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## NATIONAL SUICIDE PREVENTION WEEK

**Kuujuuaq, February 1, 2019** – During National Suicide Prevention Week, from February 3-9, 2019 the Nunavik Regional Board of Health and Social Services (NRBHSS) joins the Quebec Association for Suicide Prevention to talk about suicide to save lives. Discussions are necessary to act in prevention. Individually and as a community, it is by opening dialogue and being attentive that we will succeed in strengthening safety around the vulnerable.

During the week of February 3<sup>rd</sup>, the NRBHSS mobilizes health and community workers throughout the region with the following suicide prevention activities:

Suicide Prevention Liaison Workers (SPLW) will offer support to each community throughout the week.

- The NRBHSS offers funding to all community partners planning local suicide prevention activities that celebrate life. Please contact the SPLWs for more information.
- The NRBHSS' collaboration with the First Nations of Quebec and Labrador Health and Social Services Commission to broadcast the message that when life is difficult, "We are here for you."
- Radio messages in Inuktitut that can be used to support vulnerable individuals.

These resources and more are available through our website in English, French, and Inuktitut: [www.nrbhss.gouv.qc.ca/en/suicide-prevention-week](http://www.nrbhss.gouv.qc.ca/en/suicide-prevention-week)

The Suicide Prevention Week campaign and activities complement the coordinated and sustained suicide prevention efforts, led by the NRBHSS and our partners. Across Nunavik, a growing network is dedicated to suicide prevention and intervention throughout the year. Current initiatives include:

- The Regional Suicide Prevention Committee (RSPC) ensuring efficient coordination of the local and regional efforts on the prevention of suicide in Nunavik.
- Jointly with the RSPC, the development of the 2019-2024 Nunavik Suicide Prevention Strategy. Currently under development, it is to push the commitment and cooperation of all regional organizations.
- Development of new and specific training for interveners; Best Practices Training in Suicide Intervention – Nunavik version. Training has been provided for more than 100 interveners and now offered on a regular basis for each front-line worker.
- Four (4) SPLW positions to coordinate and support suicide prevention on each coast.

- Puttautiit, Nunavik’s annual suicide prevention and healing conference. Over 100 Nunavimmiut gathered for the fourth edition, that took place in Kangiqsujuaq from October 21-26, 2018.
- Inuit trainers that provide workshops in ASIST, SafeTALK and Mental Health First Aid.

Please contact SPLWs at each Health center for more information.

### **Hudson Bay**

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The launch of a regional awareness campaign on suicide prevention, with the objective of helping Nunavimmiut to be more attentive and supportive to vulnerable people, reinforces protective factors and publicizes the available resources. The campaign was launched on the [Reach Out Nunavik](#) Facebook page and is being disseminated in public places throughout Nunavik.

“Communication is an essential step to better understanding and preventing acts of despair. Through this campaign, we wish to consolidate and ensure the continuity of the available resources, remind Nunavimmiut that they are not alone and highlight the importance of working together for better prevention efforts”, stated Minnie Grey, Executive Director of the NRBHSS.

Remember that help is available:

- Nunavut Kamatsiaqtut Help Line: 1-800-265-3333 (Inuktitut / English)
- NRBHSS Department of Inuit Values and Practices (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](http://www.kidshelpphone.ca) (English / French)
- CLSCs of Nunavik: 819-XXX-9090

*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 55<sup>th</sup> 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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