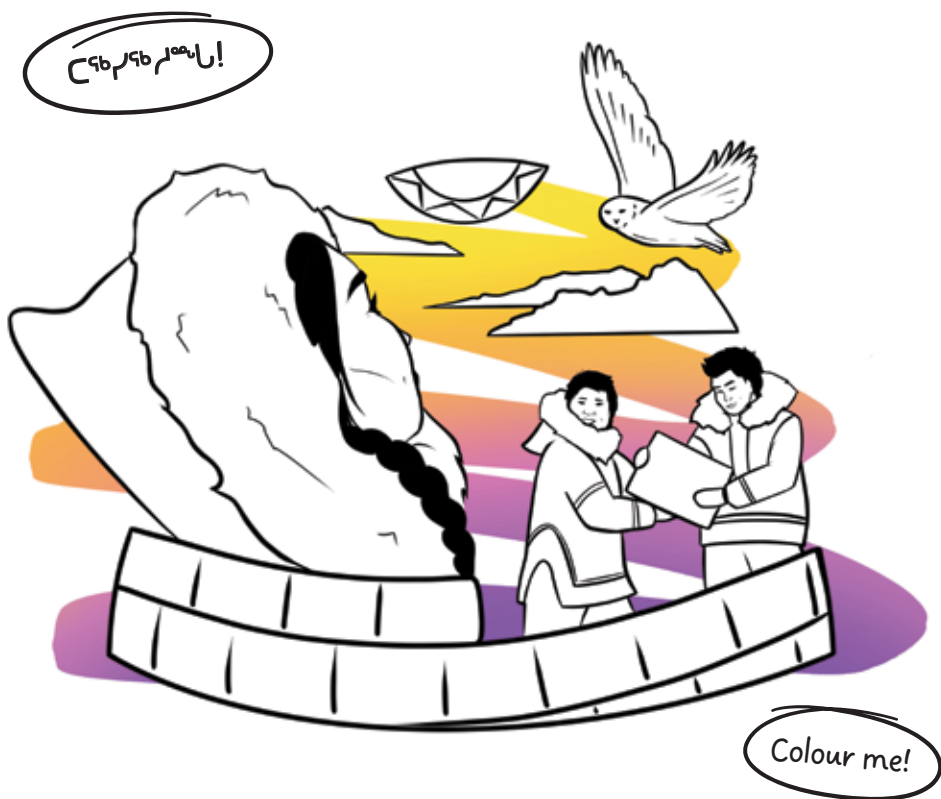


ԱՂԼԵՑՈՇՈՒՄԻ ՄԱՐՈՒՄԻ 2022-Դ ՀԱՅԴԱՍՏԱՆԻՔԻ  
ԶԵՂԻ ԵՄ ԵՄԼՈՒՄԻՆԻՍՏԻ ԶԵՄԵՐՈՒՄԻ

በበጭጭጭጭጭጭ ጊዜ ርዕሳዊ.



Inspired by the Voices of the 2022  
United for Life Summit in Cambridge Bay

Artwork by Tooma Laisa

## «ՀԱՐՔԵՆՈՐ»-Ի ՏՊԸ ԴՐՄԱՆ ԲՈԼՏՎԱՆՈՒԹՅՈՒՆ 2022:

[illegible][illegible]

## United for Life Summit 2022: Inuuqatigiikpugut/We are a Community

In Fall 2022, the Nunavut Suicide Prevention Strategy (NSPS) Partners (Government of Nunavut (GN), Isaksimagit Inuusirmi Katujjigatiit Embrace Life Council, Nunavut Tunngavik Incorporated, and Royal Canadian Mounted Police) hosted the United for Life Summit in Cambridge Bay.

The United for Life Summit, a territorial summit on suicide prevention, brought together over 100 community members to discuss youth involvement in suicide prevention. The Summit was called Inuuqatigiipkugut/We are a Community. Elders, youth, advocates, front-line workers, staff from Inuit wellness organizations, artists, and representatives from various GN departments and Inuit associations were present.





## What is a coping strategy?

We all go through periods of hardship and stress in our lives. In these times, it's important that we feel our feelings and take care of ourselves. One way to do this is by having tools to use when difficult emotions come up. These tools are called coping strategies.

Coping strategies are the thoughts and actions you use to handle a difficult situation or feeling. They are tools you can turn to when you recognize feelings of anxiety or distress coming up. Feelings are just visitors in our lives. They come and go. When we manage the difficult ones, we allow them to move along. Doing so creates space for us to love, lead, create, and help others.

