

Public Service Announcement

Nunavut celebrates Embrace Life Day

Start Date: September 9, 2022

End Date: September 26, 2022

Nunavut-wide

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On Embrace Life Day, the Department of Health encourages Nunavummiut to take time and enjoy activities that support their mental health and wellness. 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 and 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.

The Government of Nunavut offers community-based, regional, and out-of-territory mental health and addiction services. Different types of therapy can provide help and healing. If you or someone you know is struggling, [support is available](#).

For anonymous support, contact:

- Nunavut Kamatsiaqtut Help Line.
 - Toll Free 1-800-265-3333.
 - In Iqaluit 979-3333.
- Healing by Talking Program.
 - Call 867-975-5367 for more information.
 - Email healing@gov.nu.ca.
- 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.
- Law Society of Nunavut.
 - Toll Free 1-844-979-2330.
 - Inuktitut Toll Free 1-888-990-4665.
 - In Iqaluit 975-2120.
 - Visit the website www.lawsociety.nu.ca.
- Kids Help Phone.
 - Toll Free 1-800-668-6868.
 - Text 'TALK' to 686868 (no data plan, internet connection, or app required).
 - Live chat www.kidshelpphone.ca.
- Hope for Wellness Help Line.
 - Toll Free 1-855-242-3310.
 - Live chat www.hopeforwellness.ca.
- Cultural Wellness and Healing in Nunavut.
 - Department of Healthy Living in Cambridge Bay: 1-867-983-4670.
 - Ilisaqsivik Society in Clyde River: Toll Free Counselling Line: 1-888-331-4433.
 - Pulaarvik Kablu Friendship Centre in Rankin Inlet: 1-867-645-2600.
 - Tukisigiavik Society in Iqaluit: 1-867-979-2400.
 - Aqqiumavvik Society in Arviat: www.aqqiumavvik.com/.

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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