ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ
RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK
NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES

ᑐᓴᕐᑕᐅᔪᑦᓴᑦ

ᑐᓴᕐᑕᐅᑲᐱᑦᑐᓴᖅ

ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ ᑲᓇᑕᓕᒫᒥ ᐃᒻᒥᓂᐊᕐᑎᓯᑦᑐᓕᓂᕐᒧᑦ ᐱᓇᓱᐊᕈᓯᖕᒐᓂ ᑐᑭᓯᒪᔭᐅᒋᐊᓪᓚᑐᑦᓴᓂᑦ ᐃᓚᐅᑎᑦᓯᕗᑦ: ᓄᓇᕐᑯᑎᖕᒐᓂᒥᐅᑦ ᐊᔪᐃᓐᓇᕈᑎᒋᑦᓱᒋᑦ ᓄᓇᓕᖕᒋᑦ ᐃᒻᒥᓂᐊᕐᓂᒧᑦ ᐊᑦᑕᓇᕐᑐᒥᕐᑯᓇᒋᑦ

ᐃᓕᑦᓯᓄᑦ ᐊᑐᐃᓐᓇᐅᕗᒧᑦ

ᑰᑦᔪᐊᖅ, ᕕᕈᐊᓇ 1, 2018 – ᑲᓇᑕᓕᒫᒥ ᐱᓇᓱᐊᕈᓯᖕᒐᓂ ᐃᒻᒥᓂᐊᕐᑎᓯᑦᑐᓕᓂᕐᒥᒃ, ᕕᕈᐊᓇ 4-10, 2018ᒥ, ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ ᐃᓚᒋᔭᐅᕗᑦ ᑯᐯᒃ ᑲᑐᑦᔨᖅᑎᒌᓐᓂᖕᒐᓄᑦ ᐃᒻᒥᓂᐊᕐᑎᓯᑦᑐᓕᓂᕐᒥᒃ ᐅᖅᑳᒍᑎᖅᑲᕐᓂᒥᒃ ᐃᒻᒥᓂᐊᕐᓂᐅᑉ ᒥᑦᓵᓄᑦ ᐊᓐᓇᒐᓱᓐᓂᒧᑦ ᐃᓅᓯᕐᓂᑦ. ᐃᕐᖅᑲᐅᒪᒋᐊᖅᑲᕐᖅᑯᒍᑦ ᐅᖅᑳᒍᑎᖅᑲᓇᐊᖅᑲᕐᓂᑎᓐᓂᑦ ᐃᒻᒥᓂᐊᕐᑎᓯᑦᑐᓕᓂᕐᒧᑦ ᐱᓇᓱᐊᕐᓂᐅᔪᓂᑦ. ᐃᓅᓯᕐᒥᓂ ᐊᒻᒪᓗ ᓄᓇᓕᐅᑦᓱᓂ, ᐅᖅᑳᖅᑎᒌᓐᓂᐅᔪᓂᑦ ᐅᒃᑯᐃᓯᓂᐅᕗᖅ ᑲᒪᒋᐊᕐᓂᐅᓯᓂᓗ ᓲᖕᒍᓯᐅᒥᓂᐊᕋᑦᑕ ᐊᑦᑕᓐᑦᑐᒥᑎᓗᒋᑦ ᐃᓄᐃᑦ ᐊᑦᑕᓇᕐᑐᒦᑐᐃᓐᓇᓇᐊᓖᑦ

ᐱᓇᓱᐊᕈᓯᖕᒐᓂ ᕕᕈᐊᓇ 4, ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ ᐱᒋᐊᕐᑎᓯᓛᕐᑐᑦ ᖃᓄᐃᖅᑭᓯᐊᕐᓂᒧᓕᖕᒐᔪᒥᒃ ᐊᒻᒪᓗ ᓄᓇᓕᐅᑉ ᐱᓇᓱᑦᑎᓕᒫᖕᒋᑦ ᓄᓇᕐᑯᑎᖕᒐᓂ ᐅᑯᓂᖕᒐ ᓱᖃᑦᓯᒍᑎᖃᕐᓗᑎᑦ ᐃᒻᒥᓂᐊᕐᑎᓯᑦᑐᓕᓂᕐᒧᓕᖕᒐᔪᓂᑦ:

- ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ ᐱᓇᓱᖃᑎᖃᕐᓱᑎᑦ ᓄᓇᖃᕐᖄᓯᒪᔪᕐᑯᑎᖕᒋᓐᓂᑦ ᑯᐯᒃᒥ ᓛᐸᑐᐊᒥᓗ ᐃᓗᓯᓕᕆᔨᒃᑯᓂᑦ ᑲᒥᓯᓐᖕᒐᓂ ᑐᓴᕐᑕᐅᑎᑦᓯᖃᑦᑕᓛᕐᑐᑦ ᓂᐱᓕᐅᕐᓯᒪᔪᓂᑦ ᐃᒫᒃ ᐃᓅᓯᖅ ᐅᕐᑯᒥᑦᑐᓕᕐᐸᑦ, "ᐊᑐᐃᓐᓇᐅᕗᒧᑦ ᐃᓕᓐᓄᑦ." ᐃᓄᒃᑎᑐᕐᑐᐃᑦ ᓈᓚᐅᑎᒃᑑᑎᑕᐅᔪᑦᓴᑦ ᓂᐱᓕᕐᑕᐅᒪᔪᑦ ᐃᓄᓐᓄᑦ ᐊᑐᕐᑕᐅᒍᓐᓇᑐᑦ ᐃᑲᔪᕐᓯᒍᑎᐅᓗᑎᑦ ᐊᑦᑕᓇᕐᑐᒦᑐᐃᓐᓇᓇᐊᓕᓐᓄᑦ ᐃᓄᓐᓄᑦ.
- ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ ᑮᓇᐅᔭᓂᑦ ᐊᑐᐃᓐᓇᐅᑎᑦᓯᕗᑦ ᓄᓇᓕᓕᒫᓄᑦ ᐱᓇᓱᖃᑎᑦᓴᔭᒥᓄᑦ ᓱᖃᑦᓯᒍᑎᑦᓴᖃᕐᑎᓯᒍᒪᔪᓂᑦ ᓄᓇᓕᒻᒥ ᐃᒻᒥᓂᐊᕐᑎᓯᑦᑐᓕᓂᕐᒧᓕᖕᒐᔪᓂᑦ ᐊᓕᐊᓯᒍᑕᐅᓗᑎᑦ ᐃᓅᓯᕐᒥᒃ.
- ᐃᒻᒥᓂᐊᕐᑎᓯᑦᑐᓕᓂᕐᒧᓕᖕᒐᔪᑦ ᐱᕐᑯᑏᑦ, ᐃᓚᐅᑎᓪᓗᒋᑦ ᓴᕝᕕᒥᐅᑐᑦ, ᐊᑭᓐᓇᒥᐅᑐᑦ ᐊᒻᒪᓗ ᐃᑲᔪᕐᓯᒍᓐᓇᑐᓂᑦ ᓄᐃᑕᑎᑦᓯᔪᑦ ᐊᓪᓚᓯᒪᔪᓂᑦ 24/7ᓂᑦ ᐅᖅᑳᓚᕕᐅᒍᓐᓇᑐᓂᑦ, ᐁᑦᑐᑑᑎᐅᓛᕐᑐᑦ 14ᓄᑦ ᓄᓇᓕᓐᓄᑦ.
- ᑖᒃᑯᐊ ᐃᑲᔪᕐᓯᒍᓐᓇᑐᑦ ᐊᓯᖕᒋᓪᓗ ᓄᐃᑕᑎᑕᐅᕗᑦ ᖃᓇᑕᐅᔭᑎᒍᑦ ᓄᐃᑕᑎᑦᓯᕕᕗᓐᓂᑦ ᖃᓪᓗᓈᑎᑐᑦ, ᒍᐃᒍᐃᑎᑐᑦ ᐃᓄᒃᑎᑐᓗ ᐅᕝᕙᓂ: www.nrbhss.gouv.qc.ca/in/suicide-prevention-week.

ᐃᒻᒥᓂᐊᕐᑎᓯᑦᑐᓕᓂᐅᑉ ᐱᓇᓱᐊᕈᓯᖕᒐᓂᒃ ᓄᐃᑕᑎᑦᓯᒍᑎᖕᒋᑦ ᓱᖃᑦᓯᒍᑎᖕᒋᓪᓗ ᐃᑲᔪᕐᓯᕗᑦ ᑐᑭᒍᐊᑦᑎᑕᐅᔪᓂᑦ ᐊᔪᐃᓐᓇᕈᑕᐅᔪᓂᑦ ᐃᒻᒥᓂᐊᕐᑎᓯᑦᑐᓕᓂᕐᒧᓕᖕᒐᔪᓂᑦ, ᓯᕗᓕᕐᑕᐅᓯᑎᑦ ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᒃᑯᖕᒋᓐᓄᑦ ᐱᓇᓱᖃᑎᑦᓴᔭᕗᓐᓄᓗ. ᓄᓇᕗᓕᒫᒥ, ᑲᑐᑦᔨᖅᑎᒌᑦᑐᑦ ᒪᓂᒪᑦᓯᐊᑐᑦ ᐃᒻᒥᓂᐊᕐᑎᓯᑦᑐᓕᓂᕐᒧᓕᖕᒐᔪᓂᑦ ᐃᑲᔪᕐᓯᓂᕐᓂᓗ ᐊᑐᐃᓐᓇᐅᕗᑦ ᐊᕐᕌᒍᓕᒫᒥ. ᒫᓐᓇᐅᑎᓗᒍ ᐱᓇᓱᐊᕐᑐᐃᑦ ᐅᑯᐊᖅᒍᕗᑦ:

