

## Public Service Announcement

Nunavut celebrates Embrace Life Day

Start Date: September 7, 2016 End Date: September 10, 2016 Nunavut-wide

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September 10 is Embrace Life Day; a time for Nunavummiut to connect with one another and practice positive coping skills and self-care for improved mental wellness.

We often face challenging times and emotions. Practicing positive coping skills builds our strength and resilience, and helps us through these challenges.

Practice self-care and increase your coping skills by:

- walking out on the land
- fishing or hunting
- bathing or napping
- crafting, such as sewing or knitting
- creating art, such as drawing or carving
- talking to friends and family
- cooking and eating healthy foods
- watching a movie
- reading
- playing with your children
- listening to music you enjoy

Remember you are not alone and that help is available. Reach out to a trusted friend, family member, teacher, guidance counsellor, or an Elder, and talk about how you feel. Visit your local health centre to speak with a mental health worker.

Call the Kamatsiaqtut Help Line for anonymous 24 hours a day support at 867-979-3333 or toll free at 1-800-265-3333. Visit Isaksimagit Inuusirmi Kataujjiqatigiit, the Embrace Life Council's website for more information and support, 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.

## Communications

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