ᑭᒃᑯᑐᐃᓐᓇᓄᑦ ᑐᓴᒐᒃᓴᑦ

ᑲᓇᑕᒥ ᐅᐃᕆᓯᒪᔪᓄᑦ ᐅᔾᔨᕈᓱᒃᑎᑦᓯᓂᕐᒧᑦ ᐱᓇᓱᐊᕈᓱᖅ

ᐱᒋᐊᕐᕕᖕᒐ: ᓈᕝᐃᒻᕝ 21, 2022
ᐃᓱᓕᕝᕕᖕᒐ: ᓈᕝᐃᒻᕝ 25, 2022

ᓄᓇᕗᒥᐅᑦ ᑐᙵᓱᒃᑎᑕᐅᕗᑦ ᐃᓚᐅᕐᑯᔭᐅᓪᓗᑎᒃ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒃᑯᓐᓂ ᐱᓕᕆᑎᑕᐅᑎᓪᓗᒋᑦ ᑲᓇᑕᒥ ᐅᐃᕆᓯᒪᔪᓄᑦ ᐅᔾᔨᕈᓱᒃᑎᑦᑎᓂᕐᒧᑦ ᐱᓇᓱᐊᕈᓱᕐᒥ ᓈᕝᐃᒻᕝ 21-ᒥ ᓈᕝᐃᒻᕝ 25-ᒧᓄ.

ᑕᕝᕝᓂ ᐊᕐᕌᒍᕐᒥ ᐱᔾᔪᑕᐅᔪᖅ *“ᓄᓇᓕᒃ ᐃᐸᐱᒍᓱᑦᓯᐊᖅᑐᖅ.”* ᐃᓗᓐᓇᑕ – ᐃᓚᒋᓪᓗᒍ ᐃᓱᒪᓕᕆᓂᕐᒧᑦ ᐅᐃᕆᓯᒪᔪᓄᓪᓗ ᐃᖅᑲᓇᐃᔭᖅᑏᑦ, ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒻᒪᕆᑦ, ᐃᓄᑐᖃᐃᑦ, ᐊᒻᒪᓗ ᐱᖃᑎᒌᑦ ᐃᓚᒌᓪᓗ – ᐱᓕᕆᐊᖅᓴᖃᕐᒪᑕ ᐃᑲᔪᖅᑐᐃᖃᑦᑕᐅᑎᓂᕐᒧᑦ ᐃᓱᒪᓕᕆᓂᕐᒧᑦ ᐊᖅᑯᑎᒋᓗᒍ *ᐃᓅᖃᑎᒌᑦᓯᐊᕐᓂᖅ*, ᐃᐸᐱᒍᓱᑦᓯᐊᕐᓂᖅ, ᐃᓚᒌᑦᓯᐊᕐᓂᕐᓗ ᐱᑦᓯᐊᕐᓂᕐᓗ ᐃᓅᖃᑎᑦᑎᓐᓂᒃ.

ᐱᕙᓪᓕᐊᑎᓪᓗᒋᑦ ᑲᒪᒋᔭᖃᕐᓂᕐᒥᓪᓗ ᐃᑲᔪᖅᑐᐃᑦᓯᐊᕐᓂᕐᒧᑦ ᐃᓅᖃᑎᖃᕐᓂᕐᒧᑦ ᓄᓇᓖᓪᓗ ᐃᑲᔪᕈᓐᓇᖅᐳᑦ ᐃᓄᓐᓄᑦ ᐃᓅᓯᖕᒋᓐᓄᑦ ᐅᐃᕆᓯᒪᔾᔪᑎᖕᒋᓐᓂᒃ ᓄᖅᑲᕈᓐᓇᐃᓪᓕᔪᓄᑦ ᐊᔪᕐᓇᙱᓐᓂᖅᓴᐅᓕᖅᑎᓪᓗᒋᑦ ᐊᐱᖅᑯᑎᒋᒋᐊᒃᓴᖅ ᐃᑲᔪᖅᑕᐅᔭᕆᐊᒃᓴᕐᓗ.

ᐃᑲᔪᖅᑕᐅᓂᕐᒧᑦ ᖃᐅᔨᒪᔭᖃᕈᕕᑦ ᓱᕋᖕᓇᖅᑐᓂᒃ ᐊᑐᕐᓂᕐᔫᑎᒋᕙᒃᑕᒥᓂᒃ ᓄᖅᑲᕋᓱᒃᑐᓂᒃ, ᐅᖃᓗᒃᐸᒡᓗᓯ ᐅᕝᕙᓘᓐᓃᑦ ᐋᓐᓂᐊᕕᓕᐊᖅᐸᒡᓗᓯ, ᐅᖃᖃᑎᖃᕐᓗᓯᓘᓐᓃᑦ ᐱᖃᓐᓇᕆᔾᔪᓐᓄᑦ, ᐃᓚᖕᓄᑦ, ᐃᓐᓇᕐᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓅᓯᖃᑦᑎᐊᖅᑐᓕᕆᔨᒧᑦ.

