

FOR IMMEDIATE DISTRIBUTION

INUUGUMINAQ SUMMIT 2023

Kuujuuaq, February 10th, 2023 – On January 17th, the members of the Regional Suicide Prevention Committee gathered in Kuujuuaq for a work session for the Inuuguminaq Summit. Over the course of 3 days, 25 partners (60 participants representing organizations of the region) collaborated to plan concrete actions in efforts toward suicide prevention.

Aligning with the 5 priorities that were established during the creation of the strategy in 2019, the participants chose actions that would help gain further momentum, having a common vision and goal in creating this next action plan.

Many actions and initiatives from the previous action plan have been implemented and continue to make headway. Some examples include the Nunami program with on-the-land activities, various types of training for frontline workers, Reach Out workshops given to different organizations and much more.

The Inuuguminaq Summit was an excellent opportunity to strengthen connections and collaboration between organizations that were present during the week. Several activities and working groups facilitated opportunities to brainstorm and engage in dialogue on ways to help improve the wellbeing of Nunavimmiut.

From this work session, inspiring discussions and new collaborations solidified the notion that efforts on everyone's part are consistent with the goals intended since the beginning. The action plan will be put in place and presented to the population in the coming weeks.

Support is available:

- CLSC of each community: 1-819-xxx-9090
- Nunavut Kamatsiaqtut Help Line: 1-800-265-3333 (Inuktitut / English)
- Department of Inuit Values and Practices, NRBHSS (9 to 5): 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.kidshelpphone.ca (English / French)

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.

– 30 –

Source: Nunavik Regional Board of Health and Social Services

For information: Virginie Richard
Communication Officer, NRBHSS
Tel.: 581-888-5904

