

## Inuit Values & Suicide Prevention

Inuit ancestors persevered through hard times, and that is why Nunavimmiut are here today.

Inuit values provide a strong foundation for embracing life. Here are some examples that you can talk about on the radio or during your activities:

ᐊᐱᐃᑦ ᐱᑦ ᐱᑦ

Persevering

ᐊᑦ ᐱᑦ ᐱᑦ ᐱᑦ ᐱᑦ ᐱᑦ ᐱᑦ

It will pass, circumstances will change

ᐊᐱᐃᑦ ᐱᑦ ᐱᑦ

Not avoiding problems

ᐱᑦ ᐱᑦ ᐱᑦ ᐱᑦ ᐱᑦ

Being a problem solver

ᐊᑦ ᐱᑦ ᐱᑦ ᐱᑦ ᐱᑦ ᐱᑦ

There should be no retaliation

ᐱᑦ ᐱᑦ ᐱᑦ ᐱᑦ ᐱᑦ

Supporting each other

ᐊᑦ ᐱᑦ ᐱᑦ ᐱᑦ ᐱᑦ ᐱᑦ

Helping each other is the best way to move forward

ᐊᑦ ᐱᑦ ᐱᑦ ᐱᑦ ᐱᑦ ᐱᑦ

Family is our foundation

ᐊᑦ ᐱᑦ ᐱᑦ ᐱᑦ

Love

ᐊᑦ ᐱᑦ ᐱᑦ ᐱᑦ ᐱᑦ

Appreciating each day

ᐊᑦ ᐱᑦ ᐱᑦ ᐱᑦ ᐱᑦ

Accepting that which we cannot change