



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

# Public Service Announcement

## National Addictions Awareness Week

**Start Date: November 21, 2022**

**End Date: November 25, 2022**

**Nunavut-wide**

**90 sec**

Nunavummiut are invited to join the Department of Health in recognizing National Addictions Awareness Week from November 21 to 25.

This year's theme is "*A Community of Caring.*" All of us – including Mental Health and addiction workers, health care professionals, Elders, and friends and family – have a role in supporting each other's mental health through *Inuuqatigiitsiarniq*: respecting others, relationships and caring for people.

Building and maintaining supportive relationships and communities can help improve the lives of those who may be living with substance use and make it easier to ask for and receive help.

For help overcoming substance-use problems, call or visit your health centre, or talk to a trusted friend, family member, Elder or Wellness Counsellor.

There are treatment options available, and recovery is possible. If you or someone you know is struggling, remember, you are not alone.

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

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 GN's Department of Health.
  - Call 1-888-648-0070
  - Email [healing@gov.nu.ca](mailto:healing@gov.nu.ca)

- **Indian Residential Schools Resolution Health Support Program:**
  - National Crisis Line toll-free at 1-866-925-4419 (available 24 hours a day).
  - Ilisagvik Counselling Line toll-free at 1-888-331-4433.
- **Crisis Services Canada:** use the online chat ([www.crisisservicescanada.ca](http://www.crisisservicescanada.ca)), call, or send a text to 1-833-456-4566;
- **Youthspace.ca:** online chat or call us at 1-833-456-4566 or send a text at 778-783-0177. Email counselling is also available, call us at 250-478-8357 or call the toll free number at 1-866-478-8357;
- **Isaksimagit Inuusirmi Kataujjiqatigiit Embrace Life Council:** call the toll-free line at 1-866-804-2782 or email us at [embracelife@inuusiq.com](mailto:embracelife@inuusiq.com) or visit the website ([www.inuusiq.com](http://www.inuusiq.com)) for more information and support;
- **Kids Help Phone:** call 1-800-668-6868, use the live chat at [www.kidshelpphone.ca](http://www.kidshelpphone.ca), or text 'CONNECT' to 686868 for a Live Chat or text 'TALK' to 686868 to message with a trained volunteer.

For additional mental health and addictions supports and services, visit the [Government of Nunavut's website](#).

###

#### Media Contact:

Danarae Sommerville  
Communications Specialist  
Department of Health  
867-975-5712  
[dsommerville1@gov.nu.ca](mailto:dsommerville1@gov.nu.ca)

ᐱᓐᓇᓕᓕᓕᓕ ᐅᐱᓕᓕᓕᓕᓕᓕ ᐱᓐᓇᓕᓕᓕᓕᓕᓕ ᐅᐱᓕᓕᓕᓕᓕᓕᓕ, ᐱᓐᓇᓕᓕᓕᓕᓕᓕᓕ, ᐅᐱᓕᓕᓕᓕᓕᓕᓕᓕᓕᓕ, [www.gov.nu.ca](http://www.gov.nu.ca).  
News releases are available in Inuktitut, English, Inuinnaqtun and French on [www.gov.nu.ca](http://www.gov.nu.ca).  
Tuhagtaghat ittut Inuktitut, Qablunaatitut, Inuinnaqtun Uiviititullu talvani [www.gov.nu.ca](http://www.gov.nu.ca).  
Les communiqués de presse sont disponibles en inuktitut, en anglais, en inuinnaqtun et en français au [www.gov.nu.ca](http://www.gov.nu.ca).