

# **Public Service Announcement**

# Wellness resources available

**Start Date:** June 9, 2023 **End Date:** June 30, 2023

Nunavut-wide 180 sec

In the wake of recent news events, the Government of Nunavut wants to remind all Nunavummiut that help is available to anyone affected by child sexual abuse.

If you are the survivor of sexual assault and/or close to one, there are many resources readily available to help you heal and feel safe. If recent news events have brought forward feelings you've tried to forget, there are people ready to talk with you. They can also help you connect with law enforcement or other supports when you are ready to seek justice or action.

If someone decides to share their story with you, be patient and listen without judgement. Your listening ear and support may be exactly what your family member, friend or coworker needs in that moment. Encourage each other and spend time together. If their story is too much for you to handle alone, help is a phone call away.

Talking openly about mental health is a powerful tool to combat stigma and shame. Sharing personal experiences about times of struggle can reinforce feelings of strength, resilience, and perseverance, as well as foster connections with others.

Whether you are struggling or someone you know is struggling, always remember that you are not alone. It is OK to ask for help.

The Government of Nunavut encourages Nunavummiut to report abuse to their local RCMP detachment.

For confidential support, you can contact:

### Counselling

- Healing by Talking Program.
  - o Offers virtual, long-term counselling services to Inuit across the territory.
  - Visit your local Health Centre for more information, email healing@gov.nu.ca or call toll-free at 1-888-648-0070 or (867) 975-5367.
- GN Employee/Family Assistance Program.
  - o 1-800-663-1142.
- Residential School Hope for Wellness Support Program
  - Offers telephone counselling for residential school survivors and their families. Call toll-free at 1-800-464-8106.
- Ilisaqsivik Telephone Counselling
  - Offers telephone counselling in English and Inuktitut, Monday-Friday from
     8:30 a.m. 5 p.m. Call toll-free at 1-888-331-4433.

## **Help Lines and Online Chat**

- 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.
- Crisis Services Canada.
  - Call or text 1-833-456-4566.
  - Online chat available at www.crisisservicescanada.ca.
- Youthspace.ca.
  - Call 1-833-456-4566 Text 778-783-0177.
  - Online chat available at www.youthspace.ca.
  - Email counselling is available by calling toll free at 1-866-478-8357.
- Kids Help Phone.
  - o Call 1-800-668-6868.
  - Live chat available at kidshelpphone.ca.
  - Text 'CONNECT' to 686868 to message with a trained volunteer.

#### **Nunavut Victim Services**

- The Nunavut Victim Services can help Nunavummiut access supports and provide advice and guidance through the judicial process.
  - Call toll free at 1-866-456-5216.
  - Email VictimServices@gov.nu.ca

# Website for tips

- Isaksimagit Inuusirmi Katujjiqaatigiit Embrace Life Council.
  - o Visit the website <a href="www.inuusiq.com">www.inuusiq.com</a> for more information, support and tips.

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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