

Public Service Announcement

National Mental Health Week

Start Date: May 2, 2022

End Date: May 8, 2022

Nunavut-wide

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National Mental Health Week is from May 2 to 8 and the Department of Health is encouraging Nunavummiut to take time to learn, talk and connect with friends, family and Elders about mental health and wellness.

It is important to take the time to focus on our mental health and well-being. When we are mentally healthy, we can feel, think, and act in ways that help us cope with challenges and lead enjoyable lives.

This year's theme is: *Get real about how to help*. Given the strain that the COVID-19 pandemic has put on our mental wellness, it is now more important than ever to practise empathy. *Tunnganarniq* is fostering good spirits by being open, welcoming, and inclusive. This is practising empathy. Empathy allows us to think of others and look for ways to help. Having empathy means you understand others' emotions, share their feelings, and respond with compassion and care

When someone is struggling, you don't have to fix it, just be there. Listen without judgment. Check up on a friend or neighbour, pick up groceries for an Elder, or volunteer in your community. Any act of kindness can go a long way. When we do something kind for others, it lifts their spirits and our own.

If you or someone you know is struggling, please remember that you are not alone. For anonymous support, contact:

- The Nunavut Kamatsiaqtut Help Line (available 24 hours a day, seven days a week).
 - Call 867-979-3333 or toll free at 1-800-265-3333.

- Healing by Talking Program.
 - Free telephone counselling service provided by the Government of Nunavut (GN). Visit your local Health Centre for more information or email healing@gov.nu.ca.
- GN Employee/Family Assistance Program.
 - 1-800-663-1142.
- Crisis Services Canada.
 - Call or text 1-833-456-4566.
 - Online chat available at www.crisisservicescanada.ca.
- Youthspace.ca.
 - Call 1-833-456-4566.
 - Text 778-783-0177.
 - Online chat available at www.youthspace.ca.
 - Email counselling is available by calling 250-478-8357 or toll free at 1-866-478-8357.
- Isaksimagit Inuusirmi Kataujjiqatigiit Embrace Life Council.
 - Call 1-866-804-2782.
 - Email embracelife@inuusiq.com.
 - Visit the website www.inuusiq.com for more information and support.
- Kids Help Phone.
 - Call 1-800-668-6868.
 - Live chat available at kidshelpphone.ca.
 - Text 'CONNECT' to 686868 to message with a trained volunteer.

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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