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Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

Public Service Announcement

World Mental Health Day

Start Date: October 10, 2025
End Date: October 10, 2025
Nunavut-wide **75 sec**

Every October 10, people around the world observe World Mental Health Day to raise awareness of the stigma surrounding mental health and the importance of promoting mental wellness.

This year's theme, "*Access to Services – Mental Health in Catastrophes and Emergencies*", emphasizes the need for accessible mental health services always and everywhere, especially during crises and emergencies.

The Department of Health encourages employees, employers, organizations, community members, families and stakeholders across Nunavut to support mental health. Help create an environment where mental well-being is a priority, protected and promoted. Together, we can ensure that mental health is recognized as an important part of a healthy, productive environment for everyone.

To maintain mental health, take the time to enjoy activities that support your mental health, such as staying in touch with family and friends, enjoying time out on the land, engaging in cultural activities like sewing, hunting or crafting, and eating healthy meals.

If you or someone you know is in crisis, call the RCMP, 1-867-979-1111, or Suicide Crisis Helpline, 9-8-8, or visit your local health centre or hospital immediately.

If you or someone you know needs support, reach out to a trusted friend, family member, teacher, counsellor or Elder. Additionally, the Government of Nunavut (GN) offers community-based, regional, and out-of-territory mental health and addiction services. Visit the Government of Nunavut's website for additional mental health and addiction information and resources.

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