

Public Service Announcement

Nunavut celebrates Embrace Life day

Start Date: September 10, 2020 End Date: September 26, 2020

Nunavut-wide 60 sec

On Embrace Life Day, the Department of Health encourages Nunavummiut to take time and enjoy activities supporting their mental health and wellness. During these uncertain times, safeguarding our mental wellness is as important to our overall well-being as our physical health.

Self-care and positive coping skills can improve mental health. Stay in touch with family and friends, enjoy time out on the land, engage in cultural activities like sewing, hunting or crafting, eat healthy meals, and ask for help when needed.

You are not alone and that help is always available. 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 Kamatsiagtut 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; or
- 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 to your local health centre or hospital immediately.

Media Contact:

Danarae Sommerville Communications Coordinator Department of Health 867-975-5712 dsommerville1@gov.nu.ca