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Building *Nunavut* Together  
*Nunavut* Iiuqatigiingniq  
Bâtir le *Nunavut* ensemble

## Statement

### Premier Savikataaq and Minister Hicketts recognize Embrace Life Day 2020

September 10, 2020  
Iqaluit, Nunavut

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Premier Joe Savikataaq and Minister of Health George Hicketts today released the following joint statement:

“Embrace Life Day means different things for different people – Reflection. Grief. Learning. Change. Hope. For us, it’s a time to remember those we’ve lost and celebrate life.

Mental health is just as important as physical health. We encourage all Nunavummiut to find time to practice self-care and positive coping skills. Every day is an opportunity to foster positive mental health and well-being, and to help support a healing journey – either your own or that of someone you love.

If you need to talk, please 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’s online chat at [www.crisisservicescanada.ca](http://www.crisisservicescanada.ca), or call or send a text 1-833-456-4566; or
- Isaksimagit Inuusirmi Kataujjiqatigiit Embrace Life Council toll-free at 1-866-804-2782 or visit [www.inuusiq.com](http://www.inuusiq.com).

No matter what, hold on to hope. Reach out. Please know you’re not a burden and you are not alone. You are loved.”

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