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Building *Nunavut* Together  
*Nunavut* iuuqatigiingniq  
Bâtir le *Nunavut* ensemble

## Public Service Announcement

### January 29 is Bell Let's Talk Day

**Start Date:** January 29, 2020

**End Date:** January 29, 2020

**Nunavut-wide**

**60 sec**

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Every year in January, Bell Let's Talk Day encourages Canadians to talk openly about mental health, in a nation-wide initiative promoting mental health education, awareness, and funding.

Every day is an opportunity to talk about mental health, support friends and family, and create spaces where people can feel safe, respected, and heard.

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 (**Inuktitut, English**) – available 24 hours a day, seven days a week) – call 867-979-3333 or toll-free at 1-800-265-3333.
- Hope for Wellness Helpline (**available in all Nunavut official languages**) – available 24 hours a day, seven days a week) – call toll-free at 1-855-242-3310.
- Crisis Services Canada (**English, French**) – chat at [www.crisisservicescanada.ca](http://www.crisisservicescanada.ca), call toll-free or send a text to 1-833-456-4566.
- Kids Help Phone (**English, French**) – call 1-800-668-6868, use the live chat at [www.kidshelpphone.ca](http://www.kidshelpphone.ca), or text 'TALK' to 686868.

Mental health impacts all of us. To learn more about Bell Let's Talk and how you can get involved, visit [letstalk.bell.ca](http://letstalk.bell.ca).

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