

Public Service Announcement

Nunavut Celebrates Embrace Life Day

Start Date: September 7, 2017 End Date: September 10, 2017

Nunavut 60 sec

On Embrace Life Day, the Department of Health encourages Nunavummiut to take the time to enjoy healthy activities that support mental health and wellness.

Practicing self-care and positive coping skills is important for our daily lives. Healthy activities include spending time with family and friends, enjoying time out on the land, engaging in traditional activities like sewing, hunting, or crafting, eating healthy meals, and getting involved in the community. The resilience within our communities supports us in strengthening our mental health and wellness.

Inuusittiaringniq is a newsletter which highlights community health and mental wellness programming. If you would like to receive this newsletter, or would like to submit a story about a community program, please email embracelife@inuusiq.com.

Remember, you are not alone. If you or someone you know is not feeling well emotionally or mentally, help is available. Reach out to a trusted friend, family member, teacher, counsellor, or Elder, and talk about what you're going through. You can also go to your local health centre to speak with a mental health worker.

For anonymous support, call the Kamatsiaqtut Help Line, available 24 hours a day, at 867-979-3333 or toll free at 1-800-265-3333. You can also 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.

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