

NEWS RELEASE

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NUNAVIK'S SUICIDE-PREVENTION STRATEGY APPROVED

Kuujjuaq, June 20, 2019 – During the annual general meeting held June 12 and 13, 2019, the Nunavik Regional Board of Health and Social Service (NRBHSS) revealed the Nunavik suicide-prevention strategy to its members and the partner organizations in attendance.

The regional board, since 2014, has supported the regional suicide-prevention committee and, since 2018, has coordinated efforts at designing a regional strategy. Besides the NRBHSS and its regional partners, those efforts have involved local entities working at prevention in the Nunavik health and well-being sector.

Recently approved by the members of the regional suicide-prevention committee, the strategy will be sent to the regional organizations along with a letter of commitment reminding the partners to ensure their full cooperation in this important movement. After that step, the strategy will be officially launched and a plan of action will be designed jointly with the Nunavik organizations. Roda Grey, member of the regional suicide-prevention committee, stated that "it is essential to join our forces and work together toward results for our population's common good." Junior May from Qajaq Men's Network added that "acquiring such a strategy means acquiring a lasting measure that reflects the population's needs and ideas, besides being culturally safe for that population, as demonstrated by other regions" such as Nunavut, Greenland and Iceland.

"It is important for the communities to empower themselves, for ideas to emerge from individuals and for solutions to come from within, from the population itself. *Nunavimmiut* are not alone; collectively, we can change things for the better," declared Minnie Grey, Executive Director of the NRBHSS. With the plan of action, this strategy aims at preparing Nunavik inhabitants to be attentive and show solidarity with vulnerable individuals, reinforce protective factors, and publicize the available assistance and support resources. With this tool, Nunavik is taking another step toward concrete solutions that will respond to the diverse needs and the complexity of northern reality.

The regional board reminds all concerned that hotlines are available at all times for those who feel a need to speak to someone.

- Nunavut Kamatsiaqtut Help Line: 1-800-265-3333 (Inuktitut / English)
- NRBHSS Department of Inuit Values and Practices (9:00 a.m. to 5:00 p.m.): 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.jeunessejecoute.ca (English / French)

For direct assistance or for a loved one, it is possible to contact the CLSC directly at 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 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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