

## MENTAL HEALTH AND WELLNESS

**QANUILIRPITAA? 2017 HEALTH SURVEY** 

Mental health and wellness are linked to the capacity to feel, think and act in ways that enhance our ability to enjoy life and deal with the challenges we face. Mental wellness is a lifelong journey with ups and downs and is linked to the capacity to overcome difficulties. Being mentally well does not mean never having negative emotions (anger, sadness, etc.); these are part of the journey and can foster adaptation. The wellness of the community and the well-being of the individual mutually contribute to each other.



## **KEY FINDINGS**

8 out of 10 Nunavimmiut reported being **SATISFIED WITH THEIR LIFE** in general (81%).

4 out of 10 Nunavimmiut reported experiencing clinically-significant **DEPRESSIVE SYMPTOMS** in the week before the survey (39%).

Nunavimmiut who reported **STRONG CULTURAL IDENTITY** also reported higher life satisfaction, better perception of their health, higher self-esteem and resilience.





People who were more likely to report depressive symptoms, suicidal ideation and suicide attempts were aged **16 TO 30**. This was also more often reported by **WOMEN** of all ages.

> People who reported higher social and emotional **SUPPORT**, family and community **COHESION**, and **INVOLVEMENT** in community activities also reported **GREATER WELL-BEING** and **LESS DISTRESS**.

If you would like to organize On the land project or activity, contact the Nunami team: nunami\_nrbhss@ssss.gouv.qc.ca

## Connecting with Inuit culture and the land, accepting help from others and getting involved in community activities can make a difference.

If you or someone you know needs help, resources are available:

**KAMAQTSIAQTUT HELP LINE** 1800 265-3333

HOPE FOR WELLNESS HELP LINE www.hopeforwellness.ca (chat) 1 855 242-3310

KIDS HELP PHONE 1800 668-6868 www.kidshelpphone.ca

**CLSC** 819 XXX-9090

INUIT VALUES AND PRACTICES, NRBHSS 1877 686-2845





## TO SEEK HELP ABOUT YOUR HEALTH, CONTACT YOUR LOCAL CLSC

Regional organizations are committed to working with the communities to improve living conditions and to promote and support mental health and wellness. *Qanuilirpitaa*? 2017 is a population health survey carried out in Nunavik from August to October 2017. A total of 1 326 Nunavimmiut aged 16 and over from all 14 villages participated in this survey.





For more information: nrbhss.ca/en/health-surveys

Nakurmiik to all Nunavimmiut who contributed to this important health survey!