

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 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.