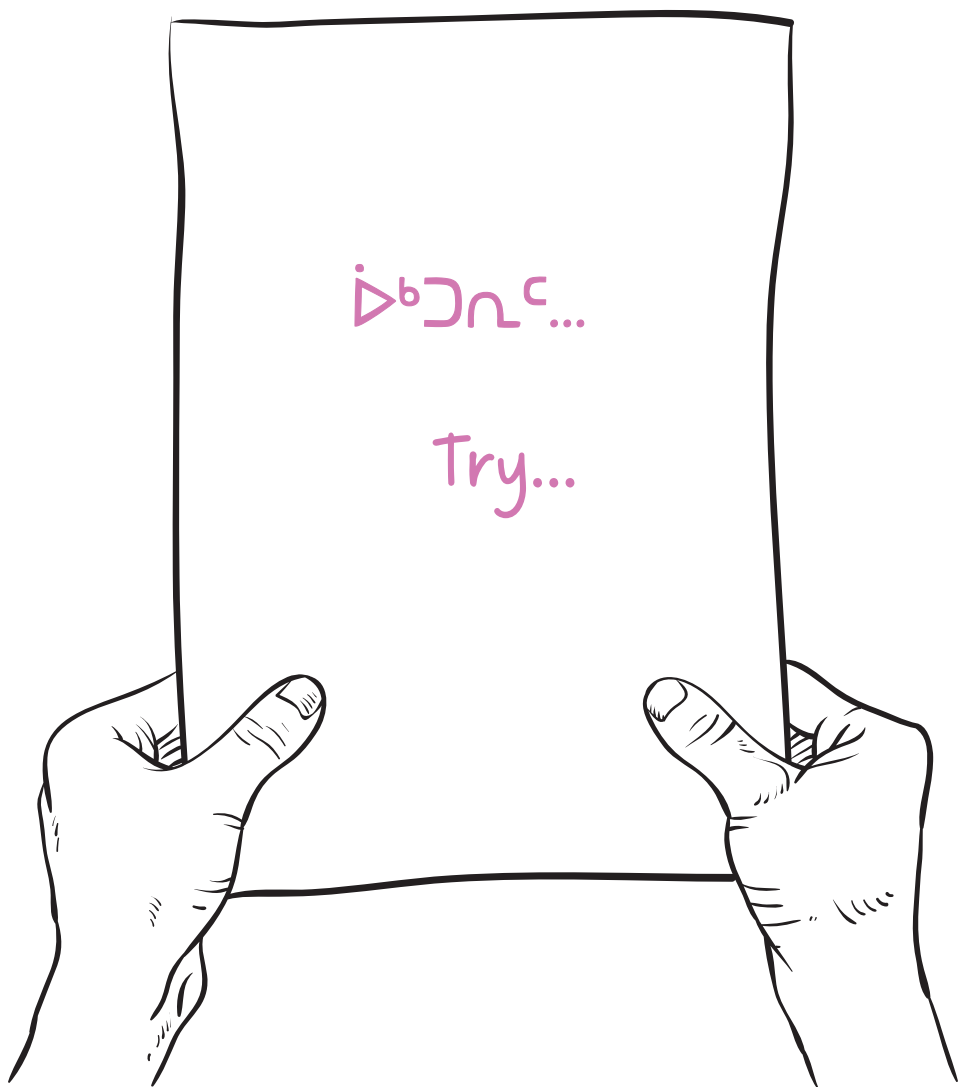
This booklet includes ideas and suggestions of healthy coping strategies shared by fellow Nunavummiut. The booklet begins with coping strategies that can be done in the moment, leading up to strategies that you can set as a goal, as they require more time or planning. There are also drawing/written activities.

We encourage you to try out different strategies and see which ones help you cope. Not every strategy works for everyone. Some may be easier to try than others, requiring more time, energy, and resources—and that's okay! There is a strategy for everyone in the booklet. Try asking yourself: How do I feel after trying this strategy? Self-reflection is an important part of coping and finding the best coping strategy for you.



ᐃᔨᐱᐅ...

Try...





ᖃᑦᑕᑦᖃᑦ ᐃᑦᐱᑦᐱᐃᐱᑦ ᐱᑦᑕᑦᑕᑦ  
ᐃᑦᐱᑦᐱᑦᐱᑦ ᐃᑦᐱᑦᐱᑦᐱᑦ.

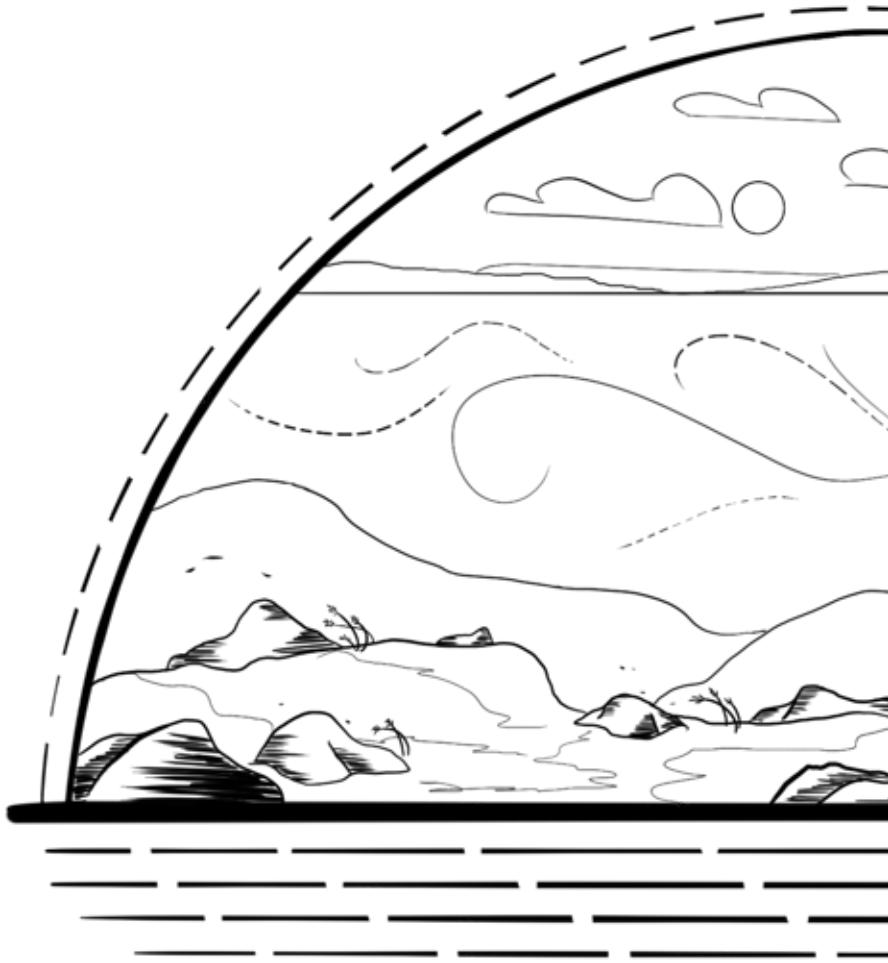
Lighting a qulliq or asking someone else to  
light one and sitting with them.