P.O. BOX 900, KUUJJUAQ (QUÉBEC) J0M 1C0
TEL: 1-844-964-2244 / 819 964-2222 FAX: 819 964-2888

ᑐᓴᕐᑕᐅᔪᑦᓴᑦ

- ᓄᓇᓕᓕᒫᓂ ᐃᒻᒥᓂᐊᕐᑎᓯᑦᑐᓕᓂᕐᒧᑦ ᑲᑎᖕᖕᒐᔨᖕᒋᓐᓂᑦ. 2017ᒥᖕᒍᑎᑦᓗᒍ, ᐊᓕᓯᐊ ᐊᔭᒍᑕᒃ ᑎᓕᔭᐅᓐᓂᕐᑯᖅ ᐊᖕᒐᔪᕐᕐᑳᖕᒍᓂᐊᕐᑎᓗᒍ ᐊᕐᕋᒍᕐᓄᑦ ᒪᕐᕉᓂ.
- ᐱᓇᓱᐊᕐᑐᑦ ᓄᑖᓂᑦ ᐃᓗᓕᑕᑦᓗᑐᖕᒋᓐᓄᓕᖕᒐᔪᓂᓗ ᐃᓕᓐᓂᐊᑎᑦᓯᒍᑏᑦ ᐃᑲᔪᕐᑎᓄᑦ: ᖃᓄᐃᓘᕈᓱᑦ ᐱᐅᓂᕐᐹᑦ ᐃᓕᓐᓂᐊᑎᑕᐅᒍᑎᖕᒋᑦ ᐃᒻᒥᓂᐊᕐᑎᓯᑦᑐᓕᓂᕐᒧᑦ - ᓄᓇᕕᒻᒧᓕᖕᒐᔪᖅ, 8 ᓄᓇᕕᒻᒥ ᐃᓕᓐᓂᐊᑎᑦᓯᒍᓐᓇᑐᑦ ᐃᓕᑕᕆᔭᐅᒍᑎᑖᕐᓯᒪᓕᕐᕐᑯᑦ ᐃᓕᓐᓂᐊᑎᑦᓯᒍᓐᓇᓕᕐᓯᑎᑦ.
- 2017ᒥ, ᐅᓄᕐᓂᖕᒋᑦ ᓄᓇᓕᓕᒫᓂ ᐃᒻᒥᓂᐊᕐᑎᓯᑦᑐᓕᓂᕐᒧᓕᖕᒐᔪᒥᒃ ᐱᓇᓱᑦᑏ ᐅᓄᕐᓯᒋᐊᕐᑕᐅᓂᕐᕐᑯᑦ ᒪᕐᕉᓂᒃ ᓯᑕᒪᓄᑦ. ᑎᓕᔭᐅᒪᒍᑎᖕᒋᑦ ᑐᑭᒍᐊᑦᑎᓯᓗᑎᑦ ᐃᑲᔪᕐᓯᓗᑎᓗ ᐃᒻᒥᓂᐊᕐᑎᓯᑦᑐᓕᓂᕐᒥᒃ ᑕᒪᒋᓐᓂ ᓯᑦᔮᓂ.
- ᐳᑦᑕᐅᑏᑦ, ᓄᓇᕕᒻᒥ ᐊᕐᕋᒍᑕᒫᑦ ᐃᒻᒥᓂᐊᕐᑎᓯᑦᑐᓕᓂᕐᒧᓕᖕᒐᔪᖅ ᒪᒥᔅᕐᓂᒧᓗ ᑲᑎᒪᓂᕐᔪᐊᒪᓇᒃ, ᑲᓯᕐᑎᓯᓐᓂᕐᑯᑦ 100 ᐅᖕᒐᑖᓂ ᓄᓇᕕᒻᒥᐅᓂᑦ ᐱᖕᒐᔪᒋᓕᕐᑕᖕᒐᓂ, ᐃᓄᒃᔪᐊᓂ ᐊᑑᑎᓚᐅᔪᕗᑦ ᐅᑦᑐᐱᓇ 16-20, 2017ᒥ.
- ᐃᓄᐃᑦ ᐃᓕᓐᓂᐊᑎᑦᓯᒍᓐᓇᓯᔪᕕᓃᑦ ᐃᓕᓐᓂᐊᑎᑦᓯᒍᓐᓇᕐᑯᑦ ᑲᑎᒪᓂᐊᕈᓯᕐᓂᑦ ASIST-ᒥᒃ, SafeTALK-ᒥᒃ ᐊᒻᒪᓗ ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᖕᖕᒋᓯᐊᓇᐊᕐᑲᕐᓂᒧᑦ ᖃᓄᐃᓘᕈᑎᓄᓕᖕᒐᔪᓂᑦ.

