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NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES
RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX NUNAVIK

Communiqué

FOR IMMEDIATE RELEASE

NATIONAL SUICIDE PREVENTION WEEK: FEBRUARY 3 - 9, 2013

How are you celebrating life?

Kuujjuaq, February 8, 2013 - The Nunavik Regional Board of Health and Social Services (NRBHSS) adopted the theme of "How are you celebrating life?" to underscore its initiatives during National Suicide Prevention Week, which began February 3.

Initiatives include increasing general awareness of the support resources available to persons at risk and their loved ones, as well as mobilizing the Nunavimmiut in the various communities and the Nunavik organizations who are tired of seeing the lives of loved ones cut short through suicide.

This week is also an ideal opportunity to acknowledge and thank all of the people whose efforts in the area of suicide prevention are making a real difference. Only by working together can we eradicate suicide from our communities.

In tandem with this week's activities, the NRBHSS is overseeing a suicide prevention working committee mandated within the framework of the Ilusiliriniqmi Pigutjiutini Qimirruniq process (clinical projects). In conjunction with regional partners, the working committee has been given the objective of drawing up recommendations for the development of suicide prevention services tailored to the Inuit culture and values.

Suicide prevention resources that can help:

Kamatsiaqtut Help Line: 1 800 265-3333
Kids Help Phone: 1 800 668-6868 (www.kidshelpphone.ca)
1-866-APPELLE (1 866 277-3553)

The NRBHSS is a public agency created in 1978 under the **James Bay and Northern Québec Agreement**. *It is responsible for nearly the entire Québec 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
For information:	Eric Duchesneau Communications Officer, NRBHSS 819 964-2222, extension 275

This communiqué is also posted on our Web site at www.rrsss17.gouv.qc.ca.