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Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

Public Service Announcement

International FASD Awareness Day

Start Date: **September 9, 2022**
End Date: **September 30, 2022**
Nunavut-wide **100 sec**

September 9 is International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day, which is devoted to improving the prevention, diagnosis, and supports for individuals and their families affected by FASD. 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 across their lifespan. Although individuals with FASD may experience challenges in their lives, they are resilient and have many strengths and abilities.

FASD can be preventable. While pregnant or planning to become pregnant, it is safest not to drink any alcohol or use other substances, including cannabis. It is never too late to get the facts about alcohol and 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. There is also free and confidential mental health and addictions support available at your local health centre. 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.

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 Monday to Friday from 8:30 a.m. to 5 p.m.

If you want to learn more about FASD and ending the stigma, you can also complete their free community based on-line FASD courses offered in Inuktitut and English. Practice Inuuqatigitsiarniq and Tunnganarniq to promote dignity, equity, and inclusion of Nunavuummiut affected by FASD.

For anonymous support, you can:

- 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 Inuktut, English, or French).
- Call the Child First Initiative at 1-855-572-4453 (www.canada.ca/supporting-inuit-children).
- Reach out to the Healing by Talking Program which is a free telephone counselling service provided by the Department of Health. Call 1-867-975-5367 or email healing@gov.nu.ca.
- Call the Government of Nunavut's Employee/Family Assistance Program at 1-800-663-1142.

For cultural wellness and healing in Nunavut, you can reach out to:

- Department of Healthy Living in Cambridge Bay: 1-867-983-4670.
- Kitikmeot Friendship Society in Cambridge Bay: 1-867-983-3330.
- Ilisaqsivik Society in Clyde River: Toll Free Counselling Line 1-888-331-4433.
- Pulaarvik Kablu Friendship Centre in Rankin Inlet: 1-867-645-2600.
- Tukisigiarvik Society in Iqaluit: 1-867-979-2400.
- Piruqatigiit Resource Centre in Iqaluit : 1-867-877-4155.
- Aqqiumavvik Society in Arviat: https://www.aqqiumavvik.com/.

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