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## TALKING ABOUT SUICIDE SAVES LIVES

**Kuujuuaq, February 3, 2020** – During National Suicide-Prevention Week, from February 2 to 8, 2020, the Nunavik Regional Board of Health and Social Services (NRBHSS) would like to remind all that dialogue and community mobilization are essential in the pursuit of suicide-prevention efforts.

In the spirit of safe and preventive dialogue, the NRBHSS hereby announces the launch of a suicide-prevention workshop for the public. The workshop will support everyone that wants to participate in prevention efforts in the region. The objective is to help Nunavimmiut recognize the signs of distress more readily, speak openly about suicide, listen attentively and refer people at risk to the available resources. Lasting half a day and provided in English and Inuktitut, the workshop was designed by Inuit professionals, is available in all the communities and is facilitated by suicide-prevention liaison workers (SPLWs).

“We are quite proud of the official launch of the Reach Out workshop. It is developed by Inuit for Inuit; it exemplifies the importance for solutions to come from our own communities. In suicide prevention, each person can play a role, and with the Reach Out workshop, we provide Nunavimmiut with tools to strengthen the social fabric,” stated Minnie Grey, Executive Director of the NRBHSS.

Throughout the week, the NRBHSS will also invite health and community workers in the entire region to participate in suicide-prevention activities. The SPLWs will offer support for that purpose, and funding will be made available to all community partners that wish to organize local activities in suicide prevention or life promotion.

The organization of community activities fosters dialogue, and the activities proposed during National Suicide-Prevention Week will complement the concerted and sustained efforts by the NRBHSS and its partners. Everywhere in Nunavik, a growing network is dedicated to suicide prevention and intervention throughout the year. For further information, contact the SPLWs at each health centre.

### Hudson Coast

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### Ungava Coast

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**Help 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](http://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 55<sup>th</sup> parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

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**Source:** Nunavik Regional Board of Health and Social Services

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