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Building *Nunavut* Together
Nunavut liuqatigiingniq
Bâtir le *Nunavut* ensemble

Public Service Announcement

Nunavut celebrates Embrace Life Day

Start Date: September 10, 2021

End Date: September 26, 2021

Nunavut-wide

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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 taking care of our physical health.

Self-care and positive coping skills can improve mental health. It is important to 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. 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 Kamatsiaqtut Help Line toll-free at 1-800-265-3333 or 867-979-3333 (available 24 hours a day).
- Crisis Services Canada – chat at www.crisisservicescanada.ca, call, or send a text to 1-833-456-4566.
- Indian Residential Schools Resolution Health Support Program:
 - National Crisis Line toll-free at 1-866-925-4419 (available 24 hours a day).
 - Ilisqasivik Counselling Line toll-free at 1-888-331-4433.
- 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.

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