



Public Service Announcement

Nunavut Celebrates Embrace Life Day

Start Date: September 10, 2019

End Date: September 10, 2019

Nunavut-wide

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

Our mental health is as important as our physical health. Self-care and positive coping skills can improve our mental health. Healthy activities include spending time with family and friends, enjoying time out on the land, engaging in cultural activities like sewing, hunting or crafting, eating healthy meals, and asking for help when we need it.

You are not alone and there is support in your community. If you or someone you know needs support, reach out to a trusted friend, family member, teacher, counsellor or Elder. Free, confidential mental health and addictions support is available at your local health centre.

For anonymous support, contact:

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

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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