

Public Service Announcement Nunavummiut unite for World Mental Health Day

Start Date: October 10, 2019 End Date: October 10, 2019

Nunavut-wide 75 sec

The Department of Health is asking Nunavummiut to join people around the world in recognition of World Mental Health Day on October 10, by focusing on:

- Inuuqatigiitsiarniq: Respecting others, relationships, and caring for people.
- Piliriqatigiinniq/Ikajuqtigiinniq: Working together for a common cause.
- Tunnganarniq: Fostering good spirits by being open, welcoming and inclusive.

Every day we often rely on one another and we become stronger when we work together. We can all do our part in building on our strengths and improving mental wellbeing by:

- being kind and remembering that many people are fighting battles we cannot see;
- listening when someone needs to talk;
- remaining open-minded and non-judgmental when supporting someone;
- creating spaces where people feel safe, respected, and heard; and,
- encouraging each other to reach out in difficult times.

The Department of Health encourages everyone to consider what they can do within their community to promote a healthy mind-set and lend a hand to those who need it.

If you or someone you know needs help, you can call or visit your local health centre to speak with a mental health worker or call one of the following help lines:

Kamatsiaqtut Help Line: 1-867-979-3333 Toll-free: 1-800-265-3333 **Kids Help Phone:** 1-800-668-6868 or text CONNECT to 686868

Inuit Hope for Wellness Line: 1-855-242-3310

In crisis, call the RCMP or go to your local health centre or hospital immediately.

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