

Public Service Announcement

International Self-Care Day

Start Date: July 24, 2023 End Date: July 24, 2023 Nunavut-wide

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July 24 marks International Self-Care Day. The Department of Health wants to remind Nunavummiut of the importance self-care has in keeping us healthy.

Whether exercising, eating well, quitting smoking, or spending time on the land with family, self-care encompasses what we all do to stay healthy.

Practise self-care through activities such as:

- Walking out on the land.
- Fishing or hunting.
- Indulging in personal care.
- Taking time to rest.
- Crafting, such as sewing or knitting.
- Creating art, such as drawing or carving.
- Spending time with those that bring you joy.
- Cooking and eating healthy foods.
- Watching a movie.
- Listening to music you enjoy.

If you or someone you know is struggling, always remember that you are not alone. It is OK to ask for help.

For confidential support, you can contact:

<u>Counselling</u>

- Healing by Talking Program.
 - Offers virtual, long-term counselling services to Inuit across the territory.
 - Visit your local Health Centre for more information, email
 - healing@gov.nu.ca or call toll-free at 1-888-648-0070 or (867) 975-5367.
- GN Employee/Family Assistance Program.
 - 1-800-663-1142.
- Residential School Hope for Wellness Support Program
 - Offers telephone counselling for residential school survivors and their families. Call toll-free at 1-800-464-8106.
- Ilisaqsivik Telephone Counselling
 - Offers telephone counselling in English and Inuktitut, Monday-Friday from 8:30 a.m. - 5 p.m. Call toll-free at 1-888-331-4433.

Help Lines and Online Chat

- 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.
- Crisis Services Canada.
 - Call or text 1-833-456-4566.
 - Online chat available at <u>www.crisisservicescanada.ca</u>.
- Youthspace.ca.
 - Call 1-833-456-4566 Text 778-783-0177.
 - Online chat available at <u>www.youthspace.ca</u>.
 - Email counselling is available by calling toll free at 1-866-478-8357.
- Kids Help Phone.
 - Call 1-800-668-6868.
 - Live chat available at kidshelpphone.ca.
 - Text 'CONNECT' to 686868 to message with a trained volunteer.

Website for tips

- Isaksimagit Inuusirmi Katujjiqaatigiit Embrace Life Council.
 - Visit the website <u>www.inuusiq.com</u> for more information, support and tips.

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

Media Contact:

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