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RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK
NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES

News Release

FOR IMMEDIATE RELEASE

Nunavik's National Suicide Prevention Week activities build upon a coordinated and sustained effort to create suicide-safer communities.

Kuujjuaq, Québec – January 30, 2017. During National Suicide Prevention Week, January 28 – Feb 4, 2017, please join the Nunavik Regional Board of Health and Social Services (NRBHSS) in reaching out to all Nunavimmiut with a message of connection and hope: "*You are important to us! Suicide is not an option."* During the week of January 29th, the NRBHSS is mobilizing health and community workers throughout the region through the following suicide prevention activities:

- Joining the province-wide movement to distribute pins with the message "You are important to me." This campaign highlights the unique and precious place of each individual in his or her circle of family, friends, and community.
- Posters, social media, and radio communications will promote resources and help lines that are available 24/7 for those who are in crisis, or who need to talk for any reason.
- Support and funding has been made available to communities that wish to plan local suicide prevention training workshops, awareness campaigns, or events to celebrate life.

The NRBHSS and its partners are keenly aware that preventing suicide requires coordinated and sustained efforts and investment in local capacity. Across Nunavik, a growing network is dedicated to suicide prevention and intervention throughout the year. Current initiatives include:

- A permanent **Regional Suicide Prevention Committee**
- Two regional **Suicide Prevention Liaison Worker** (SPLW) positions, whose mandate is to coordinate and support suicide prevention on each coast. Two new positions will be implemented this year.
- **Puttautiit**, Nunavik's annual suicide prevention and healing conference:
    - A 2nd edition of the conference took place in Kuujjuaq from October 16-23, 2016.
    - The 2016 conference focused on the theme of grieving and healing, and was attended by over 70 Nunavimmiut, many of whom had been personally affected by suicide.
    - The conference features Inuit expertise in suicide prevention: all workshops were led by Nunavimmiut and Inuit psychosocial support staff that were available 24 hours per day.
    - The 3rd edition will be coming in fall 2017

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- **Suicide prevention training** is available in the region and offered by Inuit that are certified trainers:
    - **ASIST** is a 2-day workshop on suicide intervention. Participants learn to:
      - Build a suicide safer community
      - Recognize individuals that may be at risk of suicide
      - Feel more ready, willing and able to help those at risk of suicide
      - Work with people at risk of suicide to create a safe plan.
    - **SafeTALK** is a half-day workshop. Participants learn to:
      - Recognize individuals who may be at risk of suicide
      - Apply the TALK steps: Tell, Ask, Listen, and Keep Safe
      - Connect people who are at risk of suicide to services that can help them.
- **Mental Health First Aid**
    - NRBHSS collaborated with ITK to develop Inuit-specific Mental Health First Aid training. 3 trainers are prepared to provide this service starting in 2017.
- Collaboration with ITK in the **National Inuit Suicide Prevention Strategy** (launched last fall)
- **Reach Out Facebook page;** a page that promotes inspiring messages for Nunavimmiut, sharing relevant information, available resources and options to get support.
- Planning to develop a regional help line and web based intervention services.

It is possible to prevent suicide. Help and support are available to those suffering from mental illness, such as (yet not limited to) depression, addiction or are experiencing stressful life events. Services are available for their friends and loved ones as well. If you or someone you know needs help, do not hesitate to reach out to a friend, family member, professional health-care provider, or to call one of these free hotlines:

- CLSC: 819-###-9090;
- Kamatsiaqtut Help Line: 1-800-265-3333 (English / Inuktitut)
- Inuit values and Practices: 1-877-686-2845
- First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310
- Kids Help Phone: 1-800-668-6868 www.kidshelpphone.ca (English / French)
- National Suicide Prevention Lifeline, 1-800-273-TALK (8255) (English)
- 1-866-APPELLE (1-866-277-3553) (French)

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