

Public Service Announcement

World Mental Health Day 2024

Start Date: October 10, 2024 End Date: October 10, 2024

Nunavut-wide 180 sec

October 10 is World Mental Health Day. This year's theme: 'It is Time to Prioritize Mental Health in the Workplace', highlights that safe, healthy working environments can act as a protective factor for mental health.

The Department of Health is encouraging employees, employers, organizations, and stakeholders in Nunavut to support mental health in the workplace. We want to create workplaces where mental well-being is a priority, protected, and promoted. Together, we can ensure mental health is recognized as an important part of a healthy, productive workplace for everyone.

The department encourages Nunavummiut to take time and enjoy activities that support their mental health and wellness such as staying in touch with family and friends, enjoying time out on the land, engaging in cultural activities like sewing, hunting, or crafting, eating healthy meals and asking for help when needed.

If you or someone you know needs support, reach out to a trusted friend, family member, teacher, counsellor or Elder. The Government of Nunavut (GN) offers community-based, regional, and out-of-territory mental health and addiction services. Different types of therapy can provide help and healing. Visit the GN website for mental health and addiction resources that are best suited for you.

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.

- 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 Kamatsiagtut Help Line (available 24 hours a day, seven days a week).
 - Call 867-979-3333 or toll free on 1-800-265-3333
- Canadian Suicide Crisis Help line.
 - Call or text on 988 to be directed to a helpline to best suit your needs
- Crisis Services Canada.
 - o Call or text 1-833-456-4566
 - Online chat available at www.crisisservicescanada.ca.
- Youthspace.ca.
 - o 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.
 - o Call 1-800-668-6868
 - Live chat is 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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