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ᓇᓗᓇᐃᖅᓯᔾᔪᑎ

ᓱᕋᓐᓇᖅᑐᑦ, ᑎᑦᑲᒃ ᐳᔪᓐᓴ ᐊᒻᒪ ᐃᓱᒪᓕᕆᓂᖅ

ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᙱᑦᑎᐊᕐᓂᖅ ᑎᒥᒃᑯᓪᓗ ᖃᓄᐃᙱᑦᑎᐊᕐᓂᖅ ᐊᒃᑐᐊᔫᒃ

ᑕᕝᕙᑭ, ᐳᔫᖅᑎᑦᑎᕙᓐᓂᖅ ᓱᕋᓐᓇᖅᑐᓂᒃᑯ ᐊᑐᖅᐸᓐᓂᖅ ᐊᒃᑐᖅᓯᕙᒃᐳᖅ ᑎᒥᒃᑯᑦ ᖃᓄᐃᙱᑦᑎᐊᕈᓐᓇᕐᓂᕐᒥᒃ, ᓲᕐᓗ ᐳᕙᓐᓂᒃ, ᐃᓱᒪᒃᑯᓪᓗ ᖃᓄᐃᙱᑦᑎᐊᕈᓐᓇᕐᓂᕐᒥᒃ, ᓲᕐᓗ ᓴᐃᒪᓂᓇᔭᕐᓂᒃ ᓂᒃᑦᓗᖓᓂᓇᔭᕐᓂᒃᑑᑦ.

ᑕᕝᕙᑭᒦᑦᑐᖅ ᐅᐃᓇᓐᓇᖅᑐᖅ ᐊᑦᑕᕐᓇᖅᑐᖅ ᖃᕋᓴᕐᓄᑦ ᓱᓕ ᒪᒃᑯᓗᐊᖅᑐᓄᑦ

- ᑕᕝᕙᑭᒦᑦᑐᖅ ᑎᑦᑲᒃ ᐳᔪᓐᓴ ᐅᐃᓇᓐᓇᖅᑐᒻᒪᓇᐅᖅ ᑕᕝᕙᑭᓂᑦ ᐊᒥᓱᓂᓪᓗ ᓱᓴᓕᐊᙵᐊᓂᒃ ᐱᑕᖃᐅᖅᓗᓂ.
- ᖁᐊᖅᓵᕐᓇᖅᑐᖃᖅᑐᖅ, ᐱᓗᐊᖅᑐᒥᒃ ᓱᖓᐃᔪᓄᑦ ᐊᒫᒪᒃᑎᑦᑎᔪᓄᑦᑑᓐᓂᑦ ᐊᒻᒪᓗ ᒪᒃᑯᒃᑐᓄᑦ.
- ᑕᕝᕙᑭᒦᑦᑐᖅ ᐅᐃᓇᓐᓇᖅᑐᖅ ᐊᒃᑐᐃᔪᓐᓇᖅᐳᖅ ᐃᒃᐱᒋᔭᕐᓂᒃ, ᐃᖅᑲᐅᒪᔪᓐᓇᕐᓂᕐᓂᒃ, ᐃᓱᒪᒃᑯᑦ ᐊᐅᓚᑦᑎᔪᓐᓇᕐᓂᕐᒥᒃ ᐊᒻᒪ ᑭᓯᓚᓇᓂᕐᒧᑦ ᓵᙵᔭᖃᑦᑎᐊᕈᓐᓇᕐᓂᕐᒥᒃ.

ᓱᕋᓐᓇᖅᑐᖅ ᐊᒃᑐᐃᓱᓐᓇᕗᖅ ᖃᕋᓴᕐᓂᒃ

- ᓱᕗᕋᓕᖅᐹᓪᓕᕐᓇᓇᕗᖅ ᐊᒻᒪ ᓂᒃᑦᓗᖓᓐᓇᖅᓗᓂ. ᓴᖅᑭᑎᑦᑎᔪᓐᓇᓇᕗᖅ ᖃᕋᓴᒃᑯᑦ ᐊᒃᑐᐊᓂᖅᑲᕈᓐᑑᕐᓂᕐᒥᒃ ᓱᓚᖅᔪᐊᕐᒧᑦ ᓱᓚᔪᒧᑦ.
- ᓱᕋᓐᓇᖅᑐᖅ ᐊᒃᑐᐃᕙᒃᐳᖅ ᓵᙵᔭᖃᑦᑎᐊᕈᓐᓇᕐᓂᕐᓂᒃ, ᐃᓱᒪᑦᑎᐊᕈᓐᓇᕐᓂᕐᒥᒃ ᐊᒻᒪ ᐃᖅᑲᐅᒪᔪᓐᓇᑦᑎᐊᕐᓂᕐᒥᒃ. ᒪᒃᑯᒃᑑᑎᓪᓗᒋᑦ, ᐊᒃᑐᖅᓯᕙᒃᐳᖅ ᐃᓚᑦᑎᕙᓪᓕᐊᔪᓐᓇᕐᓂᕐᒥᒃ ᐊᒻᒪ ᐃᒃᐱᖕᓂᐊᒋᔭᒥ ᐅᔾᔨᖅᓱᑦᑎᐊᕈᓐᓇᕐᓂᕐᒥᒃ.

