

Public Service Announcement

Nunavummiut Unite for World Mental Health Day

Start Date: October 6, 2017 End Date: October 10, 2017 Nunavut-wide

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The Department of Health encourages Nunavummiut to join people around the world in recognition of World Mental Health Day on October 10.

World Mental Health Day is a great reminder for us to take care of ourselves and one another. It is important to take care of your mind as you would your body. Let's all do our part to support our friends' and family's mental health, and encourage one another to reach out for help in times of need.

You are not alone. If you or someone you know is struggling with a mental health problem, help is available. Reach out to a trusted friend, family member, teacher, guidance counsellor or Elder. Talk about how you feel and what you're going through. Go to your local health centre to speak with a mental health worker.

Call the Kamatsiaqtut Help Line for anonymous support 24 hours a day, at 867-979-3333 or toll free at 1-800-265-3333.You can also visit <u>Isaksimagit Inuusirmi</u> <u>Katujjiqaatigiit</u>, 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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