

Nunavik
Suicide
Prevention
Strategy



5 priorities

1
Healthy
Development
for Children
and Youth

2
Comprehensive
Mental Health
Support

3
Healing
from Grief
and Historical
Trauma

4
Inuit
Knowledge
Mobilization

5
Inuit Self-
Determination
and collaboration
Across Nunavik

REGIONAL SUICIDE PREVENTION COMMITTEE

Makivik Corporation

Kativik Municipal Housing Bureau

Isuarsivik Treatment Centre

Canadian Rangers

Saturviit Inuit Women's Association

Saqijuq

Qarjuit Youth Council

Avataq Cultural Institute

Qajaq Network for Men

Nunalituqait Ikajuqatigiitut Inuit Association

Kativik Regional Government

Kativik Regional Police Force

Recreation Department

Nunavik Elders Committee

Innulitsiavik Health Centre

Suicide Prevention Liaison Workers

Mental Health Team

Nunavik Regional Board of Health & Social Services

Department of Planning & Programming

Department of Public Health

Department of Inuit values & Practices

Kativik Iisarniliriniq

Adult Education

Complementary Services

Tulattavik Health Centre

Suicide Prevention Liaison Workers

Mental Health Team

1

Healthy Development for Children and Youth

- Increase the number of Nunami program activities held in communities
- Workshop given in schools on breakups
- At risk youth to participate in on the land activities; learn other skills
- Training for school staff and health care professionals on gender and sexual diversity



Comprehensive Mental Health Support

2

- Harmonized number for social services
- Sexual abuse intervention team giving training and workshops
- Medical/mental health referral for rangers and junior rangers
- Harm reduction approach to share with organizations
- Mobile Intervention Team in Puvirnituaq (Police officer + Social worker)
- Support front line workers in trauma intervention (PTSD/Trauma informed practices)
- Update of the firearm workshop of KRPF
- KMHB training for employees to understand risk factors among tenants
- Nunavik Suicide Prevention device/mobile application
- Increase awareness and better equip the population on how to recognize distress and ask for help through workshops
- Reach out workshop given to Rangers
- Ride the Waves program

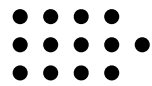


3

Healing from Grief and Historical Trauma

- Increase knowledge, recognize their skills and better identify natural helpers within the region
- Support postvention protocol development around the region
- Offer healing sessions in communities
- Promote self-empowerment in healing
- Crochet program in Puvirnitug
- Explore the grief workshops (it's ok to cry) to be given
- Hire Inuit natural helpers
- Trauma informed practices training and measures within organizations
- Pre-hiring Inuit culture and values training to be offered to new comers
- Develop decolonization material (pilot project)





Inuit Knowledge Mobilization

4

- Transfer knowledge from life trajectory study
- Follow up, facilitate, and communicate the Nunavik Suicide Prevention Strategy with communities and organizations
- Role model visit – Jordin Tootoo
- Create and make available a mapping of existing and available programs and resources





Inuit self-determination and collaboration across Nunavik

- Develop Inuit manpower within front line workers
- Build some community mobilization plans
- Ungaluk Safer Communities Program

