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## PUTTAUTIIT 5<sup>th</sup> EDITION IN SALLUIT

**Salluit, October 1, 2019** – The Northern Village of Salluit is pleased to welcome the 5th edition of Puttautiit, Nunavik’s suicide prevention, healing and grieving conference. The opening ceremony took place on the evening of September 29<sup>th</sup> and the conference will continue until the 5<sup>th</sup> of October. The evening commenced with welcoming words by local leaders and conference organizers. A moment of silence, the lighting of a qullik and candles was followed by musical performances by local artists. With 87 delegates registered from across Nunavik, Salluit opens their hearts and homes to Nunavimmiut and join in the effort to prevent suicide and help those affected by it.

Puttautiit’s theme this year is “Inuugumaniq - Promoting Life”. The week gives participants time and tools to help work through the loss and grief of trauma caused by suicide. In a safe, organized and insightful environment, participants may share, learn and heal together.

“The dedication of the organizers and support staff of this conference, combined with the efforts of each host community over the past five years is apparent and commendable. This year’s conference, coinciding with the recent launch of the Nunavik Suicide Prevention Strategy (NSPS), has the NRBHSS and its partners’ unwavering support in addressing the issue of suicide. We look forward to a productive week here in Salluit and to the NSPS action plan workshops that will follow at the end of this month.” – Minnie Grey, Executive Director NRBHSS

The creation of this conference, inspired by the Dialogue for Life Conference in Montreal, was recommended through the Ilusiliriniqmi Pigutjiutini Qimirruniq (IPQ) process to raise awareness about suicide and provide opportunities to gather, share and receive support and training. The Puttautiit Conference is an annual event in Nunavik, held in a different community each year, mobilizing communities to address the complex issue of suicide and places Inuit expertise at the center of the planning process and facilitation.

- Nunavut Kamatsiaqtut Help Line: 1-800-265-3333
- Inuit Values and Practices (9am-5pm): 1 877-686-2845 (Inuktitut / English)
- Hope for Wellness First Nations and Inuit helpline 1-855-242-3310
- Kids Help Phone: 1-800-668-6868 [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- [Facebook.com/ReachOutNunavik](https://www.facebook.com/ReachOutNunavik)
- [www.aqps.info/](http://www.aqps.info/)

*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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