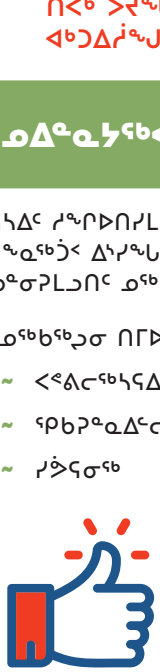
ᖃᐅᔨᒪᕕᑦ?

ᖃᕋᓴᖅ ᐱᕈᖅᐸᓪᓕᐊᖕᒋᓐᓇᓲᖅ ᐃᓄᒃ ᐅᑭᐅᖃᓕᕋᓱᖕᓂᖓᓄᑦ 25-ᓂᒃ. ᑕᕝᕙᑭᒦᑦᑐᖅ ᐅᐃᓇᓐᓇᖅᑐᖅ ᑎᑦᑲᒃ ᐳᔪᓐᓴ ᓱᕋᓐᓇᖅᑐᒥᓪᓗ ᐅᐃᓇᔭᔪᑎᖃᕋᓐᓇᖅᑐᖅ ᐊᒃᑐᐃᓱᓐᓴᔪᖅ ᐱᕈᖅᐸᓪᓕᐊᔪᒥᒃ ᖃᕋᓴᕐᒥᒃ.

ᖃᓄᐃᓐᓇᔭᖅᐸ ᓄᖅᑲᕈᒪ?

ᖃᕋᓴᐃᑦ ᓱᓐᒋᐅᑎᓱᒪᒍᓂ ᑕᕝᕙᑭᒦᑦᑐᒥᒃ ᐅᐃᓇᓐᓇᖅᑐᒥᒃ ᐅᕝᕙᓘᓐᓃᑦ ᓱᕋᓐᓇᖅᑑᐸ ᐃᔅᓱᓐᓴᓂᒃ, ᑎᒦᑦ ᐅᐃᓇᓱᒪᓂᕐᒥᓄᑦ ᐊᒃᓱᕈᓚᐅᑲᒪᔭᖅᐳᑎᑦ ᐱᒃᑲᓐᓂᕈᒪᓗᑎᑦ ᓄᖅᑲᕐᓂᕈᕕᑦ.

- ᓄᖅᑲᖅᓗᓂ ᑎᒥᐅᐸ ᐊᑐᖅᐸᒃᑕᖕᒋᑦ ᐃᓚᖕᒋᑦ ᐅᑯᐊ:
  - ᐸᕝᕕᓕᖅᓴᕋᐃᓐᓂᖅ
  - ᖃᒃᑲᕈᓐᓇᐃᓪᓕᓗᓂ
  - ᓱᕗᕋᓂᖅ
  - ᓂᒃᑦᓗᖓᓂᖅ
  - ᓱᓂᒍᓐᓇᐃᓪᓕᖅᑲᑦᑕᕐᓂᖅ
  - ᑭᓱᒥᒃ ᓵᙵᔪᓐᓇᐃᓪᓕᐅᖅᑲᓂᖅ



ᑐᓴᒐᒃᓴᑦᑎᐊᕙᒃ

ᐱᐅᓯᕙᓪᓕᓲᑦ ᓄᖅᑲᓚᐅᖅᓗᓂ ᑎᒥᐅᐸ ᖃᓄᐃᔭᔪᑎᒋᔭᖕᒋᑦ

ᓄᖅᑲᖅᓗᓂ ᓱᖓᓚᐊᒥᒃ ᓱᕋᓐᓇᖅᑐᒥᓪᓗᓘᑦ ᖃᓚᒥᐊᓗᒃ ᐱᐅᓯᕙᓪᓕᖅᑐᑦ ᐅᔾᔨᕐᓇᓲᖕᒍᔪᑦ!