ᒪᒥᓴᕐᓂᒃᒧᑦ ᐊᑐᖅᑕᐅᔪᓐᓇᖅᑐᓂᒃ ᐱᑕᖃᖅᑐᖅ ᐋᖅᑭᒃᐸᓪᓕᐊᓂᕐᒧᓪᓗ. ᐃᕝᕕᑦ ᑭᓇᒥᓪᓘᓐᓃᑦ ᖃᐅᔨᒪᔭᕐᓂᒃ ᐊᒃᓱᕈᖅᑐᖃᖅᐸᑦ, ᐳᐃᒍᖅᑕᐃᓕᒋᑦ ᐃᓄᑑᙱᓐᓂᕐᓂᒃ.

ᐊᒃᓱᕈᕐᓇᖅᑐᒃᑰᓕᕈᕕᑦ ᖃᐅᔨᒪᔭᕐᓂᓪᓘᓐᓃᑦ ᐊᒃᓱᕈᕐᓇᖅᑐᒃᑰᖅᑐᖃᓕᖅᐸᑦ, ᐸᓛᓱᒃᑯᓐᓄᑦ ᐅᖁᓕᓗᑎᑦ ᐋᓐᓂᐊᕕᓪᓘᓐᓃᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐋᓐᓂᐊᕕᓕᐊᑲᐅᑎᒋᓗᑎᑦ.

ᑭᓇᐅᓂᕐᓂᑦ ᖃᐅᔨᔭᐅᖕᒋᓪᓗᑎᑦ ᐃᑲᔪᖅᑕᐅᔪᓐᓇᖅᐳᑎᑦ, ᐅᖁᓗᑎᑦ:

- **ᓄᓇᕗᒻᒥ ᑲᒪᑦᓯᐊᖅᑐᑦ ᐅᖃᓗᑎᖕᒐᓄᑦ** (ᐃᑲᕐᕋᓄᑦ 24–ᓄᑦ ᐅᖁᓕᕝᕕᒃᓴᖅ, ᐱᓇᓱᐊᕈᓱᓕᒫᖅ) ᐅᕗᖕᒐ 867-979-3333 ᐅᕝᕙᓘᓐᓃᑦ ᐊᑭᖃᙱᑦᑐᒧᑦ 1-800-265-3333;

