

Public Service Announcement

Nunavummiut unite for World Mental Health Day

Start Date: October 9, 2020 End Date: October 10, 2020

Nunavut-wide 60 sec

On October 10, the Department of Health is asking Nunavummiut to join people around the world in recognition of World Mental Health Day.

World Mental Health Day is a reminder that mental health affects us all, no matter our place of birth, character or culture. It is a reminder for us to take care of ourselves and one another. Individuals can experience challenges with their mental health at any point in their lives and it is important to know that everyone has a different journey.

With the COVID-19 pandemic, the past months have created difficult circumstances, all while teaching us the importance of connection.

We often rely on one another for support and to build a stronger community. By working together, we can all do our part in promoting and supporting mental health and well-being Things you can do include:

- being kind and remembering that many people are fighting battles we don't know about.
- being present when someone needs to talk.
- remaining open-minded and non-judgmental when supporting each other.
- creating spaces where people feel safe, respected, and heard.
- encouraging each other to reach out in difficult times and remembering that there is no shame in seeking help.

If you or someone you know needs support, reach out to a trusted friend, family member, teacher, counsellor or Elder. Free, confidential mental health and addictions support is available at your local health centre.

For anonymous support, contact:

- The Nunavut Kamatsiaqtut Help Line toll-free at 1-800-265-3333 or
- 867-979-3333 (available 24 hours a day).
- Crisis Services Canada chat at <u>www.crisisservicescanada.ca</u>, call, or send a text to 1-833-456-4566.
- Kids Help Phone at 1-800-668-6868, text 'TALK' to 686868, or chat at www.kidshelpphone.ca.

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

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