- **20 ᒥᓂᕐᒥᒃ** – ᐊᐅᒃᐱᑦ ᑎᓪᓕᕐᓂᖓ ᐊᒻᒪ ᐆᒻᒪᑎᕕᑦ ᑎᓪᓕᕐᓂᖓ ᐊᑦᑎᒃᓯᒋᐊᓲᑦ ᓈᒻᒪᒃᓯᓪᓗᑎᒃ.
- **ᐃᑲᕐᕋᑦ 48 ᐃᓗᐊᓂ** – ᑎᐱᒥᒃ ᓇᐃᒪᓂᖅ ᑕᒧᐊᓂᒃᑯᓪᓗ ᒪᒪᖅᓴᓕᒃᑲᓐᓂᕐᓇᖅᑐᖅ, ᐆᒻᒪᓱᓇᑐᐃᓐᓇᓇᐊᖅᑲᕐᓂᕐᓗ ᑲᑕᒋᐊᕐᒥᓗᓂ.
- **ᐃᑲᕐᕋᑦ 72 ᐃᓗᐊᓂ** – ᐊᓂᖅᓵᖅᑐᕐᓂᖅ ᐊᔪᕐᓇᙱᓐᓂᖅᓴᐅᓕᕐᓗᓂ.
- **ᐱᓇᓱᐊᕈᓲᒃ ᒪᕐᕉᒃ ᐃᓗᐊᓂ** – ᐳᕙᒃᑯᑦ ᐊᐅᓚᓂᖓ ᐱᐅᓯᕙᓪᓕᓲᖕᒍᕗᖅ 30%-ᒧᑦ ᐊᒻᒪ ᐃᖅᑲᐃᓕᓴᕐᓂᖅ ᐊᔪᕐᓇᙱᓐᓂᖅᓴᐅᓕᖅᓗᓂ.
- **ᑕᖅᑭᑦ 9 ᐃᓗᐊᓂ** – ᖁᐃᖅᓱᒃᑲᕐᓂᖅ, ᓱᒥᒃᓯᒪᓂᖅ, ᑕᖅᑲᓱᒪᓂᖅ, ᐊᓂᕐᓂᑭᒃᓴᕐᓂᕐᓗ ᒥᒃᓕᕝᕙᓪᓕᕐᓴᔭᖅᑐᖅ.

References
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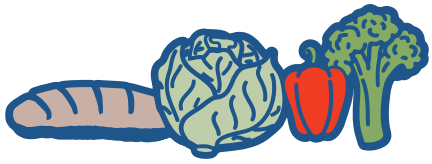
ᓇᓗᓇᐃᖅᓯᔾᔪᑎ

ᓱᕋᙱᓇᖅᑐᑦ, ᑎᑉᒃ ᐳᔪᙱᒐ ᐊᒻᒪ ᐃᓱᒪᓕᕆᓂᖅ

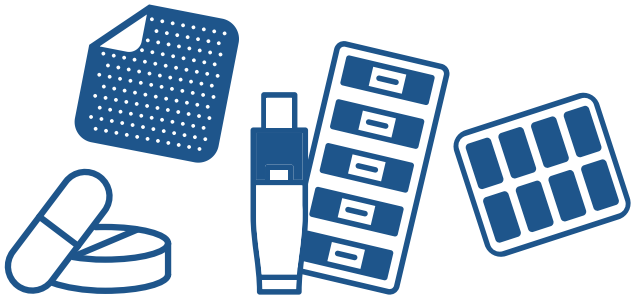
ᓇᙱᓂᖅ ᑲᒪᒋᑦᑎᐊᕐᓂᖅ ᐱᐅᓯᕝᕙᓪᓕᖅᑎᑦᑎᔪᓐᓇᖅᐳᖅ ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᙱᑦᑎᐊᕐᓂᕐᒥᒃ

- ᓂᕆᑦᑎᐊᖅᐸᒡᒐᑎᑦ, ᐃᖃᐃᓕᓴᖅᐸᒡᒐᑎᑦ, ᓯᓂᑦᑎᐊᖅᐸᒡᒐᑎᓪᓗ.
- ᐃᓅᖃᑎᖃᖅᐸᒡᒐᑎᑦ ᓇᒡᓕᒋᔭᕐᓂᒃ ᑕᑎᒋᔭᕐᓂᒡᒐ.
- ᐊᑐᖅᑕᐃᓕᒪᒐᑎᑦ ᓱᕐᓗ ᑕᕝᕙᒋᒥᒃ, ᓯᒡᒐᓕᐊᙱᐊᓂᒃ ᐊᒻᒪ ᓱᕋᙱᓇᖅᑐᓂᒃ.
- ᐱᓕᒻᒪᒃᓴᖃᑦᑕᕆᑦ ᐊᓂᒍᐃᓇᓱᙱᕐᒥᒃ ᓱᕐᓗ ᑭᓱᓕᕆᕙᒡᒐᑎᑦ ᖃᓄᐃᙱᑦᑎᐊᕐᓇᖅᑐᓂᒃ, ᓴᙱᓐᓇᖅᑐᓂᒃ ᐊᒻᒪ ᐱᕙᓪᓕᕈᑎᖃᕐᓇᖅᑐᓂᒃ.