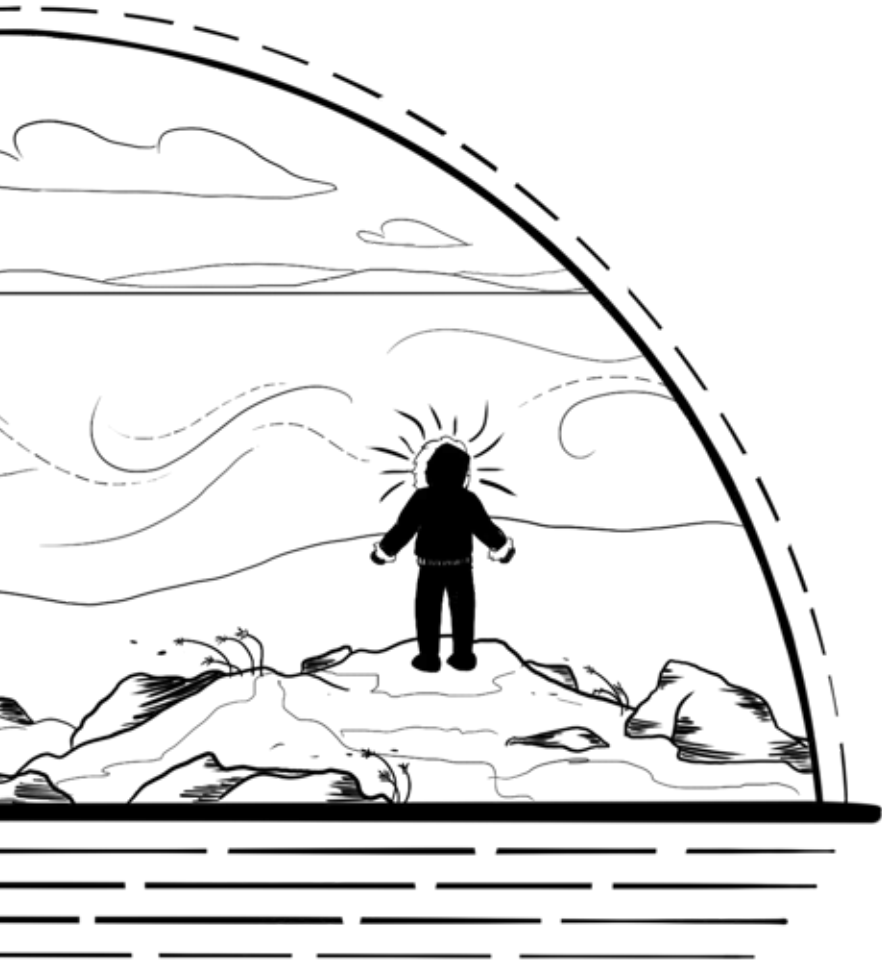


ጾኞቼን ለራሳችሁ ለራሳችሁ ለራሳችሁ  
ጭንቀት ይቀንሱ። ለራሳችሁ (ለራሳችሁ)  
ልሳን ይደረግልዎታል።

Taking a break from what you're doing and  
take deep breaths. Relax your eyes (closing them  
if you'd like) and focus on your breath.



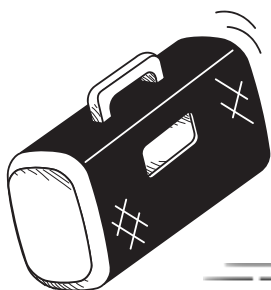
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ክልሉንም ለማድረግ፣  
ልማት ልማት ልማት ልማት ልማት



Walking or driving to a private place on the land  
and yell into the wind,  
releasing emotions that don't serve you.

Դասերը խաղալու  
 օգնում է խաղալու ժամանակ։

Playing a song that  
 makes you happy.



Երբեք մի փորձիր  
 փոխանակել ինքդ։

Calling or reaching out to  
 a loved one.





ՆՈՇԵԾԵՆՈՐ ՈՐԻ ԼԼԵՆՔՆԵՐԻ ԴԵՆՆ  
ՃԵՂԴՔՆՈՐ ՃՆՆԵՐԻ ԸՆԾԵՆԵՐԻ ԳՐԵՂՆՈՐ:

Having a tea break with calming tea and  
look out the window at nature.

መፍሮ ድኑሳታንብሮ ድፈለጋገቤ  
ድኑሳንብሮ ልሮጋጋ.

Find a heavy rock on the land  
and throw it as far as you can.



