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NRBHSS' NATIONAL SUICIDE PREVENTION WEEK CAMPAIGN COMPLEMENTS: THE REGION'S SUSTAINED EFFORTS TO CREATE SUICIDE-SAFER COMMUNITIES

WE ARE HERE FOR YOU

Kuujuuaq, February 1, 2018 – During National Suicide Prevention Week, from February 4-10, 2018, the Nunavik Regional Board of Health and Social Services (NRBHSS) joins the Quebec Association for Suicide Prevention to talk about suicide to save lives. We must remember that talking is a necessary step to act in suicide prevention. Personally and as a community, it is by opening dialogue and being attentive that we will succeed in strengthening safety around vulnerable people.

During the week of February 4th, the NRBHSS mobilizes health and community workers throughout the region with the following suicide prevention activities:

- The NRBHSS partnered 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." The Inuktitut radio capsule models messages people can use to support vulnerable individuals.
- The NRBHSS is offering funding to all community partners who wish to plan local suicide prevention activities that celebrate life.
- Suicide prevention material, including pins, posters, and resource cards that promote 24/7 crisis lines, will be distributed in 14 Nunavik communities.
- These resources and more are available through our website in English, French, and Inuktitut: 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. In 2017, Alicia Aragutak was appointed chairperson for a two-year term.
- Development of new and specific training for interveners; Best Practices Training in Suicide Intervention – Nunavik version, 8 Nunavik trainers are now certified to deliver this training.
- In 2017, the number of regional Suicide Prevention Liaison Worker (SPLW) positions was increased from two to four. Their mandate is to coordinate and support suicide prevention on each coast.

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- Puttautiit, Nunavik's annual suicide prevention and healing conference, gathered more than 100 Nunavimmiut for its third edition, which took place in Inukjuak from October 16-20, 2017.
- Inuit trainers can provide workshops in ASIST, SafeTALK and Mental Health First Aid.

It is possible to prevent suicide. If you or someone you know needs help, do not hesitate to reach out to a friend, family member, professional health-care provider, or to call one of these free hotlines:

- Kamatsiaqtut Help Line: 1-800-265-3333 (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)
- NRBHSS's Inuit Values & Practices Team (9am-5pm) 1 877-686-2845 (Inuktitut / English)

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