

NEWS RELEASE

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TALKING ABOUT SUICIDE SAVES LIVES

Kuujjuaq, February 5th, 2021 – During National Suicide Prevention Week, from January 31st to February 6th, 2021, the Nunavik Regional Board of Health and Social Services (NRBHSS) would like to remind all, that dialogue and community mobilization are essential in the pursuit of suicide prevention efforts.

Throughout the week, the NRBHSS will share information about suicide prevention and the resources available through the <u>Reach Out Nunavik</u> Facebook page. Activities can safely be organized in communities, while respecting health measures that are in place. Suicide Prevention Liaison Workers (SPLWs) will offer support for activities and funding will be made available to all community partners that would like to organize activities for suicide prevention or life promotion.

Throughout the week, a pamphlet will be distributed to Nunavimmiut, to highlight the main priorities established by the Regional Suicide Prevention Committee as a part of the <u>strategy</u> launched in September, 2019.

The NRBHSS reminds the region that all partners (various organizations) are mobilized around the development of the action plan, continuing the regional strategy for the support of the objectives identified. The organizations and programs work toward common goals. Actions have been taken and initiatives are gaining momentum. A summary of the action plan and the work undertaken for the past year will be shared with the population soon.

Everywhere in Nunavik, a growing network is dedicated to suicide prevention and intervention throughout the year. For further information, contact the SPLWs at either Health Centre.

Help is available:

- CLSC of each community: 1-819-xxx-9090
 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)
- First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310 (English / French)
- Kids Help Phone: 1-800-668-6868 www.kidshelpphone.ca (English / French)

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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