Inuusirmi Kataujjiqatigiit Embrace Life Council's website (www.inuusiq.com), or call the toll free line at 1-866-804-2782.

###

ᑲᑐᑎᓗᒍ ᓄᓇᕗᑦ ᐱᕈᖅᐸᓕᐊᑎᓪᓗᒍ
Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

Media Contact:

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