

Public Service Announcement

Mental Health School Kits

Start Date: November 4, 2024 End Date: November 29, 2024 Nunavut-wide

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The Department of Health is pleased to announce the distribution of Mental Health School Kits across the territory. The department has worked with Transformative Life Skills Nunavut to create these kits, which are available in Inuktitut, English, and French. In collaboration with the Department of Education, they will be distributed in November 2024 to school staff, such as counsellors, principals, learning coaches, and teachers.

The kits are designed to provide educators with practical tools and activities that support students in developing essential life skills, such as empathy, emotional regulation, stress resilience, and healthy relationships. They offer engaging resources that promote mindfulness, self-awareness, and emotional well-being, with easy-to-implement strategies for use in the classroom.

Rooted in Inuit Qaujimajatuqangit principles, these resources aim to create a supportive learning environment, empowering students to build the emotional skills necessary for success both in and out of school. The departments look forward to seeing the positive impact these resources will have on students throughout Nunavut.

For more information on Mental Health, please visit the Live Healthy website.

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