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

ᑐᓴᕐᑎᓯᒍᑎᒃ

ᑐᓴᕐᑎᓯᒍᑎᐅᑦᓴᐅᑎᒋᒋᐊᓕᒃ

ᑲᓇᑕᒥ ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᑦ ᐱᓇᓱᐊᕈᓯᖕᒐ

ᑰᑦᔪᐊᖅ, ᕕᕈᐊᕆ 1, 2019 – ᑲᓇᑕᒥ ᐃᓅᓯᕐᒥ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᑦ ᐱᓇᓱᐊᕈᓯᖕᒐᓂ, ᕕᕈᐊᕆ 3ᒥᑦ 9ᒧᑦ, 2019ᒥ ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ ᐃᓚᐅᖃᑎᐅᕗᑦ ᑯᐯᒃ ᑲᑐᑦᔨᖃᑎᒌᓐᓂᖕᒐᓄᑦ ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᑦ ᐅᖃAtst5yht4 ᐃᓅᓯE/sJiᒃ Wso5yAtsd9lA. ᐅᖃᖃᑎᒌᓐᓂᖃᕆᐊᖃᕐᑯᑦ ᓯᕗᕐᖕᒋᒐᓯx3icdpjᑦ. ᐃᓄᑑᓈᕐᑎᑐᑎᒍᑦ ᓄᓇᓕᒻᒥᓗ, ᐅᒃᑯᐃᖕᒑᑦᓯᐊᑐᒥᒃ ᐅᖃᖃᑎᒌᓐᓂᑯᑦ ᓈᓚᑦᓯᐊᓂᒃᑯᓗ ᓲᖕᒍᓯᐅᒥᑎᑦᓯᓂᐊᕐᕐᑯᒍᑦ ᐊᑦᑕᓐᑦᑐᒥᒍᓐᓇᓯᓗᑎᑦ ᐊᑦᑕᓇᕐᑐᒦᑐᐃᓐᓇᕆᐊᓖᑦ.

ᐱᓇᓱᐊᕈᓯᖕᒐᓂ ᕕᕈᐊᕆ 3ᒥ, ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒥ ᑲᑎᒪᔨᑦ xsM5/Mt5yK5 ckw1qyx3ioEi3u ᓄᓇᓕᓐᓂᓗ ᐱNhx3ti4 ᓄᓇ[ᓈᒻᒥ ᐅᑯx ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᓕᖕᒐᔪᑦ WNhx3bst5hQ5:

ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᑦ ᐱᑐᑦᓯᒪᖃᑎᒌtyps5ht4 ᐱᓇᓱᑦᑏᑦ ᓴᐳᑦᔨᓂᐊᕐᑐᑦ ᐃᓘᓐᓇᖕᒋᓐᓂᑦ ᓄᓇᓕᓐᓂ ᐱᓇᓱᐊᕈᓯ6 xgtiomzi:

- ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ ᑮᓇᐅᔭᓂᑦ ᐊᑐᐃᓐᓇᐅᑎᑦᓯᔪᑦ ᓄᓇᓕᓕᒫᓂ ᐱᓇᓱxctQ?5bomui4 ᐸᕐᓗᕈᑎc3tlQ5 ᓄᓇᓕᒻᒥi ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᓕᖕᒐᔪᓂᑦ ᐃᓅᓯᕐᒥl ᐊᓕᐊᓯᒍᑎᖃᕐtyᓂ3ᒧᓕᖕᒐᔪᓂ4. ᐅᖃᕕᖃᕆᑦᓯ ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᑦ ᐱᑐᑦᓯᒪᖃᑎᒌtyps5ht4 ᐱᓇᓱᑦti4 ᑐᑭᓯᒋᐊᕐᕕᒋᓗᒋᑦ.

- ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ ᐱᓇᓱᖃᑎᖃᕐᕐᑯᑦ ᓄᓇᖃᕐᖃᓯᒪᔪᓂᑦ ᑯᐯᒃᒥ ᓛᐸᑐᐊᒥᓗ ᐃᓗᓯᓕᕆᓂᕐᒥ ᐃᓄᓕᕆᓂᕐᒥᓗ ᐱᒍᑦᔨᒍᑎᖕᒋᓐk5 WNhx3tsJi4 ᑐᓴ/sJ5ni4 n3etE5ht4 ᐃᓅᓯᖅ ᐅᕐᑯᒥlxo3X5, "ᐃᓕᓐi4 ᐊᑐᐃᓐᓇᐅ[c3dAᑦ".

