

Public Service Announcement

National Addictions Awareness Week

Start Date: November 20, 2023 End Date: November 25, 2023 Nunavut-wide

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This week, the Department of Health is celebrating National Addiction Awareness Week, and this year's theme is "*Inspiration, Innovation, and Inclusion*". The Department of Health invites Nunavummiut to learn more about the causes and prevention of substance-use related harms, treatment and recovery options. Educating ourselves in these areas helps promote meaningful change and reduce the stigma associated with substance use.

Everyone plays a role in supporting mental health and people with addictions through Inuuqatigiitsiarniq, respecting others, relationships, and caring for people.

Community support is essential to building and maintaining supportive communities. This support includes guidance from Elders, care from Health professionals, and advice from those with personal experience, Together, we can improve the lives of those who may be struggling with substance use and can encourage them to ask for and receive help.

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.

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 <u>healing@gov.nu.ca</u> or call toll-free at 1-888-648-0070 or (867) 975-5367.
- GN Employee/Family Assistance Program.
 - o **1-800-663-1142**.
- Ilisaqsivik Telephone Counselling

 Offers telephone counselling in English and Inuktitut, Monday-Friday from 8:30 a.m. - 5 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 at 1-800-265-3333.
- Crisis Services Canada.
 - o Call or text 1-833-456-4566.
 - Online chat available at <u>www.crisisservicescanada.ca</u>.
- Youthspace.ca.
 - o Call 1-833-456-4566 Text 778-783-0177.
 - Online chat available at <u>www.youthspace.ca</u>.
 - Email counselling is available by calling toll free at 1-866-478-8357.
- Kids Help Phone.
 - o Call 1-800-668-6868.
 - Live chat available at <u>kidshelpphone.ca</u>.
 - Text 'CONNECT' to 686868 to message with a trained volunteer.

Website for tips

• Isaksimagit Inuusirmi Katujjiqaatigiit Embrace Life Council.

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- Visit the website <u>www.inuusiq.com</u> for more information, support and tips.
- Mental wellness and addiction resources can be found at: <u>Drugs and Alcohol</u> <u>Healthy Living</u>.

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

Media Contact:

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