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Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

Public Service Announcement

Nunavut celebrates Embrace Life Day

Start Date: September 10, 2018
End Date: September 10, 2018
Nunavut-wide **60 sec**

On Embrace Life Day, the Government of Nunavut encourages you to enjoy healthy activities that support mental health and wellness.

Self-care and positive coping skills are important for mental health. Healthy activities like spending time with family and friends, enjoying time out on the land, sewing, hunting, crafting, eating healthy meals and getting involved in the community are helpful. The resilience within our communities strengthens mental health and wellness.

Help is always available. If you or someone you know needs support, reach out to a trusted friend, family member, teacher or Elder, or contact 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 Royal Canadian Mounted Police (RCMP), or visit your local health centre or hospital immediately.

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Communications

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