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PROMOTING MENTAL HEALTH WELLNESS

Kuujuuaq, May 6, 2019 – In the context of Mental Health Week (May 6 to 12), the Nunavik Regional Board of Health and Social Services (NRBHSS) wishes to remind the region's residents of the importance of talking about mental health and of the assistance resources available at all times.

For the first time, this year programs of the Department of Planning and Programming—suicide prevention, mental health and Nunami—are being applied together to promote good mental health throughout the year. Boxes containing promotional items intended for outdoor activities were distributed among the communities, and the regional board invites the population to participate by wearing these pins.



“Good mental health is just as important as good physical health. Do not hesitate to seek help if you need it,” stated Minnie Grey, Executive Director of the Regional Board. All local partners are invited to apply for funding to organize activities related to mental health and Inuit culture. The NRBHSS wishes to remind Nunavimmiut that telephone hotlines are confidential and are available at all times.

Telephone hotlines

- **Nunavut Kamatsiaqtut Help Line:** 1-800-265-3333
- **First Nations and Inuit Hope for Wellness Help Line:** 1-855-242-3310 (English/French)
- **Kids Help Phone:** 1-800-668-6868 or www.kidshelpphone.ca (English/French)
- **Department of Inuit Values and Practices, NRBHSS** (9:00 a.m. to 5:00 p.m.): 1-877-686-2845
- **CLSC:** 819-XXX-9090

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.

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Source: Nunavik Regional Board of Health and Social Services

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