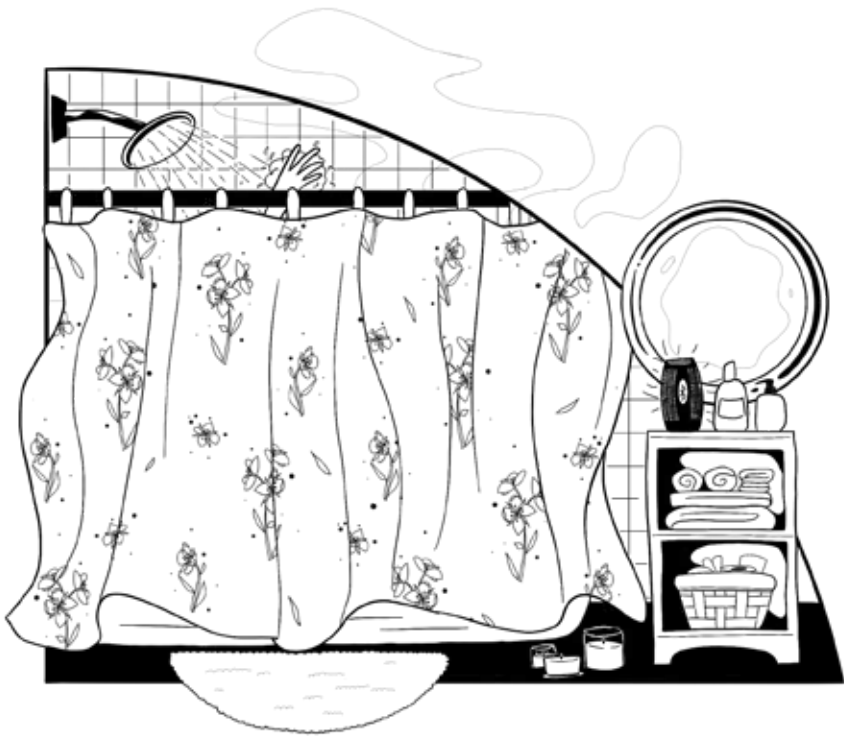
ለሮጋጋ መፍሮ, ልሮጋጋንብሮ ልሮጋጋንብሮ  
- ልሮጋጋንብሮ ልሮጋጋንብሮ ንብሮጋጋ  
ፈጋጋንብሮ ልሮጋጋንብሮ ልሮጋጋንብሮ  
ልሮጋጋንብሮ ልሮጋጋንብሮ tarabrach.com ድፈጋጋ  
ልሮጋጋንብሮ ልሮጋጋንብሮ ፈጋጋንብሮ  
ንብሮጋጋ Headspace ፈጋጋ Calm.

Doing a short, guided meditation – either with free  
meditation apps like Isumajunnattiarniq and websites  
like tarabrach.com or paid meditation apps like  
Headspace and Calm.



isumajunnattiarniq





ᐅᓇᓴᐅᓯᑦ ᐅᓂᓂᓄᓴᓗᓂᑦ/ᐅᓇᓴᐅᓴᓴᓗᓂᑦ ᓴᓂᑦᓗᓂᑦ.

Having a warm bath/shower to relax.



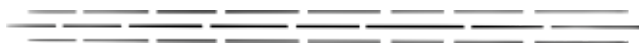
**ᐱᖃᓐᑲᐣᔭᕐᏳ ᐸᓚᕐᑐᓂ.**

Visiting a friend.



ልዩ ጉዳት ልብ ጉዳት  
 ለጥያቄዎቻችን፣ ርዕሰ ጉዳት  
 ነው ልብ ጉዳት።  
 ለጥያቄዎቻችን፣ ርዕሰ ጉዳት  
 ለጥያቄዎቻችን፣ ርዕሰ ጉዳት። ልብ ጉዳት  
 ለጥያቄዎቻችን፣ ርዕሰ ጉዳት። ልብ ጉዳት

If you or your family have plants, take a moment to see how they're doing. They may need water, or to be re-potted. Are there any new stems growing out of the soil?



ጸጋኛብ ስብሰቢ ልግግል፣ ድረ ስራ ጋብ፣  
ድምጺ ምሉእ ምክር ቤት ጋብ፣ ድጋፍ ምክር ቤት ጋብ፡



If you need to let off steam, try going for a run, weightlifting, or doing jumping jacks.



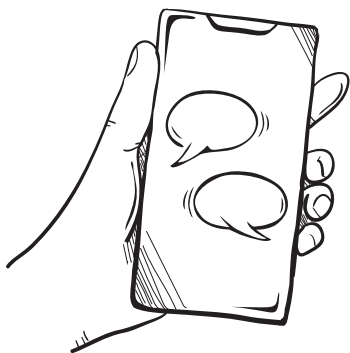
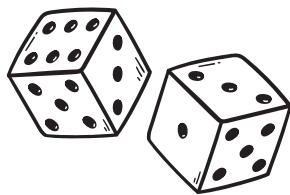


ፆፈር ለጎረቤት።

Going for a walk on the land.

ለሚታዩት ለሚቆጠሩ/ለሚገኙ  
ፋርማሲውቲካኖች ነጠላ ነው።

Playing a game/doing something fun with your siblings.

[illegible]

Asking for a support from a professional (for example, a community nurse or mental health worker). There are resources located on the back of this booklet.

ᐃᓯᓄᓐ ᐱᓐᓂᐃᓐᓂᐃᓐ ᐱᓐᓂᐃᓐ.

Doing something kind for  
someone else.





