

## **Public Service Announcement**

## **National Addictions Awareness Week**

Start Date: November 22, 2021 End Date: November 27, 2021 Nunavut-wide

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Nunavummiut are invited to join the Department of Health in recognizing National Addictions Awareness Week from November 21 to November 27, 2021.

The theme for this year is "Driving Change Together." It provides an opportunity for Nunavummiut to learn more about prevention, talk about treatment and recovery, bring forward new ideas for change and reduce the stigma around problematic drug or alcohol use.

Substance use is a complex issue and it takes many points of view and collaborative efforts to bring about change to shape a brighter future for people who use substances. Addiction workers, mental health workers, health care professionals, researchers, policy makers, Elders, friends, family and people with lived and living experience of substance use, are all needed in order to work together and drive this change.

We can all do our part in supporting individuals with substance use disorder by practising kindness, caring and understanding toward each other. Building and maintaining supportive relationships and communities can help improve the lives of those who may be living with problematic substance use and make it easier to ask for and receive help.

If you or someone you know needs help overcoming substance use problems, call or visit your health centre, or talk to a trusted friend, family member, Elder or Wellness Counsellor. Counselling services are available through the "Healing by Talking" program. Contact the Program Coordinator at 867-975-5367, toll-free at 1-888-648-0070 or by e-mailing healing@gov.nu.ca.

There are treatment options available and recovery is possible. If you or someone you know is struggling, remember, you are not alone. For anonymous support, contact:

- 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;
- Indian Residential Schools Resolution Health Support Program:
  - National Crisis Line toll-free at 1-866-925-4419 (available 24 hours a day).
  - Ilisaqsivik Counselling Line toll-free at 1-888-331-4433.
- Crisis Services Canada use the online chat (<u>www.crisisservicescanada.ca</u>), call, or send a text to 1-833-456-4566;
- Youthspace.ca online chat or call us at 1-833-456-4566 or send a text at 778-783-0177. Email counselling is also available, call us at 250-478-8357 or call the toll free number at 1-866-478-8357;
- Isaksimagit Inuusirmi Kataujjiqatigiit Embrace Life Council call the toll free line at 1-866-804-2782 or email us at <u>embracelife@inuusiq.com</u> or visit the website (<u>www.inuusiq.com</u>) for more information and support;
- Kids Help Phone call 1-800-668-6868, use the live chat at <u>www.kidshelpphone.ca</u>, or text 'CONNECT' to 686868 for a Live Chat or text 'TALK' to 686868 to message with a trained volunteer.

For more information, check out the Canadian Centre on Substance Use and Addictions website at <u>https://www.ccsa.ca/national-addictions-awareness-week</u>.

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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## Media Contact:

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