ᐃᓅᖃᑎᒌᓐᓂᑯᑦ ᑲᑉᐱᐊᓇᕐᑐᑎᒍᑦ ᐱᓗᑲᓐᓃᑦ ᓄᓇᓕᐅᓪᓗ ᐊᑦᑕᓇᖏᑑᒋᐊᖃᕐᓂᖓ
ᖃᓄᐃᓕᕐᐱᑖ? 2017 ᐃᓗᓯᕐᒥᒃ ᖃᐅᔨᓴᕐᓂᕕᓂᖅ

ᐱᓗᑲᑦᑕᐅᔪᖃᑐᐃᓐᓇᕆᐊᖃᕐᐳᖅ ᓇᐅᑐᐃᓐᓇᓂᒃ ᑌᒣᑦᑕᕕᓂᐅᒍᑎᓪᓗ ᐸᓯᔭᑦᓴᐅᔭᒐᑎᒃ; ᓇᐅᑐᐃᓐᓇᒥᒃ ᐱᓗᑲᑦᑕᐅᒋᐊᖃᕐᑐᖃᖕᖏᒪᑦ. ᐱᓗᑲᓐᓂᐅᒍᓐᓇᑐᑦ ᐅᑯᑎᒎᓇ; ᐱᒋᐊᖃᑦᑕᑕᐅᓂᒃᑯᑦ, ᓄᓕᐊᕐᓂᑯᑦ, ᐃᓱᒪᑎᒍᑦ ᐱᔮᕐᓱᑕᐅᓂᒃᑯᑦ ᐊᒻᒪᓗ ᑲᒪᒃᑭᓗᑦᑕᐅᓂᒃᑯᑦ, ᓵᓚᕐᖃᑖᕆᔭᐅᓂᒃᑯᓗ, ᑮᓇᐅᔭᑎᒍᑦ ᐊᑐᕐᓂᓗᕝᕕᐅᖃᑦᑕᓂᒃᑯᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐱᖁᑎᑎᒍᑦ ᐱᓂᕐᓗᕕᖃᑦᑕᓂᒃᑯᑦ. ᐱᓗᑲᕝᕕᐅᓯᒪᓂᖅ ᓱᕐᕃᓯᒪᓲᒍᕗᖅ ᐃᓅᑉ ᐃᓗᓯᕐᓱᓯᐊᕈᓯᖓᓂᒃ ᖃᓄᐃᖕᖏᓯᐊᕈᓯᖓᓂᓪᓗ, ᐃᓚᒋᑦᑐᓂᒃ ᐊᒻᒪᓗ ᓄᓇᓕᓐᓂᒃ.

ᑐᑭᓯᒪᔭᐅᑦᓯᐊᓕᕋᓗᐊᕐᑎᓗᒍ ᓱᒧᑦ ᓄᓇᕕᒻᒥ ᐱᓗᑲᓐᓂᖃᓚᕿᓲᒍᒻᒪᖔᑦ ᓯᕗᓪᓕᕕᓂᖏᑦᑕ ᐊᑑᑎᓯᒪᔭᖏᑦ ᐱᑦᔪᑎᐅᑎᓪᓗᒋᑦ ᐱᓂᕐᓗᓂᖃᓲᒍᒋᐊᖏᑦ ᓄᓇᓕᓐᓂ ᐊᒻᒪᓗ ᐱᐅᓯᑐᐃᓐᓇᐅᔮᓕᕐᓂᖏᓐᓂᒃ ᐱᓗᑲᓐᓃᑦ ᓲᕐᓗ ᓱᖏᐅᓯᔭᐅᓯᒪᓕᕐᑐᑎᑐᑦ, ᑕᒪᒃᑯᐊ ᐱᑦᔪᑎᒋᑦᓱᒋᑦ ᖃᐅᔨᔭᐅᓯᒪᔪᐃᑦ ᓱᓀᑦ ᐱᑦᔪᑎᐅᕙᒻᒪᖔᑕ ᐱᓗᑲᓐᓂᓄ ᑖᒃᑯᓇᓂ ᐊᓪᓚᓯᒪᔪᓂᒃ ᓄᐃᑕᐅᓚᕿᓯᒪᔪᑦ ᐃᓅᖃᑎᒌᓐᓂᑯᑦ ᑲᑉᐱᐊᓱᑦᑎᓯᓂᑎᒍᑦ ᐱᓗᑲᓐᓃᑦ ᓄᓇᓕᐅᓪᓗ ᐊᑦᑕᓇᖕᖏᑐᒋᐊᖃᕐᓂᖓ ᐱᑦᔪᑎᒋᑦᓱᒋᑦ ᑖᒃᑯᐊ ᐊᓪᓚᓯᒪᔪᐃᑦ ᓄᐃᑕᐅᓚᕿᓯᒪᔪᑦ.