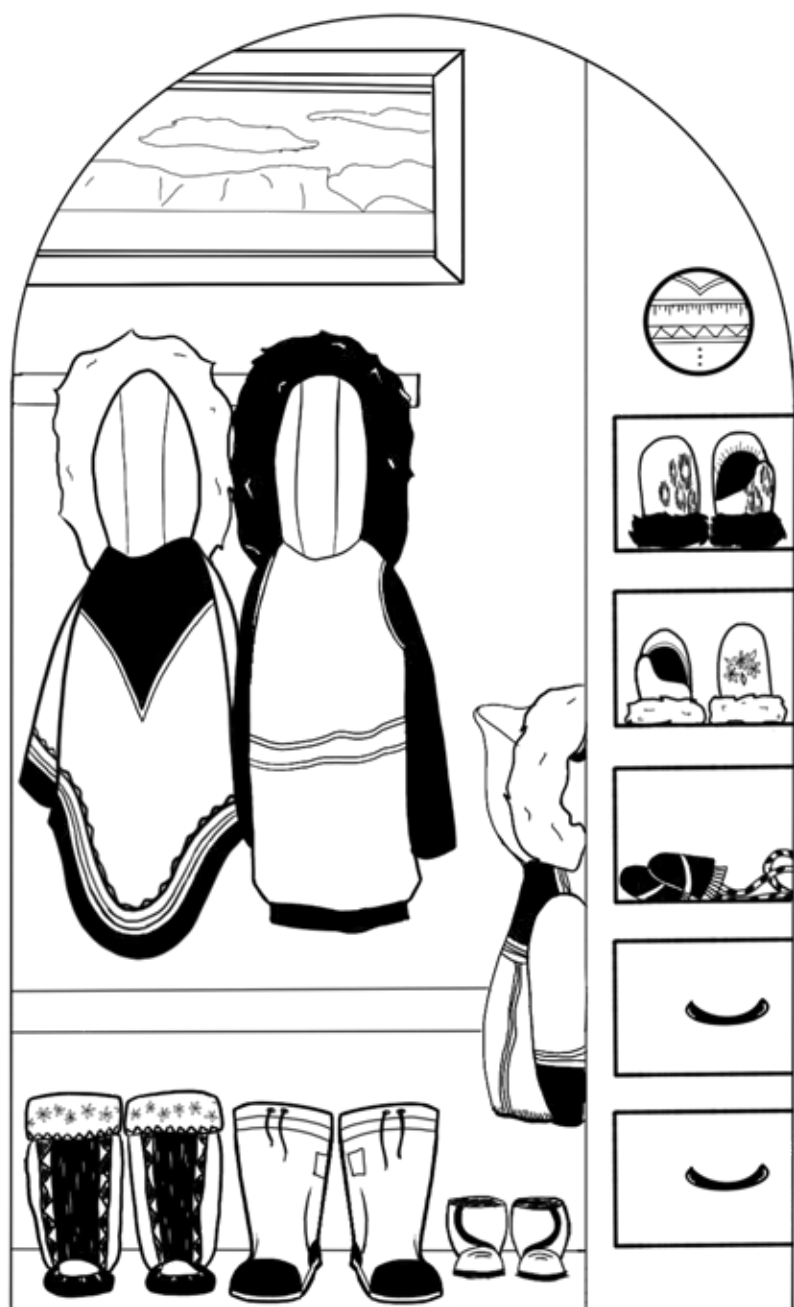
ᐃᑲᑦᑲᑦᑕᑦᑕᑦᑕᑦ ᐱᑦᑲᑦᑕᑦᑕᑦᑕᑦ ᑦᑕᑦᑕᑦᑕᑦ ᑦᑕᑦᑕᑦᑕᑦ  
ᑦᑕᑦᑕᑦᑕᑦ. ᐃᑲᑦᑲᑦᑕᑦᑕᑦᑕᑦ ᑦᑕᑦᑕᑦ.

Asking for support from a friend or someone you trust.  
There is support in your community.

ካብ ካልሙኽ ብክምህሮኡ ንዓኡ ልዩኡ/ ልጎኡ. ርልልሮምዚ ክብር ንኣኳ ክብር ሙከሮኡ, ምዃሮ ልዩኡ ርልሎኡ ክብር.

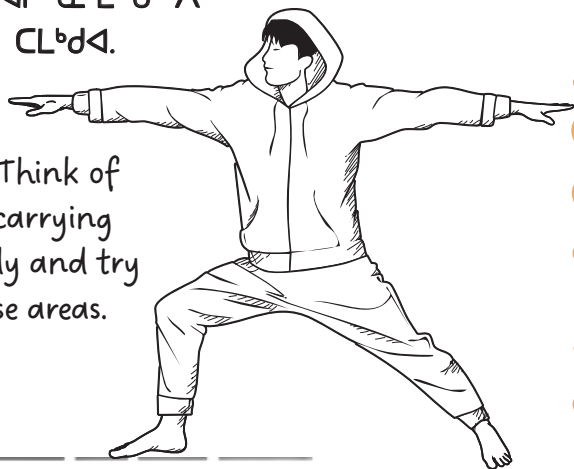
Cleaning or organizing your environment/ bedroom. You can do this while playing music that uplifts you, or that you can sing along to.





[illegible]

Yoga or stretching. Think of where you may be carrying heaviness in your body and try stretching out those areas.



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Looking at photos of happy memories.

