

Public Service Announcement

International Overdose Awareness Day

Start Date: August 26, 2024

End Date: August 31, 2024

Nunavut-wide

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International Overdose Awareness Day is observed annually around the world on August 31 to raise awareness about overdose and emphasize that it is preventable. The theme for 2024 is *“Together we can”*, highlighting the power of Nunavummiut when we all stand together.

Every life is precious and the Department of Health encourages open and honest dialogue about substance use. An overdose can happen to anyone and can be accidental. Talking about it can help reduce overdoses and save lives.

An overdose happens when a toxic or poisonous amount of a drug, or combination of drugs, including alcohol, overwhelms the body. All drugs, including prescribed medication, can cause an overdose.

If you think you, or someone you know is experiencing an overdose, **immediately** contact emergency services or go to your local health centre or hospital. Remember, health centres and hospitals are equipped with the antidote Naloxone.

To help prevent an overdose, it is important to:

- Only take prescription medication that has been prescribed to you.
- Follow the directions on prescriptions and over-the-counter drug labels.
- Listen to any instructions from healthcare providers.
- Dispose of expired or unused medications – take to a health centre or pharmacy.

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

For confidential support, you can contact:

Counselling

- 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.
- Ilisavik 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

- Canadian Suicide Crisis Help line
 - Call or text 988 to be directed to a helpline to best suit your needs
- The Nunavut Kamatsiaqtut Help Line (available 24 hours a day, seven days a week).
 - Call (867) 979-3333 or toll free on 1-800-265-3333.
- 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 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 www.inuusiq.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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