

FOR IMMEDIATE DISTRIBUTION

MENTAL HEALTH WEEK 2021

Kuujuuaq, April 19th, 2021 – During Mental Health Week, from April 19th to April 23rd, 2021, the Nunavik Regional Board of Health and Social Services (NRBHSS) would like to remind all, the importance of taking care of our mental health such as our physical health, and this all year long.

Throughout the week, the NRBHSS will share information about mental health and depression through the [Reach Out Nunavik](#) Facebook page. Local activities are safely organized in communities, while respecting health measures that are in place. Reach out to your local wellness committee to know more about the activities.

The NRBHSS would like to remind that the Nunami program is still running during the pandemic and the population can apply for funding to organize an on the land activity. Nunami is a land-based mental wellness and prevention program developed by the NRBHSS. Through traditional activities, participants are invited to connect with the land as a way of learning and healing.

Funding and support are available to organize an on-the-land activity in your community:

To apply: <http://nrbhss.ca/en/nunami>

Contact: nunami_nrbhss@ssss.gouv.qc.ca

Everywhere in Nunavik, a growing network is dedicated mental health awareness throughout the year. For further information, contact your local CLSC.

Help and information are available:

- CLSC of each community: 1-819-xxx-9090
- [Canadian Mental Health Association](#)
- [Mental Health Commission of Canada](#)
- [Mental Health 101](#)
- [Reach Out Nunavik](#)

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.

Source: Nunavik Regional Board of Health and Social Services

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