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Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

Public Service Announcement

Nunavummiut unite for World Mental Health Day

Start Date: October 10, 2018
End Date: October 10, 2018
Nunavut-wide **60 sec**

The Department of Health encourages Nunavummiut to join people around the world in recognition of World Mental Health day on October 10.

World Mental Health Day is a reminder that mental health affects us all, no matter our place of birth, background or culture. It is a reminder for us to take care of ourselves and one another. A person's mental health can be affected at any time in their lives and it is important to know that everyone may express it in different ways.

Remember, you are not alone. If you or someone you know is struggling with a mental health problem, help is available. Reach out to a trusted friend, family member, teacher, guidance counsellor, or an Elder, and talk about how you feel and what you're going through. You can also go to your local Health Centre to speak with a mental health worker.

For anonymous support, contact:

- The Nunavut Kamatsiaqtut Help Line (available 24 hours a day, seven days a week) at 867-979-3333 or toll-free at 1-800-265-3333;
- Crisis Services Canada – use the online chat (www.crisisservicescanada.ca), call, or send a text to 1-833-456-4566; and
- Isaksimagit Inuusirmi Kataujjiqatigiit Embrace Life Council's website (www.inuusiq.com), or call the toll free line at 1-866-804-2782.

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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