

Public Service Announcement

National Addictions Awareness Week

Start Date: November 25, 2024

End Date: November 30, 2024

Nunavut-wide

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This week, the Department of Health is celebrating National Addiction Awareness Week, and this year's theme is *"Forging Connections"*. The Department invites Nunavummiut to learn more about the causes and prevention of substance-use related harms, treatment and recovery options. Educating ourselves in these areas helps promote meaningful change, reduce the stigma associated with substance use, and address challenges in experiences, ideas and opinions for individuals, families and communities.

Everyone plays a role in supporting mental health and people with addictions through Inuuqatigiitsiarniq, respecting others, relationships, and caring for people.

Community support is essential to building and maintaining supportive communities. This support includes guidance from Elders, care from health professionals, and advice from those with personal experience. Together, we can improve the lives of those who may be struggling with substance use and can encourage them to ask for and receive help.

One important way to support a safer community is by properly storing and disposing of prescriptions. Safely store medications out of reach of children, teens, and others to prevent accidental consumption, misuse, and dispose of any unused or expired medications by bringing them to your local pharmacy or health center.

You are not alone. If you or someone you know is struggling with substance abuse, reach out to a trusted friend, family member, Elder, or Wellness Counsellor.

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.
- Mental wellness and addiction resources can be found on the [Live Healthy website](#).

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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