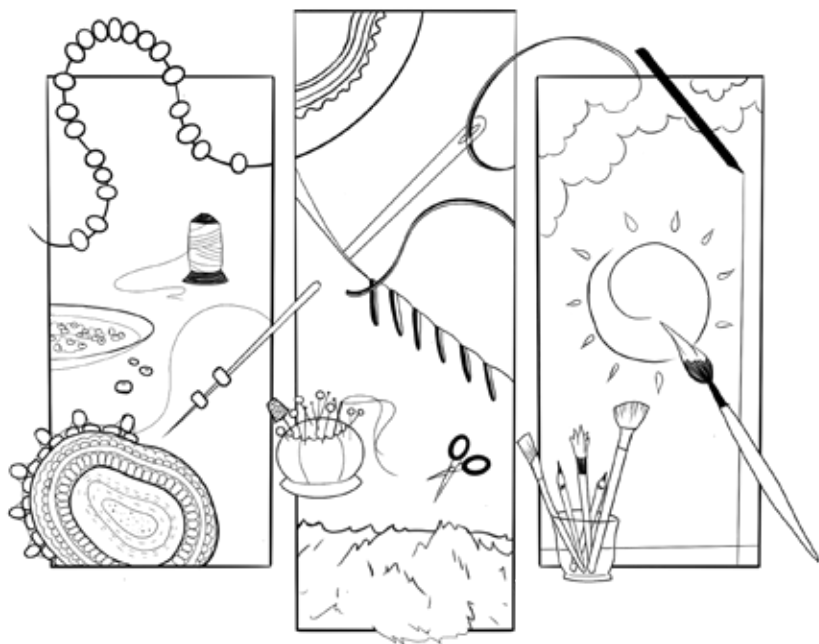
[illegible]

Taking a break from using electronic devices or social media. You can try deleting certain apps from your device or challenging yourself to put your device away for an entire evening (or longer).



ՈՂՎԵՐԶԸ ԺԻՎՈՐԷ, ԺԵՆՆԵԼԸ ԵՆԻՉՈՐԸ  
ԳԵՄՃԸ ԵՆԵՐԸ ԼՊՅՎԵՆՈՐԺՎԻՉՈՐԸ, ՈՂՎԻՉՈՐԸ,  
ԵՔԶՅՑԸ ԼՐԵՆՈՐԺՈՐԸ:

If you have a pet, take a break from what  
you're doing to play with them, pet them,  
or take them for a walk.



ካዲህም ዐረገዎልኛል (ጎጂ, ገጽታዊ, ካሜራሲያን,  
በበረሃዊነት, ልገረረዋል)።

Crafting something (for example, sewing, beading,  
drawing, painting).





<<sup>ᄃ</sup>ᄆΔ>Πᄃ...

Make a  
plan to...

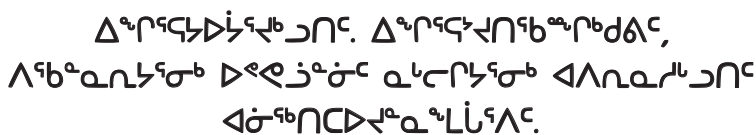


ፆፈራው ለሮሲቦርቲቲ ልጅ ጋብሮ.

Attend a community event or program.

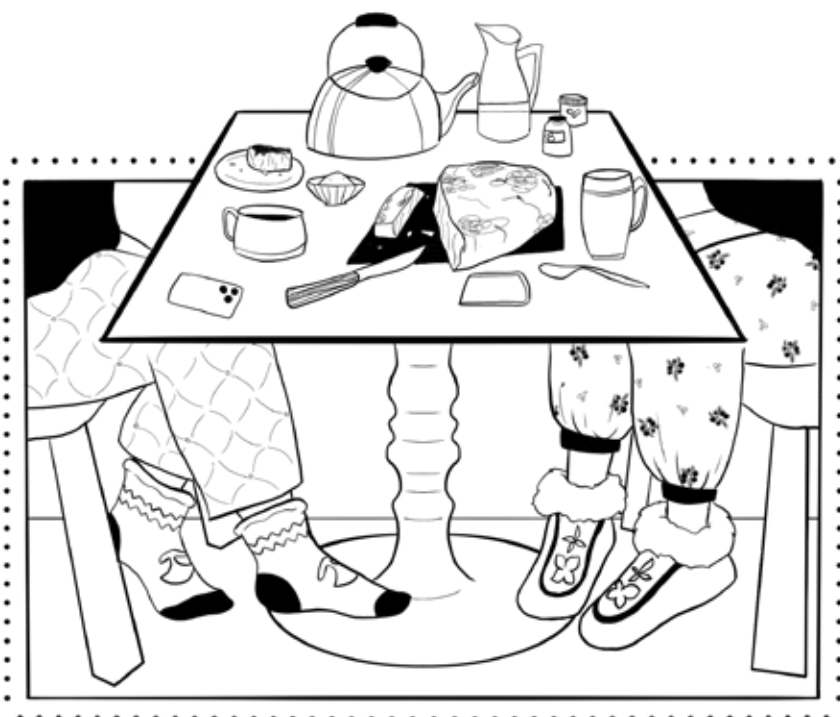


Go camping or berry picking.



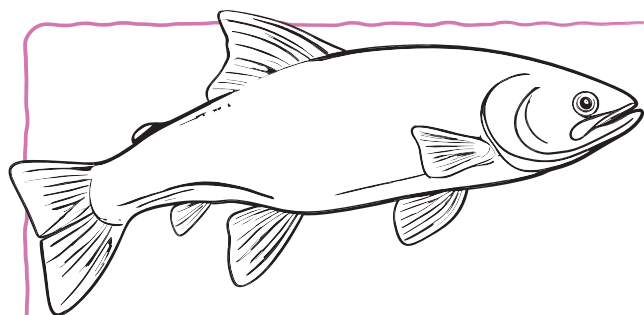
Go for a drive. If you don't have a vehicle, try asking a friend or a loved one who does if they're able to take you out.





