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Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

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Nunavut

Public Service Announcement

International FASD Awareness Month

Start Date: **September 6, 2024**
End Date: **September 30, 2024**
Nunavut-wide **100 sec**

September 9, 2024 is International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day, which is devoted to improving the prevention, diagnosis, and support for individuals and their families affected by FASD.

In 2020, the Government of Canada officially recognized September as FASD Awareness Month to highlight this lifelong disability that affects the brain and body of individuals who were exposed to alcohol in the womb.

This year's theme is *Everyone Plays a Part* and to show support, Canadians are asked to join the *Red Shoes Rock* campaign by wearing red footwear throughout September.

We all have a role to play in FASD prevention. It is never too late to get the facts about alcohol and pregnancy, and support is available. The more we talk about the factors influencing alcohol consumption during pregnancy, the more we can understand and support each other.

Each person with FASD has their own strengths and challenges and may need special support to manage daily life. Although FASD is a lifelong disability, the right support and help can make a big difference.

Support for Nunavummiut with suspected or confirmed FASD, and their families is available at:

- The Pirugatigiit Resource Centre in Iqaluit.
- The Kitikmeot Friendship Society in Cambridge Bay.

For anonymous support, you can contact:

- The Nunavut Kamatsiaqtut Help Line toll-free at 1-800-265-3333 or 867-979-3333 (available 24 hours a day).
- Text Crisis Services Canada at 1-833-456-4566 or use the online chat.
- Call the National Crisis Line for former residential school students and their families at 1-866-925-4419 (available 24 hours a day, in Inuktut, English, and French).
- Call the Child First Initiative at 1-855-572-4453
- Reach out to the Healing by Talking Program which is a free telephone counselling service provided by the Department of Health. Call 867-975-5367 or email healing@gov.nu.ca.
- Call the Government of Nunavut's Employee/Family Assistance Program at 1-800-663-1142.

For cultural wellness and healing in Nunavut, you can reach out to:

- Department of Healthy Living in Cambridge Bay: 867-983-4670.
- Kitikmeot Friendship Society in Cambridge Bay: 867-983-3330.
- Ilisaqsivik Society in Clyde River: Toll Free Counselling Line 1-888-331-4433.
- Pulaarvik Kablu Friendship Centre in Rankin Inlet: 867-645-2600.
- Tukisigiarvik Society in Iqaluit: 867-979-2400.
- Piruqatigiit Resource Centre in Iqaluit : 867-877-4155.
- Aqqiumavvik Society in Arviat.

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