

YOU HAVE RIGHTS



No matter your age, you have the right to:

- Ask for help confidentially
- Be safe, physically and emotionally
- Make your own decisions on how to manage your money and belongings
- Be treated with respect
- Speak up and seek help if you are mistreated
- Receive continuous, personalized and safe care

NO ONE HAS THE RIGHT TO THREATEN
YOU OR PUNISH YOU BECAUSE YOU ASK
FOR HELP.

WHERE TO GET HELP

IN YOUR COMMUNITY

- Friends and family
- Natural Helpers
- Local CLSC workers



PHONE NUMBERS

- UTHC Social Services in your village:
819-XXX-9777
- IHC Social Services in your village: ____
- Inuit Values and Practices: 1-877-686-2845
(Inuktitut or English)
- Kamatsiaqtut : 1-800-265-3333 24/7
-toll-free, (English or Inuktitut)
- Hope for Wellness Helpline:
1-877-686-2845 (English/ Inuktitut)
- LAMM -The mistreatment Helpline:
1-888-489-2287
(English/ French/ Inuktitut -on request)

IN AN EMERGENCY

- Nunavik Police Services: 819-xxx-9111



Scan this QR code for additional contacts

BREAKING
THE SILENCE
AROUND
MISTREATMENT
KEEPING ELDERS
SAFE IN NUNAVIK



SIGNS OF MISTREATMENT

Mistreatment can happen in many ways:

Emotional



Sexual



Physical



Organizational



Financial



Ageism



Neglect



Violation of rights



WHAT YOU CAN DO TO STAY SAFE

1. TALK TO SOMEONE YOU TRUST

- A friend, a family member, a Natural Helper, the social worker
- You can say: "I don't feel safe." "I need to talk."
- Go to activities organized in your community to break your isolation.

2. MAKE A SIMPLE SAFETY PLAN

- Write your emergency contacts on the safety magnet and card (available at your CLSC)
- Have a working phone
- Keep important papers in one place
- Know a safe place to go in case of an emergency



3. PROTECT YOUR MONEY

- Get someone you trust to run errands for you
- Protect your personal information (PINs and passwords)
- Always keep track of your balance

MISTREATMENT IS NEVER YOUR FAULT!