

Public Service Announcement

National Mental Health Week

Start Date: May 4, 2026

End Date: May 10, 2026

Nunavut-wide

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National Mental Health Week is May 4 to 10, 2026, and the Department of Health is encouraging Nunavummiut to take time to learn, talk and connect with friends, family and Elders about mental health and wellness.

This year's theme, “*Come Together, Canada: Stronger Connections, Better Mental Health*”, calls on Nunavummiut to spark small, everyday actions of compassion, and to recognize the role we all play in supporting mental health through connection to community, to family, and to the land.

The Department of Health encourages everyone to spend time together and take the time to enjoy the sunshine out on the land. Some activities for mental wellness and self-care include going outside for fresh air, drawing, sewing, carving, playing sports, listening to a mindfulness podcast or meditation, stretching, walking your dog, fishing, hunting, berry picking and/or snowmobiling. Together, Nunavummiut can strengthen mental health, build healthier communities, and help more people feel connected.

If you or someone you know is struggling with mental health and wellness, always remember that you are not alone. It is OK to ask for help.

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.

- ## **Help Lines and Online Chat**

- ### Website for tips

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