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Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

Public Service Announcement

Nunavut celebrates Mental Health Week

Start Date: May 6, 2019
End Date: May 12, 2019
Nunavut-wide **75 sec**

It's Mental Health Week, and the Department of Health is encouraging Nunavummiut to talk and connect with friends, family and Elders about mental health and wellness.

Mental health is just as important as physical health. Having good mental health helps us live well and maintain a balanced lifestyle.

Mental health concerns can affect your mind, your emotions, your behavior, and how you feel physically. It can be easy to tell when someone has a physical illness, but you may not be able to tell when someone has a mental illness. This does not mean that someone with a mental illness is not in pain or does not need help. We all need help to heal and we heal better when we heal together.

It is never wrong to ask for help or seek treatment to improve your mental health. Remember, you are not alone. If you or someone you know needs support, reach out to a trusted friend, family member, teacher, counsellor or an Elder. Support is also available at your local health centre.

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 text to 1-833-456-4566.
- Youthspace.ca – online chat, call or send a text to 1-833-456-4566.
- Isaksimagit Inuusirmi Kataujjiqatigiit Embrace Life Council's website (www.inuusiq.com).
- Kids Help Phone – call 1-800-668-6868, use the live chat at www.kidshelpphone.ca, or text 'TALK' to 686868.

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

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