



## Nunavut celebrates Embrace Life Day and World Suicide Prevention Day

## Nunavut-wide

**120 sec**

You are not alone. Start the conversation today. Every chat, no matter how small, builds a more supportive and understanding society. Together, we can make a difference and prioritize life, ensuring everyone gets the help they need. Help is always available. If you or someone you know needs support, reach out to a trusted friend, family member, teacher, counsellor or Elder, and talk about how you feel. Free, confidential mental health and addictions support is available at your local health centre.

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](mailto: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.
- Iisaaqsiqvik 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
- Canadian Suicide Crisis Help line.
  - Call or text on 988 to be directed to a helpline to best suit your needs
- Crisis Services Canada.
  - Call or text 1-833-456-4566
  - Online chat available at [www.crisisservicescanada.ca](http://www.crisisservicescanada.ca).
- Youthspace.ca.
  - Call 1-833-456-4566 - Text 778-783-0177
  - Online chat available at [www.youthspace.ca](http://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](http://kidshelpphone.ca).
  - Text 'CONNECT' to 686868 to message with a trained volunteer

### **Website for tips**

- Isaksimagit Inuusirmi Katujjiqaatigiit Embrace Life Council.

## Communications