



For anonymous support, contact:

- The Nunavut Kamatsiaqtut Help Line toll-free at 1-800-265-3333 or 867-979-3333 (available 24 hours a day).
- Crisis Services Canada – chat at [www.crisisservicescanada.ca](http://www.crisisservicescanada.ca), call, or send a text to 1-833-456-4566.
- Kids Help Phone at 1-800-668-6868, text 'TALK' to 686868, or chat at [www.kidshelpphone.ca](http://www.kidshelpphone.ca).

If you or someone you know is in crisis, call the RCMP, or go or bring the individual to your local health centre or hospital immediately.

###

#### **Media Contact:**

Danarae Sommerville  
Communications Specialist  
Department of Health  
867-975-5712  
[dsommerville1@gov.nu.ca](mailto:dsommerville1@gov.nu.ca)

ᐱᓄᓇᓇᓇᓇᓇ ᐅᓕᓕᓕᓕᓕᓕ ᐱᓄᓇᓇᓇᓇᓇ ᐅᓕᓕᓕᓕᓕᓕ ᐅᓕᓕᓕᓕᓕᓕ ᐅᓕᓕᓕᓕᓕᓕ ᐅᓕᓕᓕᓕᓕᓕ ᐅᓕᓕᓕᓕᓕᓕ, [www.gov.nu.ca](http://www.gov.nu.ca).

News releases are available in Inuktitut, English, Inuinnaqtun and French on [www.gov.nu.ca](http://www.gov.nu.ca).

Tuhaqtaghat itut Inuktitut, Qablunaatitut, Inuinnaqtun Uiviititullu talvani [www.gov.nu.ca](http://www.gov.nu.ca).

Les communiqués de presse sont disponibles en inuktitut, en anglais, en inuinnaqtun et en français au [www.gov.nu.ca](http://www.gov.nu.ca).