ᐃᑲᔪᕐᑕᐅᒍᒪᐅᑎᖃᑐᐊᕈᕕᑦ

ᖃᓄᐃᒍᑎᖃᕐᑐᕆᑐᐊᕈᕕᒃ, ᐅᖄᓚᕕᖃᕈᓐᓇᖁᑎᑦ ᓄᓇᓕᑦᑕ ᐋᓐᓂᐊᓯᐅᕐᓂᓕᕆᕕᖓᓄᑦ.
ᓄᓇᓕᓕᒫᓂ ᑎᒥᐅᔪᐃᑦ ᑐᓂᓯᒪᓪᓚᕆᑦᑐᑦ
ᐱᓇᓱᐊᖃᑎᖃᕈᒪᑦᓱᑎᒃ ᓄᓇᓕᓐᓂᒃ ᓴᐳᒻᒥᖃᑎᐅᒍᒪᑦᓱᑎᒃ

ᐊᒻᒪᓗ ᐱᐅᓯᐅᒥᑎᑦᓯᒐᓱᐊᖃᐅᒍᒪᑦᓱᑎᒃ ᐱᒍᑦᔨᒍᑎᐅᓲᓂᒃ
ᐊᒻᒪᓗ ᓄᕐᖃᑎᑦᓯᒐᓱᐊᖃᑕᐅᒍᒪᑦᓱᑎᒃ ᐱᓗᑲᓐᓂᐅᓲᓂᒃ
ᐊᒻᒪᓗ ᐊᑦᑕᓀᑐᒥᓪᓗᑎᒃ ᓄᓇᕕᒻᒥᐅᓕᒫᓂᒃ ᓇᔪᕐᑕᒥᓂᒃ ᐃᓅᓯᖃᖁᔨᔪᐃᓐᓇᓱᑎᒃ.

ᖃᐅᔨᔭᐅᓪᓗᐊᖕᖑᐊᑐᕕᓃᑦ

ᑐᑭᓯᒋᐊᕐᕕᐅᒍᓐᓇᑐᖅ:

nrbhss.ca/in/health-surveys

ᓇᑯᕐᒦᒃ ᓄᓇᕕᒻᒥᐅᓕᒫᑦ ᐃᑲᔪᕐᓯᔪᕕᓃᑦ ᑕᒪᑦᓱᒥᖓ ᐱᒻᒪᕆᒻᒥᒃ ᐃᓗᓯᕐᒧᓕᖓᔪᓂᑦ ᖃᐅᔨᓴᕐᓂᕕᓂᕐᒥᒃ!

574 ᐅᑭᐅᓖᑦ 16-30
752 ᐅᑭᐅᓖᑦ 31 +

873
ᐊᕐᓀᑦ

453

ᐊᖑᑏᑦ

ᖃᓄᐃᓕᕐᐱᑖ? 2017
ᐃᓄᖁᑎᖏᑦᑕ ᐃᓗᓯᖏᓐᓂᑦ
ᖃᐅᔨᓴᕐᓂᕕᓂᖅ ᓄᓇᕕᒻᒥ
ᐊᐅᒡᒍᓯᒥᑦ ᐅᑦᑐᐱᕆᒧᑦ
2017ᖑᑎᓪᓗᒍ. ᑲᑎᑦᓱᑎᑦ
1 326 ᐃᓚᐅᓐᓂᖁᑦ ᐅᑭᐅᓖᑦ

16ᓂᑦ ᐊᖓᔪᑦᓰᓗ 14ᓂᑦ
ᓄᓇᓕᓐᓂᑦ ᐃᑲᔪᕐᓯᓂᕐᖁᑦ

ᑖᑦᓱᒧᖓ ᖃᐅᔨᓴᕐᓂᒧᑦ.