- **ᒪᒥᓴᕐᓂᖅ ᐅᖃᓪᓚᖃᑎᖃᖃᑦᑕᕐᓂᒃᑯᑦ** ᐊᑭᖃᙱᑦᑐᒃᑯᑦ ᐅᖃᓗᒡᕕᒃᓴᐅᕗᖅ ᐃᓅᓯᓕᕆᔭᐅᓐᓇᖅᓱᓂ ᐊᑐᐃᓐᓇᕈᖅᑎᑕᐅᔪᓂᒃ ᓄᓇᕗᑦ ᒐᕙᒪᒃᑯᑦ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒃᑯᙱᓐᓄᑦ.
  - ᐅᖄᓚᔪᖃᕐᓗᓂ ᐅᕗᖕᒐ 1-888-648-0070.
  - ᐃᖅᑮᓐᓈᖅᑕᐅᒃᑯᑦ ᐅᕗᖕᒐ healing@gov.nu.ca.
- **ᐃᖅᑭᓕᖕᓄᑦ ᐃᓕᓐᓂᐊᕆᐊᖅᐸᓚᐅᖅᓯᒪᔪᓄᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᓂᕐᒧᑦ ᐱᓕᕆᐊᑦ:**
  - ᑲᓇᑕᒥ ᐊᒃᓱᕈᕐᓇᖅᑐᖅᓯᐅᖅᑐᓄᑦ ᐅᖄᓚᕝᕕᒃ ᐊᑭᖃᙱᑦᑐᖅ ᓈᓴᐅᑎᓕᒃ 1-866-925-4419 (ᐅᖄᓚᕝᕕᒋᔭᒃᓴᖅ ᐃᑲᕋᓄᑦ 24-ᓄᑦ ᖃᐅᑕᒫᑦᑎᐊᖅ).
  - ᐃᓕᓴᖅᓯᕕᒃ ᐊᑭᖃᙱᑦᑐᒃᑯᑦ ᐅᖄᓚᕕᒃᓴᖅ ᓈᓴᐅᑎᓕᒃ 1-888-331-4433.
- ᖃᓄᐃᑦᑐᖃᖅᑎᓪᓗᒍ ᐱᔨᑦᑎᕋᖅᑏᑦ ᑲᓇᑕᒥ – ᐊᑐᕐᓗᒍ ᖃᕋᓴᐅᔭᒃᑯᑦ ᐅᖃᖃᑎᒌᒍᑎ ᐅᕙᓂ (www.crisisservicescanada.ca), ᐅᖃᓗᓪᓗᑎᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᑎᑎᕋᕐᕕᒋᓗᒋᑦ ᐅᖄᓚᐅᑎᕋᓛᒃᑯᑦ 1-833-456-4566–ᒧᑦ.
- **Youthspace.ca** – ᖃᕆᑕᐅᔭᒃᑯᑦ ᐅᖃᓪᓚᖃᑎᖃᕈᓐᓇᖅᐳᑎᑦ, ᐅᖄᓚᓗᑎᑦ ᑎᑎᕋᕐᓗᑎᒡᓘᓐᓃᑦ ᐅᖄᓚᐅᑎᕋᓛᒃᑯᑦ ᐅᕗᙱᒐ 1-833-456-4566–ᒧᑦ ᑎᑎᕋᕐᓗᑎᓪᓘᓐᓃᑦ ᐅᕗᖕᒐ 778-783-0177. ᐃᖅᑮᓐᓈᖅᑕᐅᒃᑯᑦ ᐃᓅᓯᓕᕆᔭᐅᓐᓇᕐᒥᔪᖅ, ᐅᖄᓚᕝᕕᐅᑐᐃᓐᓇᕐᓗᑕ ᐅᕗᖕᒐ 250-478-8357 ᐅᕝᕙᓘᓐᓃᑦ ᐅᖄᓚᑐᐃᓐᓇᕐᓗᓯ ᐊᑭᖃᙱᑦᑐᒧᑦ ᐅᕗᖕᒐ 1-866-478-8357;
- **ᐃᓵᒃᓯᒪᒋᑦ ᐃᓅᓯᕐᒥ ᑲᑐᔾᔨᖃᑎᒌᒃᑯᑦ** – ᐊᑭᖃᙱᑦᑐᒃᑯᑦ ᐅᖄᓚᕝᕕᒋᔭᒃᓴᑦ ᐅᕗᖕᒐ 1-866-804-2782 ᐃᖅᑮᓐᓈᖅᑕᐅᒃᑯᓪᓘᓐᓃᑦ ᑎᑎᕋᕐᕕᐅᓗᑕ ᐅᕗᖕᒐ embracelife@inuusiq.com ᐅᕝᕙᓘᓐᓃᑦ ᐃᑭᐊᖅᑭᕕᑦᑎᓐᓄᐊᕐᓗᑎᑦ ᐅᕗᖕᒐ (www.inuusiq.com) ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᔅᓯ ᐊᒻᒪ ᐃᑲᔪᖅᓱᖅᑕᐅᔪᒪᒍᔅᓯ;
- **ᓄᑕᖅᑲᓄᑦ ᐃᑲᔪᖅᑕᐅᕕᖕᒧᑦ ᐅᖄᓗᒡᕕᒃᓴᖅ** – ᐅᖄᓚᔪᓐᓇᖅᑐᑦ 1-800-668-6868, ᐅᖄᓚᒃᑐᓂᒡᓗ ᓈᓚᒡᕕᒃᓴᐅᓪᓗᓂ ᐊᑐᕈᓐᓇᕐᒥᔭᓯ ᐅᕗᙱᕐᓗᓯ www.kidshelpphone.ca. ᐅᕝᕙᓘᓐᓃᑦ ᖃᕆᑕᐅᔭᒃᑯᑦ ᑎᑎᕋᕐᓗᓯ ᐅᕗᖕᒐ 'CONNECT' ᐅᕗᖕᒐ 686868 ᐅᖄᓚᒃᑎᓪᓗᓯ ᓈᓚᒃᑕᐅᔪᒪᓯᑲᐅᑎᒋᒍᔅᓯ ᑎᑎᕋᕈᒪᒍᔅᓯᓘᓐᓃᑦ ᐅᑯᐊ ᑎᑎᕋᕐᓗᒋᑦ 'TALK' ᐅᕗᖕᒐ 686868 ᑐᓴᖅᑎᑦᓯᓂᕐᒧᑦ ᐱᓕᕆᔨᒧᑦ ᐃᓕᓐᓂᐊᖅᓯᒪᔪᒧ.

ᐃᓱᒪᓕᕆᓂᕐᒧᑦ ᐅᐃᕆᓯᒪᓂᕐᒧᓪᓗ ᐃᑲᔪᖅᑕᐅᑲᓐᓂᕐᓂᕐᒧᑦ ᐱᔨᑦᓯᕋᖅᑕᐅᓂᕐᒧᓪᓗ, ᖃᐅᔨᒋᐊᕐᓗᒍ ᒐᕙᒪᒃᑯᑦ ᓄᓇᕗᒻᒥ ᐃᑭᐊᖅᑭᕕᖕᒐ.

###

ᐱᕙᓪᓕᐊᔪᓂᒃ ᖃᐅᔨᒋᐊᕐᕕᒃᓴᖅ:

ᑖᓇᕋᐃ ᓴᒧᕕᐅᓪ
ᑐᓴᒐᒃᓴᓕᕆᔨᓄᑦ ᖃᐅᔨᒪᔨᑕᖅ
ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒃᑯᑦ
867-975-5712
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