



Atuqtittivik Ihuinaaqtuliqiyinik
Ilagiingnik Pilgahuqttaqtailiniq



HUNAUVA ILAGIT PITTIANGITNI QANURILIULAQIGU TAMNA?

**PILAQNI APIQHUIYIT ILAGIT
NINGAQTAUNI NUNAVUTMI
PIQPIAT TITIQAT**





ILITURINIA IHUILRUQ: HUNAUVA PITTIANGITNIQ?

Piyarangat inup aaniqtatit uvaluniit iqhitaqhutit...

TIMIMUN

- Tikluktatin, tatiyat, piniaqhimayat algakminut uvaluniit tiklugumaplutin
- Pittailinahuaqtuq ilingnut aimavingmi aniqujaunngitaat ahinungauquinngittut ilingnut
- Igiyuq hunavaluknik iliknut

IKPIKNARTUQ

- Hunngittumik taijaujutit nanguttijaatit
- Qanuqtut uqaqhuni irhitaariaqni
- Inminik tuquunniaqturuuq qanuriliungitkuvit
- Pinirluktittijuq ilingnut tuquttijumajuq ilingnut ahinut pinirlugumajuq inungnut hulinngitkuvit
- Ahiruqtittigumik piqutivit nanminiqtivilluuniit
- Niritquinngittuq ilingnut, aannuraaquinngittuq, iglumiuiquinngittuq aahiit inuuhirnigut aturnaqtumik pitquaunngittuq
- Munarilugu hivayautit
- Munarilugu kina nayuqpaktat
- Pipkangitnia atuinaqnit ilihaqpalliqnit uvaluniit ilihariarniq

KIINAUYALIQUITINUT

- Manitit tiguinnaqtaa uvvaluuniit maniktaarutivit tiguinnaqtaaluuniit
- Anninruhuktuq maniliuqtarnik
- Pipkagauniq nalvarniq uvaluniit aturniq manikmik pipkagaunialu manikmik aqhaqtauniq
- Pipkagauniq niuvrutigini nanminiq piqutit pipkagaunialu manikmik aqhaqtauniq
- Havaktailiyaatillu

IVAYAUNIQ

- Akhuuqtuq ilauqyaatit nuliarniqmut hulijunit piumangitillutit, aningitarnikluuniit
- Aktuqtauvaknit piplugu qanuq piyumangitniqnut
- Aturumangittuq uhup puunganik
- Uqaqhimajut iglumiuiqataulimaittutit nuliaqqaaarlutik kihiani
- Uqaqhimajut nuliaqqaaarialik katuhiqhimagavit

TAHAPKUAT NAUNAIPKUTAKAPHUIT ILAI NAUNAIPKUTAT.
PIQARTUQ AHII NAUNAIPKUTAT PITTIANGITAUNIQ.

Ihumalaqtutin tamna ukpiriniq (*ukpirnarniq*) huruqtaiyuq, uvaluniit uqautiyat kina, tapkuat ukpirilaitatin. Naalakpaknit (*pikkugusungniq*) taphumunga aaniqtigyaqnut huruqtaunia qanurilitniqmum. Atuqpiartuq atuqnit iluknut hakugikniq (*pigguniq/sanginiq*) hulininut tapkununga ilagit ningaqlauni.



Ilitquhiulaq qanurililairniq huuyaqlilunilu uvaluniit pilarniq ihumaliutiarniq tukliqnik atuqtakhat. Tamapta qanurili-vaktugut ihumaalukniqmum iqhitagauniqmum allatqiktmik, kihimik timivut takukhaupkailaq uvaptingnut qanuq tahapkuat huna aktuayakhai uvaptingnut. Ikpigilaqtutitlu hunanik tapkuatut:

- Niaquqliurniq
- Niriyumahuirniq
- Ikpiginiq nalugalirniq
- Ikpiginiq puiguqtarniq
- Nukiit aaniqnalaqini
- Kaivyahunguniq
- Puqtuhinia aukmun tikliqtarnia
- Navguat aaniqnaqni
- Ahiilu atuqtauvaktut ikpiginit ihummallakniqmin

Atuqpiartuq naalaknia timiit ikpigiyatitlu piyarangat pittiangitauniq uvaluniit ningaqlauniq pigialihaqniani, qinirniqlu qaqtikhamik kinamik ukpiriyaqnik qanuriliyumi.

PIGIAQPAKLUHI: QANURILIULAQIN?