ᐱᓗᑲᓐᓃᑦ ᐃᒣᑦᑑᓲᒍᕗᒍᑕᒐ ᓚᒍᑎᓂᒃ ᑖᒃᑯᐊ ᓄᐃᑦᓯᒍᑏᑦ, ᓄᓇᕕᒻᒥ ᖃᓄᐃᑦᑑᖃᑦᑕᓯᒪᒻᒪᖔᑕ ᐱᓗᑲᓐᓂᐅᖃᑦᑕᓯᒪᔪᐃᑦ 2004-ᒥ ᖃᐅᔨᓴᕐᑕᐅᓚᐅᕐᓯᒪᔪᐃᑦ ᖃᓄᑎᒋᒃ ᐊᑦᔨᐅᖏᓐᓂᓴᐅᓕᕐᒪᖔᑕ ᓄᐃᑕᑎᑦᓯᔪᐃᑦ ᐱᓗᑲᓐᓂᐅᕙᑦᑐᐃᑦ ᐱᐅᓯᐅᒥᓯᒪᒐᓛᐱᓕᕐᓂᖏᓐᓂᒃ. ᑭᓯᐊᓂ, ᐊᒥᓱᒻᒪᕇᑦ ᓄᓇᕕᒻᒥᐅᑦ
2017-ᒥ ᓱᕐᕋᑕᐅᓯᒪᖏᓐᓈᓚᐅᔪᑦ ᐱᓗᑲᑦᑕᐅᖃᑦᑕᓂᕕᓂᕐᒥᓄᑦ ᑲᒃᑲᓛᒍᑦᓱᑎᒃ/ᐱᐊᕋᐅᑦᓱᑎᒃ, ᐅᕕᒃᑲᕈᕐᐸᓕᐊᓕᕐᓱᑎᒃ,
ᐃᓄᒻᒪᕆᐅᓕᕐᓱᑎᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓄᑐᖃᐅᓕᕐᓱᑎᒃ.

ᐊᕐᓀᑦ ᐊᖑᑎᓄᑦ
ᐱᓗᑲᑦᑕᐅᖃᑦᑕᓂᕐᒥᓂᒃ
ᑐᓴᕐᑎᓯᒍᑎᖃᕐᓂᓴᐅᓯᒪᔪᑦ.

ᐊᑕᐅᓯᕕᑦᑕᐅᑐᐃᓐᓇᓱᑎᒃ ᐱᓗᑲᑦᑕᐅᔪᕕᓂᐅᒐᓗᐊᕋᒥᒃ (ᐅᕝᕙᓘᓐᓃᑦ ᓈᒻᒪᓈᕐᕕᐅᖏᑦᑐᕕᓂᐅᑐᐊᕋᒥᒃ) ᑲᒃᑲᓛᒍᑦᓱᑎᒃ/ᐱᐊᕋᐅᑦᓱᑎᒃ (ᑲᒪᒋᔭᐅᑦᓯᐊᖕᖏᑦᑐᕕᓂᐅᑐᐊᕋᒥᒃ, ᐱᓗᑲᕝᕕᕕᓂᐅᑐᐊᕋᒥᒃ
ᐊᒻᒪᓘᓐᓃᑦ ᐊᓂᕐᕋᒥᑕ ᐃᓗᐊᓂ
ᐱᑦᓯᐊᖃᑦᑕᐅᑎᖕᖏᑐᓂᕐᑐᕕᓂᐅᑐᐊᕋᒥᒃ ᐊᒻᒪᓗ

ᐊᕐᓱᕉᓕᖓᖃᑦᑕᑐᕕᓂᐅᑐᐊᕋᒥᒃ) ᑐᓴᕐᑎᓯᓯᒪᔪᐃᑦ
ᐃᓄᐃᑦ 10-ᖑᒋᐊᑕᒫᑦ ᓯᑕᒪᐅᔪᕐᑐᐃᑦ (8)
ᓄᓇᕕᒻᒥᐅᑦ ᑌᒣᑦᑐᑰᖃᑦᑕᓯᒪᓂᕋᕐᓯᒪᔪᑦ
(78% ᐳᓴᖏᑦ ᓄᓇᕕᐅᑉ ᐃᓄᒋᐊᓐᓂᖏᑦᑕ).

ᖃᐅᔨᓴᕐᓂᖃᓚᐅᕐᑎᓇᒍ ᐊᕐᕌᒎᑉ ᓯᕗᓂᐊᒍᑦ, ᓄᓇᕕᒻᒥᐅᑦ ᐅᑭᐅᓖᑦ 16-ᓂᑦ 30-ᓄᑦ, ᐃᓄᐃᑦ 10-ᖑᒋᐊᑕᒫᑦ ᓯᑕᒪᐅᔪᖏᒐᕐᑐᐃᑦ (7)
(71% ᐳᓴᖏᑦ) ᓵᓚᕐᖃᑖᒍᖃᑦᑕᓯᒪᓂᕋᕐᓯᒪᔪᑦ, ᐊᒻᒪᓗ ᐃᓄᐃᑦ 10-ᖑᒋᐊᑕᒫᑦ ᒪᕐᕉᒃ (2) (19% ᐳᓴᖏᑦ) ᐅᖃᕐᓯᒪᓚᐅᔪᒻᒥᔪᑦ ᓵᓚᕐᖃᑖᓕᓐᓄᑦ ᐃᓚᒋᔭᐅᓯᒪᓂᕋᕐᓱᑎᒃ ᐊᑕᐅᓯᕕᒐᓗᐊᕐᓱᑎᒃ.

