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Building *Nunavut* Together
Nunavut liuqatigiingniq
Bâtir le *Nunavut* ensemble

Public Service Announcement

International FASD Awareness Day

Start Date: September 9, 2021

End Date: September 30, 2021

Nunavut-wide

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September 9 is International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day, which is devoted to improving FASD prevention, diagnosis, and support. FASD is a lifelong disability that affects the brain and body of individuals who were exposed to alcohol in the womb.

Individuals with FASD may experience challenges in their daily lives and may need support with motor skills, physical health, learning, memory, attention, communication, emotional regulation, and social skills to reach their full potential. Although people with FASD may experience challenges in their lives, they are resilient and have many strengths and abilities.

It is safest not to drink any alcohol or use other substances, including cannabis, while pregnant or planning to become pregnant. Piruqatigiit Resource Centre and its Inuit Advisory Circle strongly suggest that having “All of us in the Circle of Support” (Tamatta) encourages a healthy pregnancy.

If you or someone you know needs support with substance use during pregnancy, help is available. Reach out to a trusted friend, family member, or Elder. Free, confidential mental health and addictions support is also available at your local health centre. It is never too late to cut back or quit.

Support for Nunavummiut with suspected or confirmed FASD, and their families, is available at the Piruqatigiit Resource Centre. Visit www.piruqatigiit.ca or phone 867-877-4155.

For anonymous support:

- Call the Nunavut Kamatsiaqtut Help Line toll-free at 1-800-265-3333 or 867-979-3333 (available 24 hours a day).
- Text Crisis Services Canada at 1-833-456-4566 or use the online chat (www.crisisservicescanada.ca).
- Call the National Crisis Line for former residential school students and their families at 1-866-925-4419 (available 24 hours a day, in Inuktitut, English, or French).
- Call the Child First Initiative at 1-855-572-4453 (www.canada.ca/supporting-inuit-children).

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