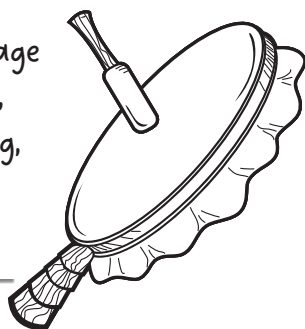
ለፍቅራዊነት ለገቢነት ለገቢነት ለገቢነት  
 ለገቢነት ለገቢነት ለገቢነት ለገቢነት.

Have a friend over for coffee or dinner,  
 or meet them somewhere.



ልሮፍፊጾፊ ልፍፊጾፊ ነጠጫነጠጦረፍፍፈፍ  
 ልጥፍፍነጥጥ ልጥፍፍነጥጥ ልጥፍፍነጥጥ  
 ልጥፍፍነጥጥ, ጥፍፍነጥጥ, ጥፍፍነጥጥ,  
 ጥፍፍነጥጥ, ጥፍፍነጥጥ, ልጥፍፍነጥጥ ልጥፍፍነጥጥ.

Connect with your culture and language  
 by practicing or learning new skills,  
 like throat singing, drumming, sewing,  
 beading, or having country food.



ጥፍፍነጥጥ ልጥፍፍነጥጥ ልጥፍፍነጥጥ ልጥፍፍነጥጥ.

Watch the sunrise or sunset.

[illegible]

Go hunting or fishing.

ԴՎՆԻՎՅՈՒՆՑ.

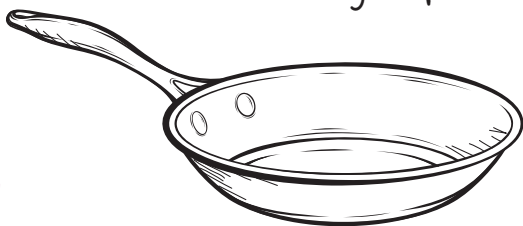
Go skating.



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ԺԲԸՆՑՈՐ ԼԼՆՇԻՄ ՄՆԷԿՄ.

Cook your favourite meal.



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ՃՆՎՈՐ ԼԾԵՅԾՃԻՄ ԸՁՅԹԸ ԸՀՍՈՐ  
ԼԾԵՅԾ ԼԸՆՎԿԾ ԼԻՆՈՐՍ ԼԻՆՊՆԸ.

Visit the Youth Centre or attend a  
youth program with a friend.



Դժբերաններում և խանութներում. երեկոյան լույսը  
 ձեր համար անհարմար է և հեշտ է քնի համար.

Get more sleep. Try putting electronic devices away  
 and turning the lights off at a certain time of  
 night to help you wind down.





31



חננילד/

חנני...

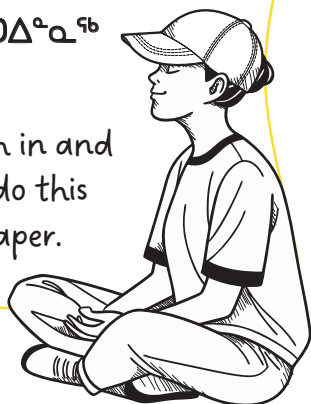
Draw it/  
write it down...





၁၀မိနစ်ခန့်အတွင်း ဂရုစိုက်သော ၁၀မိနစ်ခန့်အတွင်း  
 နေပါ။ ပြုလုပ်ပါ။ မိမိတို့အတွက် ၁၀မိနစ်ခန့်  
 ငြိမ်းချမ်းရေးအတွက် အသံအသံ၊ 'မိမိတို့အတွက်  
 ဂရုစိုက်ပါ' ခြင်းပါ။

Draw your breath's rhythm as you breath in and  
 out. Try drawing ten breaths. You can do this  
 anywhere, anytime with a pen and paper.



በበኛህ ሳኔ ልሳሳህ ሆኖ ለሌሎች  
ጋራ ርዕይ ለሰጥህ ለሌሎች ልብሰህ ሆኖ ለሌሎች

የሆኑ \_\_\_\_\_ (ታችኛው, ሙሉ, ሙሉ, ሙሉ)  
ለሌሎች ልብሰህ ሆኖ ለሌሎች ልብሰህ ሆኖ ለሌሎች

ጋራ ለሌሎች ሆኖ ለሌሎች ሆኖ ለሌሎች ሆኖ ለሌሎች  
ጋራ ለሌሎች ሆኖ ለሌሎች ሆኖ ለሌሎች ሆኖ ለሌሎች

Try writing down how you feel.

Here are some prompts to help you get started:

What are you most \_\_\_\_\_ (e.g., anxious, upset, angry) about? Where  
is that feeling coming from, and how do you plan to cope with it?

Describe the last time you couldn't stop laughing. Explain it in detail  
and remember the joy you felt at the time.

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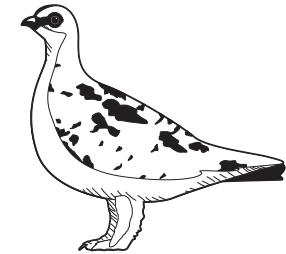
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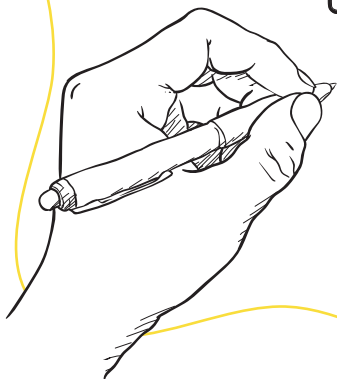
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በበፍጋሮ ለህይወት ለሰላም ጋራ ጋራ ጋራ ጋራ  
ሰላም ሰላም. ለሰላም ሰላም ሰላም ሰላም,  
ጋራ ጋራ ጋራ ጋራ ጋራ ጋራ.