- ᑐᓴᐅᑎᒃᑯᑦ ᑐᓴᕐᑎᓯᒍᑏᑦ ᐃᓄᒃᑎᑑᕐᑐᑦ ᐊᑐᑦᑕᐅᒍᓐᓇᑐᑦ ᓴᐳᑦᔨᒍᑎᐅᓗᑎᑦ ᐊᑦᑕᓇᕐᑐᒦᑐᐃᓐᓇᕆᐊᓕᓐi4 ᐃᓄᓐi4.

ᑖᒃᑯᐊ ᐃᑲᔪᕐᓯᒍᑎᑦᓴᑦ ᐊᓯᖕᒋᓪᓗ ᓄᐃᑕᑎᑕᐅᕗᑦ ᖃᕆᑕᐅᔭᑎᒍᑦ ᓄᐃᑕᑎᑦᓯᕕK8i ᖃᓪᓗᓈᑎᑐᑦ, ᒍᐃᒍᐃᑎᑐᑦ ᐃᓄᒃᑎᑐᓗ: www.nrbhss.gouv.qc.ca/en/suicide-prevention-week

ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᑦ ᐱᓇᓱᐊᕈᓯᖕᒐᓂ ᑐᑭᓯᒪᔭᐅᑎᑦᓯᓂᖅ ᓱᖃᑦᓯᒍᑎᖃᕐᓃᓗ ᐃᑲᔪᕐᓯᒋᐊᕈᑎᐅᕗᑦ ᑐᑭᒧᐊᑦᑎᑕᐅᓂᖕᒐᓄᑦ ᑲᔪᓯᑎᑕᐅᓂᖕᒐᓄᓗ ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᑦ ᐊᔪᐃᓐᓇᕈᑎᐅᔪ5, yKo3bsht4 ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᕆp4fk5 ᐱᓇᓱᖃtᖕᒋᓐᓄᓗ. ᓄᓇᕗᓕᒫᒥ, ᐊᒥᓱᖕᒍᐸᓪᓕᐊᕗᑦ ᑐᓂᒪᔪᑦ ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᑦ WNhxctQ5g5 ᖃᖕᒐᑐᐃᓐᓇᓕᒫᒥ ᐊᕐᕌᒍᑉ ᐃᓗᐊᓂ.
ᐱᒋᐊᕐᑎᑕᐅᒪᒍᑦ xsM5/MAbs?o3g5 ᐅᑯᓂᖕᒐ ᐃᓚᖃᕐᕐᑯᑦ:

- ᓄᓇ[7u ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧ ᑲᑎᖕᖕᒐᔨᖕᒋᑦ ᑐᑭᒧx3ty?2S5 vJyt5yps5ht9l ᓄᓇᓕᓐᓂ ᓄᓇ[7ul ᐊᔪᐃᓐᓇᕈᑎᐅᔪᓂᑦ ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᓕᖕᒐᔪᒃi4.

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- ᐱᓇᓯᖃbst9lQ5 ᓄᓇ[7u ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᑦ ᑲᑎᖕᖓᔨᑦ, ᐱᓇᓯᐊᕐbsK6 2019-2024 ᓄᓇᕕᒻᒥ ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᑦ ᖃᓄᐃᓗ2XoxDt5nsJ6. ᒫᓐᓇᐅᑎᓪᓗᒍ ᐱᓇᓱᑦᑕᐅᔪᑦ, ᓄᐃᑦᓯAtsZhx3hi ᑐᓂLQxc3iq8i4 ᑲᑐᑦᔨᖃᑎᐅᒍᑦᓴsiᖕᒋᓐᓂᓗ ᓄᓇᓕᓕᒫᓂ ᑎᒥᐅᔪᑦ.

- ᓄᑖᒥᒃ ᐱᕙᓪᓕᐊᑎᑦᓯᓂᖅ ᐃᓕᓐᓂᐊᑎᑦᓯᒍᑎᒥᒃ ᐃᑲᔪᕐᑎᓂᒃ; ᖃᓄᐃᓗᕈᓯᑦᓯᐊᖑᓂᕐᐸᓂᑦ ᐃᓕᓐᓂᐊᑎᑦᓯᒍᑏᑦ ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᑦ - ᓄᓇᕕᒻᒧᓕᖓᔪ6. ᐃᓕᓐᓂᐊᑎᑕᐅᓯᒪᓕᕐᕐᑯᑦ 100 ᐅᖓᑖᓃᑦᑐᑦ ᐃᑲᔪᕐᑏᑦ b4fxl yK9oXs5ht4 vmpsQx1zX5g5 woixtbsico3uht4 .

