

Suicide Prevention in Nunavik

What is being done ?

Creation of the Regional Suicide Prevention Committee (RSPC)

Since 2014, after Ilusiliriniqmi Pigutjiutini Qimirruniq (IPQ) process
Goal:



- Strengthen coordination and communication on suicide;
- Oversee the deployment of suicide prevention programs;
- Key role in guiding Nunavik suicide prevention strategy

Over 20 organizations and associations from Nunavik are represented, working together for the wellbeing of Nunavimmiut.

Suicide prevention actions, resources and collaboration put in place around the region following the creation of RSPC



- Puttautiit: Regional Healing and Grieving Conference - 2020: 6th Edition
- Suicide prevention liaison workers (SPLW) positions
- Development and launch of Reach Out, a Nunavik workshop on suicide prevention offered to general public, aiming to increase awareness around suicide prevention and better equip the population
- Nunami Program supporting on the land initiatives
- Mandatory best practices training in suicide intervention for frontline interveners
- Healing and grieving workshops offered to communities
- Community mobilization around activities such as sewing workshops, role model presentations and Loving Life Days
- Coordination crisis after traumatic events
- Specific activities for men

Suicide Prevention in Nunavik

What is being done ?

Continued

- “Reach out Nunavik” Facebook page ; providing tools and promoting life
- Suicide prevention workshops delivered to Rangers
- Pivallianiq program launched a suicide prevention component
 - Takuminartuliaviniit Uvikkanut, social economy project for youth around art and self expression
- Trainings delivered to police officers aiming to sensitize to Inuit culture and reality
- “Explore the grief” workshop is now offered to student counselors

Development of a Regional Suicide Prevention Strategy

A guiding light providing a long-term vision for collaborative work to strengthen suicide prevention in Nunavik by working on five key priority areas:



- Healthy development for children and youth
- Comprehensive mental health support
- Healing from grief and historical trauma
- Inuit knowledge mobilization
- Inuit self-determination and collaboration across Nunavik

The Strategy aims to support mobilization and advocacy; generate inspiration, hope and healing among Nunavimmiut

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In response to the Regional Suicide Prevention Strategy:
Development and implementation of a Regional Suicide Prevention Action Plan

- Short term: Organizations have identified and implement actions and measures to implement in 2020
- Nunavik organizations are working together to identify key actions in suicide prevention responding to the 5 key priority areas of the strategy
- Regional meetings in November 2019, January 2020, October 2020 and January 2021
- Creation of a working group aiming to support and share responsibility for the implementation of the Action Plan

Actions

HEALTHY DEVELOPMENT FOR CHILDREN AND YOUTH

- Increase the number of Nunami program activities
- Workshop given in schools on breakups
- At risk youth participate in on the land activities; learn other skills

COMPREHENSIVE MENTAL HEALTH SUPPORT

- Harmonized number for social services
- Sexual abuse intervention team training and workshops
- Medical/mental health referral for rangers and junior rangers
- Mobile Intervention Team in Puvirnitug (Police officer + Social worker)
- KMHB Training for employees to understand risk factors among tenants

HEALING FROM GRIEF AND HISTORICAL TRAUMA

- Increase, recognize and better identify natural helpers
- List of natural helpers available by community
- Develop decolonization material (pilot project)

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Continued

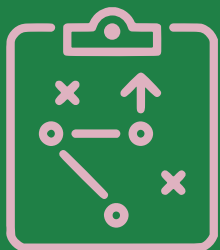
INUIT KNOWLEDGE MOBILIZATION

- Role model visit – Jordin Tootoo
- Create a mapping of existing and available programs and resources

INUIT SELF-DETERMINATION AND COLLABORATION ACROSS NUNAVIK

- Ungaluk Safer Communities Program
- Develop Inuit manpower in front line workers

What is next ?



- Development of a long term Regional Action Plan (2 to 5 years)

“It is essential to join our strengths and work together toward results for the wellbeing of Nunavimmiut”

- member of the regional suicide-prevention committee