

Funding is offered to communities that would like to organize events or projects promoting mental health. Tools will also be made available to schools and youth workers to foster dialogue with youth on topics such as self-esteem, positive identity and the capacity to adapt. All the information is available online at www.nrbhss.gouv.qc.ca/en/mental-health-week.

Promoting mental well-being means promoting life, self-confidence, positive relations and contributions to the community. It also means promoting healthy stress management and accepting help offered during difficult times. Let us take action together to give meaning and spread the word across Nunavik.

The Nunavik Regional Board of Health and Social Services is a public agency created in 1978 under the James Bay and Northern Québec Agreement. It is responsible for nearly the entire Québec territory located north of the 55th parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.

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Source: Nunavik Regional Board of Health and Social Services

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