

Public Service Announcement

National Mental Health Week

Start Date: May 6, 2024 End Date: May 12, 2024 Nunavut-wide

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National Mental Health Week is from May 6 to 12, 2024 and the Department of Health is encouraging Nunavummiut to take time to learn, talk and connect with friends, family and Elders about mental health and wellness.

This year's theme, *Healing through Compassion,* calls on Nunavummiut to be kind to themselves and others. Collectively and individually, we all have the capacity to be compassionate, and doing so can make a tremendous difference.

The Department of Health encourages everyone to spend time together and take the time to enjoy the sunshine out on the land. Some activities for mental wellness and self-care include: going outside for fresh air, drawing, sewing, carving, playing sports, listening to a mindfulness podcast or meditation, stretching, walking your dog, fishing, hunting, berry picking, and/or skidooing.

If you or someone you know is struggling with mental health and wellness, always 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 <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

- 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 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.
 - o 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.

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Media Contact:

Pierre Essoh Communications Specialist Department of Health 867-975-5712 pessoh@gov.nu.ca