- ᓯᑕᒪᑦ (4) ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᑦ ᐱᑐᑦᓯᒪᖃᑎᒌᑦ5tyi3j5 WNh5t5 ᓄᓇᓕᓐᓂ ᑐᑭᒧᐊᑦᑎᓯᓂᐊᕐᑐᑦ ᓴᐳᑦᔨᓗᑎᓗ ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᑦ ᓯᕗᕐᖏᓚᓯᓐᓂᓄᑦ ᑕᒪᒋᓐᓂ ᓯᑦᔭᓂ.

- ᐳᑦᑕᐅᑏᑦ, ᓄᓇᕕᒻᒥ ᐊᕐᕋᒍᑕᒫᑦ ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᑦ ᓯᕗᕐᖏᓚᓯᓐᓂᓄᑦ ᒪᒥᓴᕐᓂᒧᓗ ᑲᑎᒪᓂᕐᔪᐊᖅ. 100 ᐅᖓᑖᓂ ᓄᓇᕕᒻᒥᐅᑦ ᑲᑎᖕᓂᕐᑯᑦ ᓯᑕᒪᒋᓕᕐᑕᖓᓂ ᑲᑎᒪᓂᕐᔪᐊᒥ, ᑲᖏᕐᓱᔪᐊᒥ ᐅᑦᑑᐱᕆ 21ᒥᑦ 26ᒧᑦ, 2018ᒥ.

- ᐃᓄᐃᑦ ᐃᓕᓐᓂᐊᑎᑦᓯᔪᑦ ᑲᑎᒪᓂᐊᕈᓯᖃᕐᑎᓯᑦᓯᑎᑦ ᖃᓄᐃᓗᕈᓯᐅᔪᑦ ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᑦ ᐃᑲᔪᕐᓯᒍᓐᓇᓯᓂᕐᒧᑦ ᐃᓕᓐᓂᐊᑕᐅᓂᖅ, ᐊᑦᑕᓐᑦᑐᒥ ᐅᖃᒍᓐᓇᓂᖅ ᐊᒻᒪᓗ ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᖕᖏᓯᐊᓇᐊᖃᕐᓂᒧᑦ ᐃᑲᔪᕐᓯᒍᑏᑦ.

ᐅᖃᕕᖃᓇᑦ ᐃᓅᓯᕐᒥᒃ ᑭᐱᓯᑎᑦᓯᒐᓕᓂᕐᒧᑦ ᐱᑐᑦᓯᒪᖃᑎᒌᑦtyi3j5 ᐱᓇᓱᑦᑎᒥᒃ ᑕᒪᒋᓐᓂ ᐋᓐᓂᐊᕕᒻᒥᑐᓂ4 ᑐᑭᓯᒋᐊᕐᕕᒋᓗᒋᑦ.

ᑕᓯᐅᔭᕐᔪᐊᒥ

ᒫᑕ ᐃᓄᒃᐸᒃ
819-254-8793
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ᒫᑭ ᓴᕕᐊᕐᔪᒃ
819-255-8175 ᓃᓂᕐᓗᒍ 214
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ᐅᖓᐊᒥ

ᐋᓗᓇ ᓛᒃ
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Valerie.Lock@ssss.gouv.qc.ca

ᓕᕝᓇ ᕿᑎᒃ

819-633-5444
Levina.kritik.cstu@ssss.gouv.qc.ca

kN[omu gnsm/st5yyxChx3ij5 WNhx3isJ6 gCCc3S6 wvJ3ymZhxDbst5hi kN[7usi4 cspmZhx5ysD8Nyd9lQ5 nS5pym5yxosudlQ9l x5bN3gugw8NExo8i4, hayQxChxDts5hil nSlbsAi8Ngi4 kwbtyAts5hil wvJ3yAtsA8Ngi4. ᑐᑭᓯᒪᔭᐅᑎᑦᓯᒐᓱᓐᓂᖅ ᐱᒋᐊᕐᑎᑕᐅᓐᓂᕐᑯᖅ ᐅᕙᓂ Reach Out Nunavik. cEbs/tA5 ᓄᐃᑕᑎᑦᓯᕕᒃ ᓄᐃᑕᐅᓯᒪᓕᕐᑯᖅ ᓇᐅᓕᒫᓄᑦ ᐅᐸᑦᑕᐅᓲᓃ ᓄᓇᕕᒻᒥ.

