

Public Service Announcement

World Mental Health Day 2023

Start Date: October 10, 2023 End Date: October 10, 2023

Nunavut-wide 120 sec

October 10 is World Mental Health Day, and this year's theme is "Mental Health is a Universal Human Right". The Department of Health stands committed to advancing this essential human right and encourages community-driven strategies that foster mental well-being. This includes running awareness campaigns aimed at reducing stigma and empowering communities to bring about positive changes in mental health.

The Department of Health encourages Nunavummiut to take time and enjoy activities supporting their mental health and wellness. Such activities include staying in touch with family and friends, enjoying time out on the land, engaging in cultural activities like sewing, hunting, or crafting, eating healthy meals and asking for help when needed.

If you or someone you know needs support, reach out to a trusted friend, family member, teacher, counsellor or Elder. 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. Visit the Government of Nunavut website for mental health and addictions resources that are best suited for you.

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 <u>healing@gov.nu.ca</u> or call toll-free at 1-888-648-0070 or (867) 975-5367.
- GN Employee/Family Assistance Program.
 - o 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.
 - o 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 toll free at 1-866-478-8357.
- Kids Help Phone.
 - o Call 1-800-668-6868.
 - Live chat available at <u>kidshelpphone.ca</u>.
 - Text 'CONNECT' to 686868 to message with a trained volunteer.

Website for tips

- Isaksimagit Inuusirmi Katujjiqaatigiit Embrace Life Council.
 - o Visit the website www.inuusig.com 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.

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Media Contact:

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