

## **Public Service Announcement**

January 28 is Bell Let's Talk Day

Start Date: January 28, 2021 End Date: January 28, 2021 Nunavut-wide

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Every year in January, 'Bell Let's Talk Day' encourages a nation-wide dialogue to help Canadians promote mental health education, awareness, and funding.

The goal of 'Bell Let's Talk' is to demonstrate that every day is an opportunity to talk about mental health, support friends and family, and create spaces where people can feel safe, respected, and heard.

With the COVID-19 pandemic, the past year has created difficult circumstances, all while teaching us the importance of connection. We can still stay in touch with people outside of our household by talking on the phone, connecting online, and going for a walk together. It is important that you practice physical distancing while you are staying socially connected.

You are not alone. There is support in your community. If you or someone you know needs support, reach out to a trusted friend, family member, teacher, counsellor or Elder. Visit your local health centre for confidential mental health and addictions support.

For anonymous support, contact:

- The Nunavut Kamatsiaqtut Help Line (**Inuktitut, English)** available 24 hours a day, seven days a week) call 867-979-3333 or toll-free at 1-800-265-3333.
- Hope for Wellness Helpline (available in all Nunavut official languages) available 24 hours a day, seven days a week) call toll-free at 1-855-242-3310.
- Crisis Services Canada (English, French) chat at www.crisisservicescanada.ca, call toll-free or send a text to 1-833-456-4566.
- Kids Help Phone (English, French) call 1-800-668-6868, use the live chat at www.kidshelpphone.ca, or text 'TALK' to 686868.

Mental health impacts all of us. To learn more about Bell Let's Talk and how you can get involved, visit <u>letstalk.bell.ca</u>.

## Media Contact:

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