ᐃᒻᒥᓂᐊᕐᑐᓕᑎᑦᓯᒍᓐᓇᕐᑯᒍᑦ. ᐃᑲᔪᕐᑕᐅᒋᐊᕐᑲᕈᕕᑦ ᖃᐅᔨᒪᔪᓪᓗᓃᑦ ᐃᑲᔪᕐᑕᐅᒋᐊᕐᑲᕐᐸᑦ, ᐅᕐᑳᒋᑦ ᐃᓚᓐᓈᓄᑦ, ᐃᓚᓐᓄᑦ, ᐱᓇᓱᑦᑎᒧᓗᓐᓃᑦ ᐃᓗᓯᓕᓇᓂᕐᒥ, ᐅᕝᕙᓗᓐᓃᑦ ᐅᕐᑳᓚᓗᑎᑦ ᓇᓪᓕᑐᐃᓐᓇᖕᒋᓐᓄᑦ ᐃᑲᔪᕈᓐᓇᑐᓄᑦ:

- ᑲᒪᑦᓯᐊᖅᑐᑦ ᐅᕐᑳᓚᐅᑎᒃᑯᑦ ᐃᑲᔪᕐᓯᐅᑦ: 1-800-265-3333 (ᐃᓄᒃᑎᑐᑦ / ᖃᓪᓗᓈᑎᑐᑦ)
- ᓄᓇᖃᕐᕐᑳᓯᒪᔪᑦ ᐃᓄᐃᓪᓗ ᓂᓇᐅᓐᓂᓯᐊᕐᑲᕐᓂᒧᑦ ᖃᓄᐃᖕᖕᒋᓯᐊᕐᓂᒥᒃ ᐅᕐᑳᓚᐅᑎᒃᑯᑦ ᐃᑲᔪᕐᓯᐅᑦ: 1-855-242-3310 (ᖃᓪᓗᓈᑎᑐᑦ / ᒍᐃᒍᐃᑎᑐᑦ)
- ᐱᐊᕐᕐᓂᑦ ᐅᕐᑳᓚᐅᑎᒃᑯᑦ ᐃᑲᔪᕐᓯᐅᑦ: 1-800-668-6868 www.kidshelpphone.ca (ᖃᓪᓗᓈᑎᑐᑦ / ᒍᐃᒍᐃᑎᑐᑦ)
- ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᓇᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ ᐃᓄᐃᑦ ᐱᒻᒪᓇᕐᑯᑎᖕᒋᑦ ᐱᐅᓯᖕᒋᓪᓗ ᐱᓇᓱᑦᑎᖕᒋᑦ (9:00ᒥᑦ ᐅᓪᓛᑯᑦ/5:00ᒧᑦ ᐅᓪᓗᑯᑦ) 1 877-686-2845 (ᐃᓄᒃᑎᑐᑦ / ᖃᓪᓗᓈᑎᑐᑦ)

ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᓇᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ ᑎᒥᖕᖕᒍᑐᕕᓂᖅ ᔭᒻᔅ V ᐊᒻᒪᓗ ᑯᐯᒃ ᑕᕐᕋᖕᒐᓂ ᐊᖕᒋᖃᑎᒌᒍᑎᖕᒐᑎᒍᑦ. ᑲᒪᒋᔭᑦᔭᔭᓕᒃ ᓄᓇᕐᑯᑎᓕᒫᖕᒐᓂᒃ 55 ᐃᑰᑕᖕᒐᑕ ᕐᑯᓛᓂ ᐃᓗᓯᓕᓇᓂᕐᒧᑦ ᐃᓄᓕᓇᓂᕐᒧᑦ ᐱᒍᑦᔨᒍᑎᓂᑦ. ᓄᓇᕐᑯᑎᖕᒐᓃᑦᑐᓂᑦ 14ᓂᑦ ᓄᓇᓕᓐᓂᑦ.

ᖃᐅᔨᒋᐊᕐᕕᒃ: ᓄᓇᕕᒻᒥᒃ ᐃᓗᓯᓕᓇᓂᕐᒥᒃ ᑲᑎᒪᔨᖕᒋᑦ

ᑐᑭᓯᒋᐊᕐᕕᓴᒃ: Jenny Simpraseuth
Communications Officer, NRBHSS
Tel.: 819 964-2222, extension 229