ᐃᓱᒪᓕᕆᓂᕐᒧᑦ ᐃᑲᔪᖅᑕᐅᓂᖅ

- ᐅᖃᖃᑎᖃᕐᓗᑎᑦ ᐅᒃᐱᕆᔭᕐᓄᑦ ᐃᓄᑐᖃᕐᓄᑦ, ᐃᓚᙱᑦ ᐱᖃᓇᕆᔭᕐᓄᓪᓗ.
- ᐅᖁᓚᓗᑎᑦ ᐋᓐᓂᐊᕕᓕᐊᕐᓗᓯᓘᓐᓃᑦ ᐃᑲᔪᖅᑕᐅᔪᒪᓗᑎᑦ ᐃᓗᐊᖅᓴᐃᔨᒧᑦ ᓄᓇᕗᒻᒥ ᑲᒪᑦᓯᐊᖅᑐᑦ ᐅᖁᓚᐅᑎᖓ: 1-800-265-3333
- ᒪᒥᓴᕐᓂᖅ ᐅᖃᓪᓚᙱᓂᒃᑯᑦ ᐱᓕᕆᐊᖅ 1-888-648-0070
- ᑕᑯᒋᐊᕐᓗᒍ www.gov.nu.ca/en/health/mental-health-resources



ᐃᑲᔪᖅᑐᐃᔭᔪᑎᑦ ᓄᖅᑲᖅᓂᕐᒧᑦ

ᑕᕝᕙᒋ, ᓯᒡᒐᓕᐊᙱᐊᑦ ᓱᕋᙱᓇᖅᑐᓂᒡᒐᓃᑦ ᐊᑐᖅᐸᙱᓂᕆᔭᕐᓂᒃ ᐊᒃᑐᐃᓂᖅᑲᖅᐸᑦ ᐃᓱᒪᔫᕐᓂᕐᒧᑦ, ᐃᓅᑦᑎᐊᕐᓂᕐᒧᑦ ᐅᕝᕙᓘᓐᑦ ᐊᒃᑐᐃᓂᖅᑲᓕᖅᐸᑦ ᐃᓅᖃᑎᖃᕈᓐᓇᕐᓂᕐᓂᒃ, ᖃᔅᓯᒃᑲᓪᓚᙱᓂᒃ ᐃᑲᔫᑎᑦᑕᖃᖅᑐᖅ ᓄᖅᑲᕐᓱᙱᓂᕐᒧᑦ ᐊᑐᒐᒃᓴᐅᓪᓗᑎᒃ ᓄᖅᑲᕐᓱᑎᑦ.

ᐋᓐᓂᐊᕕᓕᐊᕐᓗᑎᑦ ᐅᕝᕙᓘᓐᑦ ᐃᔭᒐᖅᑖᕐᕕᓕᐊᕐᓗᑎᑦ ᑕᕝᕙᒋᑦᑐᖅ ᐅᐃᓇᓐᓇᖅᑐᓄᑦ ᓂᐱᑎᒐᕐᓄᑦ, ᑕᒧᐊᔭᒐᕐᓄᑦ, ᐅᖁᒻᒥᐊᒐᕐᓄᑦ, ᓂᐅᓇᐊᓕᖕᒧᑦ ᖃᓂᒃᑯᕐᓗ ᑎᖕᒥᑲᓱᒧᑦ ᐊᑭᖃᙱᕐᓗᑎᒃ ᐃᑲᔫᑎᐅᔪᑦ ᓄᖅᑲᕐᓱᙱᓂᕐᒧᑦ. ᐅᖃᓪᓚᒐᕕᒋᓗᒍ ᓗᒃᑖᑦ, ᐃᓗᐊᖅᓴᐃᓐᑦ, ᐅᕝᕙᓘᓐᑦ ᓄᓇᓕᖕᓂᑦ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒃᑯᑦ ᑭᒡᒐᖅᑐᐃᔨᖓ.

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