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

NEWS RELEASE

FOR IMMEDIATE DISTRIBUTION

NRBHSS' WORLD SUICIDE PREVENTION DAY
FLAMES OF HOPE

Kuujjuaq, September 10, 2020 – During the World Suicide Prevention Day, September 10, 2020, the Nunavik Regional Board of Health and Social Services (NRBHSS) joins the Quebec Association for Suicide Prevention to talk about suicide to save lives. We must remember that talking is a necessary step to act in suicide prevention. Individually, and as a community, it is by opening dialogue and being attentive that we will succeed in strengthening the safety net around vulnerable people.

Because of the pandemic, this year edition will be online and we will be connected more than ever. We invite the population to join us on the Facebook page of Reach Out Nunavik on September 10 to watch the performance of the group Twins Flames and a speech of hope. The video will be available on that day and we invite everyone to light a candle at 8 pm in memory of a loved one and to show support for the survivors of suicide.

Here's the link to watch the video and be part of this celebration of life:

https://www.facebook.com/reachoutnunavik/

It is possible to prevent suicide. If you or someone you know needs help, do not hesitate to reach out to a friend, family member, professional health-care provider, or to call one of these free hotlines:

- CLSC of each community: 1-819-XXX-9090
- Kamatsiaqtut Help Line: 1-800-265-3333 (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)
- NRBHSS' Inuit Values & Practices Team (9am-5pm): 1 877-686-2845 (Inuktitut / English)

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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