

Public Service Announcement

Nunavut celebrates Embrace Life Day and World Suicide Prevention Day

Start Date: September 9, 2024 End Date: September 10, 2024

Nunavut-wide 120 sec

September 10, 2024, is Embrace Life Day and World Suicide Prevention Day; a time for Nunavummiut to connect with one another and practise positive coping skills and self-care.

This year's theme, 'Changing the Narrative on Suicide,' focuses on raising awareness about the critical need to transform how we view this complex issue. The goal is to shift the conversation from one of silence and stigma to one of openness, understanding, and support.

The Department of Health encourages Nunavummiut to take time to enjoy activities supporting their mental health and wellness. Safeguarding our mental wellness is as important to our overall well-being as taking care of our physical health. Self-care and positive coping skills can improve mental health. It is important to stay in touch with family and friends, enjoy time out on the land, engage in cultural activities like sewing, hunting, or crafting, eat healthy meals, and ask for help when needed.

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 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.
- 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 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.
- 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 Katujjigaatigiit 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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