Write three positive messages below each bird.  
Now imagine the birds flying away,  
carrying those messages into the world.

በበሩድህነት ሕግ በጥቅም ላይ የዋለው የጥቅም  
ሕግ በሕግ አዋጅ አዋጅ ስር  
ለሕግ አዋጅ አዋጅ ስር

Make a drawing using the letters of your name. This may have a calming effect—and allows you to be creative!



[illegible]

It's easy to get caught up in negative self-thought and be our own biggest critic. Instead, try thinking of the people closest to you in your life. What are their favourite things about you? What words would they use to describe you?

Write them down. You can come back to these words when you're in need of a reminder of how those who know you best see and appreciate you.

[illegible]



ርዕዮቸው በየትኛው  
ስፔሻል/ፖስቲዮን/ስፔሻል/ፖስቲዮን.

Draw what you see from where  
you're sitting/standing.



Aajiqatigiingniq

ልደረግ ምርጫ ምክር ቤቱ ለጥቅምት 10 ቀን  
 ለሕዝብ ጥያቄ መሰረት ለሚከተሉት  
 ምክር ቤቱ አባላት ለሚሰጡት ምክር ቤቱ  
 አባላት ለሚሰጡት ምክር ቤቱ አባላት  
 ለሚሰጡት ምክር ቤቱ አባላት ለሚሰጡት

Think of ways you can or do implement Inuit Qaujimajatuqangit in your daily life.  
Draw or write them down.

በበጭነታች በበጥንታች ኃይል የሚገለጽበት  
(ታች, ወይም ሌላ, በሀገሪያች).



Draw or write something that  
you're grateful for (for example, your  
favourite place on the land, your pet).

[illegible]

**If you or someone you know is in crisis, call the RCMP, or go to your local health centre or hospital immediately.**

**If you or someone you know is struggling, always remember that you are not alone. It is okay to ask for help. Please reach out: this can be a family member, friend, or the mental health support at your local health centre, hospital or Iqaluit Mental Health and Addictions. For confidential support, you can also contact:**

### **Counselling**

- **Healing by Talking Program** offers virtual, long-term counselling services to Inuit across the territory. Visit your local Health Centre for more information, or email [healing@gov.nu.ca](mailto:healing@gov.nu.ca), or call toll-free at 1-888-648-0070 or 867-975-5367.
- **GN Employee/Family Assistance Program** assists GN employees and their families to maintain and/or improve their overall well-being. Services are offered to employees, their partners, and their dependants. Available 24/7 in Inuktitut and Inuinnaqtun with interpreter at 1-800-663-1142.
- **Umingmak Child and Youth Advocacy Centre** assists young Nunavummiut following disclosures of maltreatment with ongoing advocacy, programming and additional supports for their families. You can call them at 867-975-3255.
- **Government of Canada Employee Assistance Services: Employee Assistance Program (EAP)** assists individuals and their immediate family members 24/7 during periods of distress or when in need of mental health support. By phone: 1-800-268-7708 or 1-800-567-5803 (digital service for individuals who are deaf or hard of hearing).



## Help Lines and Online Chat

- **The Nunavut Kamatsiaqtut Help Line** (available 24/7) at 867-979-3333 or 1-800-265-3333. Provides anonymous and confidential telephone counselling and crisis support to Nunavummiut. Support service also available in Inuktitut during the hours of 6-8PM.
- **Suicide Crisis Helpline** (available 24/7) for anyone who is experiencing thought of suicide, or worried about someone else. Call or text 9-8-8.
- **Talk Suicide Canada** (available 24/7) for anyone who is experiencing thoughts of suicide Call 1-833-456-4566 (24/7) or text 45645 (4pm to midnight ET).
- **Youthspace.ca** at 1-833-456-4566 or by text at 778-783-0177 (6pm to midnight PST) Online chat is available at youthspace.ca (6pm to midnight PST). Email counselling is available by calling toll free at 1-88-478-8357 or through the website at youthspace.ca/youthspace-resources/ecounselling (responses take 3-5 business days).
- **Kids Help Phone** at 1-800-668-6868 or text 'CONNECT' to 686868 to message with a crisis responder (available 24/7) offers confidential, free e-mental health services to young people in Canada. Live chat is available with a professional counsellor at kidshelphone.ca/live-chat-counselling/ (7pm to midnight ET). Text 'INUIT' to 686868 to be connected with an Indigenous volunteer.
- **Hope for Wellness Help Line** offers immediate help to all Indigenous people across Canada at 1-855-242-3310 (24/7). Telephone support is also available upon request in Inuktitut but is not available 24/7, so you may need to call in to find out the next time that an Inuktitut language speaker will be available. Online chat at hopeforewellness.ca (24/7).
- **The National Indian Residential Schools Crisis Line** (available 24/7) supports former students of Residential Schools and their family members at 1-886-925-4419.





## Websites for Tips

- **Isaksimagit Inuusirmi Katujjiqaatigiit Embrace Life Council** at [inuusiq.com](http://inuusiq.com) for more information, support and tips. Most of the organizations listed above have websites that provide tips and information on topics such as grief, suicide, suicidal ideation, and mental health.
- **Inuit Tapiriit Kanatami (ITK)** at [itk.ca](http://itk.ca) for evidence-based Inuit specific approaches to suicide prevention.





