Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

Public Service Announcement

National Addictions Awareness Week 2025

Start Date: **November 17, 2025**
End Date: **November 22, 2025**
Nunavut-wide **120 sec**

The Department of Health is recognizing National Addictions Awareness Week this November 16 to 22.

This year's theme is *Anchoring Hope*, and it highlights the importance of fostering hope, building connections, and supporting positive outcomes for individuals, families and communities affected by substance use.

Educating ourselves helps promote meaningful change, reduce the stigma around substance use, and strengthen understanding within individuals, families and communities. Nunavummiut are encouraged to learn more about the causes and prevention of substance-related harms, as well as available treatment and recovery options.

Everyone in the community can support people living with mental illness and addictions. By practicing inuuqatigiitsiarniq, showing respect, valuing relationships, and caring for others, communities grow stronger and more compassionate. Support comes in many forms, including guidance from Elders, care from health-care professionals, and the lived experience of those in recovery. Together, communities can help individuals struggling with substance use to access support and treatment to improve their lives and improve the lives of every person in the community.

Improving the life a community also means making it safer. One way to improve safety is to properly store and dispose of prescription medications. Keep medicines out of reach of children and teens and bring unused or expired medications to your local pharmacy or health centre for safe disposal.

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.

If you or someone you know is in crisis, call the RCMP or go to your local health centre or hospital immediately.

For confidential support, reach out to your local mental health nurse or mental health consultant at the health centres and drop in at Greenstone in Iqaluit. You can visit www.gov.nu.ca or reach out to the contacts listed below:

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. – 5:00 p.m. Call toll-free at 1-888-331-4433.

Help Lines and Online Chat:

- 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 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.
- Kids Help Phone.
    - Call 1-800-668-6868. Live chat available at kidshelpphone.ca. Text ‘CONNECT’ to 686868 to message with a trained volunteer.

Websites for Tips:

- Isaksimagit Inuusirmi Katujjiqaatigiit Embrace Life Council.
    - Visit www.inuusiq.com for more information, support, and tips.
- Inuusittiaringniq - Living Well Together.

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Communications

- Visit livehealthy.gov.nu.ca for information about mental wellness, addiction and substances.

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