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Building Nunavut Together
Nunavut iuqatigiingniq
Bâtir le Nunavut ensemble

Public Service Announcement

January 25 is Bell Let's Talk Day

Start Date: January 25, 2023

End Date: January 25, 2023

Nunavut-wide

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Every year in January, Bell Let's Talk Day encourages a nation-wide dialogue on 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 available in your community. If you or someone you know needs support, reach out to a trusted friend, family member, teacher, counsellor or Elder. Visit your local health centre for confidential mental health and addictions support.

For 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.
- Healing by Talking (English) – virtual counselling service, call 1-888-648-0070 or email Healing@gov.nu.ca for more information.
- 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, 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, 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.

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