

# Nunavik Suicide Prevention Strategy

After Ilusiliriniqmi Pigutjiutini Qimirruniq (IPQ) in 2014, the Regional Suicide Prevention Committee was created. Since 2018, over 20 organizations and associations from Nunavik, are working together for the wellbeing of Nunavimmiut and are developing the strategy.

The strategy is aiming to

- Creating a shared understanding of suicide prevention in Nunavik
- Strengthening coordination and collaboration
- Supporting mobilization and advocacy
- Providing guidance for evidence-based planning
- Encouraging inspiration, hope, and healing



## Inuit self-determination and collaboration across Nunavik

- Supporting community mobilization;
- Increasing collaboration and coordination at all levels;
- Ensuring that Inuit values are at the core of how all organizations operate;
- Strengthening reconciliation among Inuit and non-Inuit;



## Comprehensive mental health support

- Strengthened community supports for mental health;
- Increased access to trauma-informed mental health, addictions services, and crisis intervention services;
- Increased number of Inuit working in mental health;
- Improved support for interveners, reduced access to means.



## Healing from grief and historical trauma

- Addressing unresolved collective grief and trauma;
- Supporting healing amongst individuals, families and communities after a suicide loss.



## Inuit knowledge mobilization

- Continually improving knowledge of suicide prevention amongst service providers;
- Improving awareness of suicide prevention among the public.



## Healthy development for children and youth

- Ensuring safe and supportive family environments for children;
- Protecting children and youth from harm, as healthy early childhood development;
- Preventing adverse childhood experiences like physical and sexual abuse;
- Strengthening protective factors such as cultural connections.