

Public Service Announcement

Take time for your mental health

Start Date: October 18, 2021 End Date: October 31, 2021 Nunavut-wide

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The Department of Health is asking Nunavummiut to remember to take time to care for their mental health.

Mental health affects us all, no matter our place of birth, character or culture and it is as important as our physical health. 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 year has 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 <u>www.kidshelpphone.ca</u>.

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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