“gnsmctQ5yxi6 W7mExlK6 grymctQ5yxDmMzA5b yK1qym5yxDmAt5bl W[Dti3jX5gi4. b8N gnsmctQ5tyAt4 x3dbst9lA, wlw4vsosut5yZhx3dA5 vJy5yxD8Ntt5yZhx3hbl xgw8NsJi4 WnhxDti4 WNh5ti9l, w3cwt5yQx9MChxhbl kN[7usi4 wkgJc1qm5 n3e/5yxt5yAhx3hbl WNhxctQ5yxExc3iu4 sam5yZhx5yxDt5ni4 kwtElb’, sc3g[i6 ui fp, vmp7mEz kN[7u wlyoEp4f.

ᐊᐅᓚᔨᒋᑦ ᐊᑐᐃᓐᓇᐅᒪᑕ ᐃᑲᔪᕐᓯᒍᓐᓇᑐᑦ:

- ᓄᓇᕗᑦ ᑲᒪᑦᓯᐊᑐᑦ ᐅᖃᓚᐅᑎᖓ: 1-800-265-3333 (ᐃᓄᒃᑎᑐᑦ / ᖃᓪᓗᓈᑎᑐᑦ)
- ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ ᐱᒍᑦᔨᕕᖓ ᐃᓄᐃᑦ ᐱᒻᒪᕆᕐᑯᑎᖕᒋᑦ ᐱᐅᓯᖕᒋᓪᓗ (9ᒥᑦ 5ᒧᑦ) 1 877-686-2845 (ᐃᓄᒃᑎᑐᑦ / ᖃᓪᓗᓈᑎᑐᑦ)
- ᓄᓇᖃᕐᖃᓯᒪᔪᑦ ᐃᓄᐃᓪᓗ ᖃᓄᐃᖕᖕᒋᓯᐊᕐᓂᒥᒃ ᓂᕆᐅᓐᓂᒧᑦ ᐅᖃᓚᐅᑎᖓ: 1-855-242-3310 (ᖃᓪᓗᓈᑎᑐᑦ/ ᒍᐃᒍᐃᑎᑐᑦ)
- ᐱᐊᕋᕐᓄᑦ ᐅᖃᓚᕕᐅᒍᓐᓇᑐᑦ: 1-800-668-6868 www.kidshelpphone.ca (ᖃᓪᓗᓈᑎᑐᑦ / ᒍᐃᒍᐃᑎᑐᑦ)
- ᐋᓐᓂᐊᕕᐊᐲᑦ ᓄᓇᕕᒻᒥ: 819-XXX-9090

ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ ᑎᒥᖕᖑᑐᕕᓂᖅ 1978ᖑᑎᓪᓗᒍ ᔪᒻᔪ V ᐊᒻᒪᓗ ᑯᐯᒃ ᑕᕐᕋᖓᓂ ᐊᖏᖃᑎᒌᒍᑎᖓᑎᒍᑦ. ᑲᒪᒋᔭᑦᔪᔭᓪᒃ ᐃᓗᓯᓕᕆᓂᕐᒧᑦᓕᖓᔪᓂᑦ ᐱᒍᑦᔨᒍᑎᓂᑦ ᐃᓄᕐᑯᑎᒥᓄᑦ 14ᓂᑦ ᓄᓇᓕᖕᓃᑐᓂᑦ ᓄᓇᕐᑯᑎᖓᓂ ᑯᐯᒃ 55 ᐃᑰᑕᖓᑕ ᑕᕐᕋᖓᓂᑦᑐᓂᑦ.

ᐱᓯᒪᔪᖅ: ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ

ᑐᑭᓯᒋᐊᕈᒪᒍᕕᑦ: Ben Watt
Communication Officer, NRBHSS
ᐅᖃᓚᐅᑎᒃ: 819 964-2222 ᓃᓂᕐᓗᒍ 258