

Public Service Announcement

Nunavut celebrates Embrace Life Day and World Suicide Prevention Day

Start Date: September 8, 2023 End Date: September 10, 2023 Nunavut-wide

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September 10 is Embrace Life Day/World Suicide Prevention Day; a time for Nunavummiut to connect with one another and practise positive coping skills and self-care.

This year's theme is *Creating Hope Through Action*, which serves as a powerful call to action and a reminder that help is available if you are thinking about suicide. Through our actions, we can promote hope and strengthen prevention.

The Department of Health encourages Nunavummiut to take time and enjoy activities supporting 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, or 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, and talk about how you feel. 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. There are numerous resources that can provide help and healing. If you or someone you know is struggling, please remember that you are not alone.

For confidential support, contact, 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 or email <u>healing@gov.nu.ca</u> or call toll-free at 1-888-648-0070 or (867) 975-5367.
- Isaksimagit Inuusirmi Kataujjiqatigiit Embrace Life Council.
 - Call 1-866-804-2782.
 - Email <u>embracelife@inuusiq.com</u>.
 - Visit the website <u>www.inuusiq.com</u> for more information and support.
- GN Employee/Family Assistance Program.
 - o **1-800-663-1142**

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.
 - o 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.

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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