ᕿᑎᕐᖃᒐᓛᑲᓵᖏᑦ ᓄᓇᕕᒻᒥᐅᑦ (47% ᐳᓴᖏᑦ)
ᐊᑦᑕᓇᖕᖏᑐᒦᑦᓯᐊᓂᕐᒥᓂᒃ
ᐃᑉᐱᒍᓱᓲᒍᓂᕋᕐᓯᒪᔪᑦ ᐅᓪᓗᑕᒫᑦ
ᐃᓅᓯᕐᒥᓂ.

ᐃᓘᓐᓈᒍᑦ ᐃᓄᐃᑦ ᑐᓴᕐᕕᒋᓇᓚᐅᔪᑦ

ᐃᓚᒌᑦᑐᐃᑦ ᐃᑲᔪᕐᑎᒋᑦᓯᐊᓂᕐᓭᑦ
ᐊᒻᒪᓗ ᓄᓇᓕᒻᒥ ᓴᐳᒻᒥᖃᑎᒋᑦᓯᐊᓂᕐᓭᑦ
ᐱᓗᑲᑦᑕᐅᖏᓐᓂᓴᐅᓲᒍᒋᐊᒥᒃ
ᑐᓴᕐᕕᒋᓇᖃᑦᑕᓚᐅᔪᑦ.

ᐱᓗᑲᓐᓃᑦ ᓱᒃᑯᑎᕆᓲᒍᕗᑦ ᐊᑕᐅᓯᐅᓈᕐᑎᓱᑎᒃ ᐃᓄᑑᓈᕐᑎᑐᓂᒃ ᐃᓄᓐᓂᒃ ᐃᓚᒌᑦᑐᓂᓪᓗ

ᐊᒻᒪᓗ ᑌᒣᓗᕐᑕᐅᒋᐊᖃᕐᑐᖃᖕᖏᓚᕆᑦᓱᓂ. ᓇᐅᑐᐃᓐᓇᖅ ᓯᕐᓕᕿᒋᐊᖃᖕᖏᒪᕆᑉᐳᖅ

ᐱᓗᑲᕝᕕᐅᖃᑦᑕᓂᕐᒥᓄᑦ.

ᐃᑲᔪᕐᓯᒪᒍᑎᓄᑦ ᐱᕕᑦᓴᑖᕐᕕᐅᒍᓐᓇᑐᐃᑦ:
ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᐃᓄᓕᕆᓂᕐᒧᑦ ᐱᒍᑦᔨᕖᑦ
ᐋᓐᓂᐊᓯᐅᕐᓂᓕᕆᓂᒃᑯᑦ ᑲᒪᒋᐊᕐᖄᓲᑦ ᐃᓄᓕᕆᓂᒃᑯᓗ ᐱᒍᔨᕖᑦ
819 ###-9090

ᐅᕕᒃᑲᓂᒃ ᓴᐳᒻᒥᔩᑦ
ᐱᐊᕋᕐᒥᒃ/ᑲᒃᑲᓛᒥᒃ ᓱᒃᑯᔨᐊᒍᔪᖃᓕᕐᐸᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑲᒪᒃᑭᓗᑦᑕᐅᔪᖃᓕᕐᐸᑦ ᑐᓴᕐᑎᓯᒍᑎᐅᒋᐊᓕᒃ

• ᐅᖓᕙᒥ: 819-964-2905 331-ᒧᑦ ᐅᖄᕕᖃᕐᓗᑎᒃ ᐊᒻᒪᓗᓐᓃᑦ
1-866-737-6360-ᒧᑦ

ᐊᕐᓇᓄᑦ ᐊᓐᓇᒋᐊᕐᕖᑦ
• ᑐᖕᖓᓱᕝᕕᒃ (ᑰᑦᔪᐊᒥ): 819-964-0536
• ᐊᔭᐱᕐᕕᒃ (ᐃᓄᑦᔪᐊᒥ): 819-254-1414
• ᐃᓂᑦᓯᐊᖅ (ᓴᓪᓗᓂ): 819-255-8817

