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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 RELEASE

NATIONAL SUICIDE PREVENTION WEEK
YOU'RE IMPORTANT TO US! SUICIDE IS NOT AN OPTION.

Kuujjuaq, Québec – February 1, 2016 – From February 1 to 6, during National Suicide Prevention Week in Québec, the Nunavik Regional Board of Health and Social Services (NRBHSS) is inviting the region's residents to raise awareness and to mobilize on the issue of suicide prevention. The NRBHSS is distributing pins with the message "You're important to me" to every community in Inuktitut, English and French. Residents are encouraged to give a pin to those important to them. It highlights the unique and precious place of each individual in his or her circle of family, friends and acquaintances, as well as in the community.

In past years, through the Illusiliriniqmi Pigutjiutini Qimirruniq (www.ipqnunavik.com), many regional organizations have partnered to find solutions to better prevent suicide in Nunavik. Initiatives include:

- A **permanent regional suicide prevention committee** to coordinate regional efforts on suicide prevention.

- **An increased number of ASIST-trained community members.**
  - A team of four Inuit ASIST (applied suicide intervention skills training) trainers in Nunavik are now available to give the training.
  - More than 200 Nunavimmiut have taken the ASIST training since 2014.
  - *This training is available for each community or organization. To request this training please contact the NRBHSS.*

- Two new regional **Suicide Prevention Liaison Worker** (SPLW) positions**.** The SPLW's mandate is to coordinate suicide prevention efforts on each coast.

- The annual **Nunavik healing conference, Puttautiit.**
  - The first annual Puttautiit Conference took place in Puvirnituq from October 5 to 10, 2015. Over a hundred people from all around Nunavik participated.
  - The goal of the Puttautiit Conference is to raise public awareness about suicide and provide training and support for interveners and community members.
  - The next Puttautiit Conference will happen again this year in a new community.

We're proud to say that residents and organizations in Nunavik are working together. Through this mobilization many projects have been put in place. It is with all the efforts and contributions of the people and organizations all around Nunavik that we will prevent suicide. You are important to us! Together, we can prevent suicide!

If you or someone you know needs help, don't hesitate to ask for it. Reach out for help! There's someone willing to support you. Talk to a friend, someone close to you, a colleague, or a professional health care provider. There are even some free hotlines…

CLSC: #9090 (Inuktitut/ English/ French)
Kamatsiaqtut Help Line: 1-800-265-3333 (Inuktitut/ English)
Kids Help Phone: 1-800-668-6868 www.kidshelpphone.ca (English/ French)
National Suicide Prevention Lifeline, 1-800-273-TALK (8255) (English)
1-866-APPELLE (1-866-277-3553) (French)

The NRBHSS is a public agency created in 1978 under the James Bay and Northern Québec Agreement*. It is responsible for nearly the entire Québec 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
Department of Public Health

For information: Dawn Forrest
Communications Officer, NRBHSS
819-964-2222, extension 251