



September 8, 2023
For Immediate Release

Creating Hope Through Action
World Suicide Prevention Day

Recognized each year on September 10, World Suicide Prevention Day is an opportunity for all of us, from all walks of society, to come together to show support, promote an understanding, and to raise awareness about suicide prevention activities and initiatives.

The Nunatsiavut Government has worked very hard over the years to raise awareness of mental health. We continue to provide many prevention, intervention and post-intervention programs, and we work closely with other governments, agencies organizations and groups in dealing with this serious issue.

This year's theme for WSPD is *Creating Hope Through Action*. Hope is a powerful force that can inspire us to overcome challenges and find meaning in life. We can create hope through action by listening to one other, offering support, sharing our stories, and accessing resources. We can also create hope through action by celebrating our culture, practicing our traditions, learning our language, and connecting with the land and with each other. These are some of the ways that we can strengthen our resilience.



As we recognize WSPD, I invite you to join me in creating hope through action for ourselves, our families and our communities. Let us remember that we are not alone, that we are valued, and that we have a purpose. Let us also remember life is to be celebrated and cherished. I encourage all Beneficiaries of the Labrador Inuit Land Claims Agreement to come together as one, to support each other, to raise awareness and understanding, and to work together to improve the mental wellness of all of our people and communities.