

Public Service Announcement

World Mental Health Day 2022

Start Date: October 7, 2022 End Date: October 10, 2022

Nunavut-wide 75 sec

On October 10, 2022, the Department of Health is asking Nunavummiut to join people around the world in recognition of World Mental Health Day.

World Mental Health Day is a reminder that mental health affects us all, no matter where we are from, our culture, or character. It is a reminder to take care of yourself and others. Individuals can experience challenges with their mental health at any point in their lives. It is important to recognize that everyone has a different journey.

We often rely on one another for support and to build a stronger community. By working together, we can all do our part to promote and support mental health and well-being.

Things you can do:

- Be kind and remember that many people are fighting battles we don't know about.
- Be present when someone needs to talk.
- Remain open-minded and non-judgmental when supporting each other.
- Create spaces where people feel safe, respected, and heard.
- Encourage others to reach out in difficult times and remember that there is no shame in seeking help.

If you or someone you know needs support, reach out to a trusted friend, family member, teacher, counsellor, or Elder. The Government of Nunavut offers community-based, regional, and out-of-territory mental health and addiction services. Different types of therapy can provide help and healing. Visit the Government of Nunavut website for mental health and addictions resources that are best suited for you.

For anonymous support, contact:

- Nunavut Kamatsiaqtut Help Line offers anonymous and confidential telephone support 24 hours a day, seven days a week.
 - Call toll-free 1-800-265-3333
 - In Igaluit, call 979-3333
- Healing by Talking Program is a free telephone counselling service provided by the GN's Department of Health.
 - o Call 1-888-648-0070
 - o Email healing@gov.nu.ca
- **Kids Help Phone** offers no judgement counselling for young people. No matter what you want to talk about, they will listen. It's free, confidential, and available 24 hours a day, seven days a week.
 - Call toll-free 1-800-668-6868
 - Text 'TALK' to 686868 (no data plan, internet connection, or app required)
 - Live chat at www.kidshelpphone.ca
- Residential Schools Resolution Health Support Program offers cultural and emotional support and counselling to all former residential school students and their families. Services available 8:30 a.m. to 5 p.m., Monday to Friday.
 - o Call 1-866-509-1769 or 1-800-464-8106

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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