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NUNAVIK SUICIDE-PREVENTION STRATEGY LAUNCH: THE REGION MOBILIZED

Kuuujuaq, November 12, 2019 – The Regional Suicide Prevention Committee (RSPC) met in Kuuujuaq for a working session to identify tangible actions in response to the needs of Nunavimmiut and launched its regional suicide-prevention strategy. Approved last June and adopted through a letter of commitment by all organizations concerned, the strategy is meant as a lasting measure and represents another step toward concrete solutions in response to the diversity of the needs and the region’s complexity.

With the strategy’s launch and from a perspective of maintaining and diversifying the efforts already deployed in suicide prevention, the partners mobilized for a three-day working session on the development of an action plan. “With this strategy, Nunavik is adopting broad guidelines, ideas and solutions developed by Nunavimmiut. Supported by the strategy and the measures identified in the action plan, the communities and organizations will jointly and locally ensure their responsibilities in this important undertaking and thus ensure change for the better.” (joint declaration by the partners of the regional suicide-prevention committee).

Among the existing measures are the deployment of obligatory training provided for all interveners of the health and social services sector, development of a workshop, open to the public and aimed at informing and raising awareness among the population, and Nunami, a prevention and healing program in the territory. There are also initiatives from various organizations including Kativik Ilisarniliriniq, which now has employees providing professional support for schoolchildren of the region’s 17 schools and offering support in crisis situations, as well as the Kativik Municipal Housing Bureau, which through its Pivalliani program, adopted its own strategy and measures to support and remain attentive to the mental-health needs of its renters.

After the workshop, more than 18 new concrete measures, aligned with the priorities of the regional strategy, were identified jointly with the partners and will be applied over the coming months.

Help lines are available for those in need:

- Nunavut Kamatsiaqtut Help Line: 1-800-265-3333 (Inuktitut / English)
- Department of Inuit Values and Practices, NRBHSS (9 to 5):
1-877-686-2845 (Inuktitut / English)
- Awareness resources of the First Nations and Inuit Hope for Wellness Help Line:
1-855-242-3310
- Kids Help Phone: 1-800-668-6868 www.jeunessejecoute.ca
- For direct assistance for yourself or a loved one, contact your CLSC:
819-XXX-9090
- www.aqps.info

The Nunavik Regional Board of Health and Social Services is a public agency created in 1978 under the James Bay and Northern Quebec Agreement. It is responsible for nearly the entire Quebec 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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