ᐅᒃᑯᐃᖔᓲᑦ ᐃᑲᔪᕐᑕᐅᕖᑦ:
• ᑲᒪᑦᓯᐊᑐᑦ (ᖃᓪᓗᓈᑎᑐᑦ/ᐃᓄᐃᑦᑐᑦ ᐅᖄᕕᐅᒍᓐᓇᑐᐃᑦ 2-ᖕᖑᒥᑦ ᐅᓪᓗᑯᑦ
10-ᖑᒧᑦ ᐅᓐᓄᐊᑯᑦ) 1-800-265-3333
• ᓂᕆᐅᓐᓂᖃᕐᑎᓯᒐᓱᐊᕐᓂᒧᑦ ᐃᑲᔪᒐᓱᐊᕐᑏᑦ (Hope for Wellness
Help Line) (ᖃᓪᓗᓈᑎᑐᑦ/ᐅᐃᒍᐃᑎᑐᑦ) 1-855-242-3310)
• ᑲᒃᑲᓛᓄᑦ/ᐱᐊᕋᕐᓄᑦ ᐃᑲᔪᕐᑕᐅᒍᒪᔪᓄᑦ ᐅᖄᕕᐅᒍᓐᓇᑐᖅ (ᖃᓪᓗᓈᑎᑐᑦ/
ᐅᐃᒍᐃᑎᑐᑦ) www.kidsshelpphone.ca, 1-800-668-6868
• ᓄᓕᐊᕐᓂᑯᑦ ᐱᓂᕐᓗᕕᐅᔪᓄᑦ ᐃᑲᔪᕐᓯᕕᒃ (ᖃᓪᓗᓈᑎᑐᑦ/ᐅᐃᒍᐃᑎᑐᑦ)
1-888-933-9007

• SOS ᐁᐸᕆᓐᓂᑯᑦ ᐱᓗᑲᑦᑕᐅᖃᑦᑕᑐᓄᑦ ᐃᑲᔪᕐᓯᕕᒃ (ᖃᓪᓗᓈᑎᑐᑦ/
ᐅᐃᒍᐃᑎᑐᑦ) 1-800-363-9010

ᐃᓄᐃᑦ ᐱᒻᒪᕆᐅᔪᖁᑎᖏᑦ ᐱᓇᓱᐊᕈᓯᖏᓪᓗ, ᓄᓇᕕᒻᒥ

ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔩᑦ ᐱᒍᑦᔨᒍᑎᖏᑦ (9-ᒥᑦ 5) ᐅᐃᒪᓇᕐᑐᑰᕐᓱᑎᒃ ᑲᑉᐱᐊᓇᕐᑐᑰᕐᑐᓂᒃ ᓄᓇᓕᓐᓂᒃ ᓴᐳᒻᒥᔩᑦ

1 877 686-2845

ᐊᖑᑏᑦ
ᐅᓈᖅ ᐊᖑᑏᑦ ᑲᑐᑦᔨᖃᑎᒌᓐᓂᖓ – ᐃᓄᒃᔪᐊᒥ ᖃᔭᖅ ᐱᓇᓱᖃᑎᒌᕝᕕᐅᔪᖅ – ᑰᑦᔪᐊᒥ 1-877-964-0770, 1-877-350-0254 ᐊᖑᑏᑦ ᑲᑐᑦᔨᖃᑎᒌᓐᓂᖓ – ᑰᔾᔪᐊᕌᐱᒃ

ᓴᐳᒻᒥᔩᑦ ᐱᓂᕐᓕᑕᐅᓯᒪᔪᓂᒃ ᐃᑲᔪᕐᓯᕖᑦ (9-ᒥᑦ 5-ᒧᑦ) ᐃᓄᑦᑎᑐᑦ ᖃᓪᓗᓈᑎᑐᓪᓗ ᐅᖃᐅᓯᓐᓂᒃ ᐊᑐᕐᓱᑎᒃ ᐱᒍᑦᔨᒍᑎᖃᕈᓐᓇᓲᑦ,

ᐱᔮᕐᓱᑕᕕᓂᐅᑦᓱᑎᒃ ᐃᕐᖃᑐᐃᕕᑦᑎᒎᓚᕿᔪᓂᒃ ᐅᕕᕙᖓᓗᓐᓃᑦ ᐃᓱᐊᕐᓭᔨᓄᑦ ᐃᓅᓯᕐᒥᒍᑦ ᐃᑲᔪᕐᑕᐅᒍᒪᔪᓂᒃ.
https://www.krg.ca/iu/programs/sapummijiit