

Public Service Announcement

National Mental Health Week

Start Date: May 1, 2023 End Date: May 7, 2023

Nunavut-wide 120 sec

National Mental Health Week is May 1 to 7, 2023, and the Department of Health is encouraging Nunavummiut to take time to learn, talk, and connect with friends, family and Elders about mental health and wellness.

It is important to take the time to focus on our mental health and well-being. When we are mentally healthy, we can feel, think, and act in ways that help us cope with and overcome challenges and lead enjoyable lives.

This year's theme is "My Story". Show your support by starting conversations about mental health and creating safe spaces to share stories. Collectively and individually, we all experience challenges that weigh on our mental wellness. Sharing personal experiences about times of struggle can reinforce feelings of strength, resilience, and perseverance, as well as foster connections with others. Talking openly about mental health is a powerful tool to combat stigma and shame.

If someone decides to share their story with you, be patient and listen without judgement. Your listening ear and support may be exactly what your family member, friend or coworker needs in that moment. Encourage each other and spend time together.

Now that spring is here – take the time to enjoy some sunshine out on the land. Other examples of coping strategies and self-care include drawing, sewing, carving, playing sports, listening to a mindfulness podcast or meditation, stretching, walking your dog, fishing, hunting, berry picking, and/or skidooing.

If you or someone you know is struggling, always remember that you are not alone. It is OK to ask for help.

For confidential support, you can contact:

Counselling

- Healing by Talking Program.
 - o Offers virtual, long-term counselling services to Inuit across the territory.
 - Visit your local Health Centre for more information, email healing@gov.nu.ca or call toll-free at 1-888-648-0070 or (867) 975-5367.
- GN Employee/Family Assistance Program.
 - o 1-800-663-1142.
- Residential School Hope for Wellness Support Program
 - Offers telephone counselling for residential school survivors and their families. Call toll-free at 1-800-464-8106.
- Ilisaqsivik Telephone Counselling
 - Offers telephone counselling in English and Inuktitut, Monday-Friday from
 8:30 a.m. 5 p.m. Call toll-free at 1-888-331-4433.

Help Lines and Online Chat

- The Nunavut Kamatsiaqtut Help Line (available 24 hours a day, seven days a week).
 - Call (867) 979-3333 or toll free at 1-800-265-3333.
- Crisis Services Canada.
 - Call or text 1-833-456-4566.
 - o Online chat available at www.crisisservicescanada.ca.
- Youthspace.ca.
 - Call 1-833-456-4566 Text 778-783-0177.
 - Online chat available at www.youthspace.ca.
 - Email counselling is available by calling toll free at 1-866-478-8357.
- Kids Help Phone.
 - Call 1-800-668-6868.
 - Live chat available at kidshelpphone.ca.
 - Text 'CONNECT' to 686868 to message with a trained volunteer.

Website for tips

- Isaksimagit Inuusirmi Katujjiqaatigiit Embrace Life Council.
 - o Visit the website www.inuusiq.com for more information, support and tips.

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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