Pilarutiliuyutin hivuranailrumittaq avatigyaqni, pittiangitauhimaittumik ningaqlauhimaittumiklu. Atuqpiartuq iliknik munariyaqnik hakugikhimayaq, pittailiniq, avatiliqutitlu nakuunit (*avatikmik kamattiarniq*). Una ikayuqniaqtatit ihuaqhishimanit aaniaqtailiniqlu atatyutai ihumaliqutit, timiit, ukpiriyatitlu tarniqnut, ilagiyatit, nunaligiyatlu.

Hivunmunahuaqhuni, atuqpiartuq huliyakhaq. Kihimik qanuq kiugiaqnit, naahuriyuq qanuritnianut.

Apirlahualaqtutin iliknik:

ILIHIMANIT

- Qanuqtutpiyumiuk tamna pittiangittuq iliturinianik qanuq huliniit piyumatint taimailiphaqunagu?
- Hunauvat niriugiyatit qanuriliniariakha huligiaruvit?

HIVUURANAITKUTAA

- Hunamik piyaqaqin (*avatikmik kamattiarniq*) taphumunga avatigiyai nakuuyanga, tamatkiknut tattyallak hivunikhamilu?
- Humi ihumavit qanurilinahuquqniqhat?
- Hunat ikayurutit piyaqaqigit?

Piqaqin hivuranailrumun parnautmik iliknut nutaqatitlu, ilautitlugit qanuq tuyutigiyakha naunaikputaq hilaliriyaqnut uvaluniit ilagini ilauyunut ikayuqtauyaq?

Pihimayaqaqin atuqpiatunik hivayautit nappait pinnarialiknik?

- Hunat ikayurutit ihumagivigit taphuma pittiangittup piyaqaqtaq nutqariakha pitquhia?

IHUMALIURUTIT MUNAQHITYUTITLU

- Pihimavit tuhagakhanik piyaqaqtarnik nakuuman ihumaliurniqmik ikpiginiilu munariyangi piqatauyaq uumanit pityuhiqmi?
- Hunauvat hakugiknitit ikayuqtiginiaqtatit uumuna pityuhiqmun? Humi ikayuqtauyaqin, tahaphumatut uqautyauqniq uvaluniit maligaqtigut uqautyauqniq?

HUNAUVAT ILAI ATULAQTATIN?

- Irininaqtumi pityutani, hivayarni Piliihimat.
- Aaniruvit, qilamik munaqhiqaqliliaqlutin naunaiqtugauyaqni. Amihuyuni takulaitavut tapkuat ilukkut aaniqnit atulat ningaqlauniqmin, taima pipkaqlugu munaqhi uvaluniit taakti ikayuqtigilugu mamittiriaqnik.

ILAGIIKTUNUT PIMMARLUKTITTINIQ ILAUPKAINIQ MALIGANGANIK

Atauhiq hanalrut hugiaqnirmun pittiangitigyaqnit ilagiitlu ningahtauni tapkuat atuqlugit Ilagiiktunut Pimmarluktittiniq Ilaupkainiq Maliganganik (FAIA).

HUNAUGAMI Ilagiiktunut
Pimmarluktittiniq
Ilaupkainiq Maliganganik?

- *Ikjajuliqpaktuq ikajuutikhagut inungnut naahurijut hapumminahuaqtut uvanngat pimmarluktittujut ilagiiktunut.*
- *Iqinnahuarlugit Inuit ilitquhiringangit ukpiruhuutingit.*

KINA atulaaqtangit Ilagiiktunut Pimmarluktittiniq Ilaupkainiq Maliganganik?

- *Kitunuliqaak ilittuqhimajut ilagiiktunut pimmarluktitiiniq.*
- *Tamna inuk hakugiknilik ihumaliuriaq naliaknut pingitluguluniit atuqnia Ilagiiktunut Pimmarluktittiniq Ilaupkainiq Maliganganik (FAIA) iglumiutarini ningaqtuni qanuritnit, naamagikpagit tapkuat aturiaqqaqni.*

QANURITTUT PIQATIGIKNI PIVAI ILAGIIKTUNUT PIMMARLUKTITTINIQ ILAUPKAINIQ MALIGANGANIK (FAIA) ATURUTAI?

Ilagiiktunut Pimmarluktittiniq Ilaupkainiq Maliganganik aturnaqtuq ilagiiktunut ukunanngat innuk pivlutik...

AIPPARIIK

- Pivlutik/Katuhiqhimagaluaqtut
- Pivlutik/atauttimi katimaqatigiigaluaqtut 1 atauhiq ukiungani avatquttumiluuniit
- Pivlutik/Angajuquaangujut nutaranut

ILAQATIGIKTUT

- Pivlutik/Hulilukaaqatigijatit unalu tadja inuuetingit katilevijut

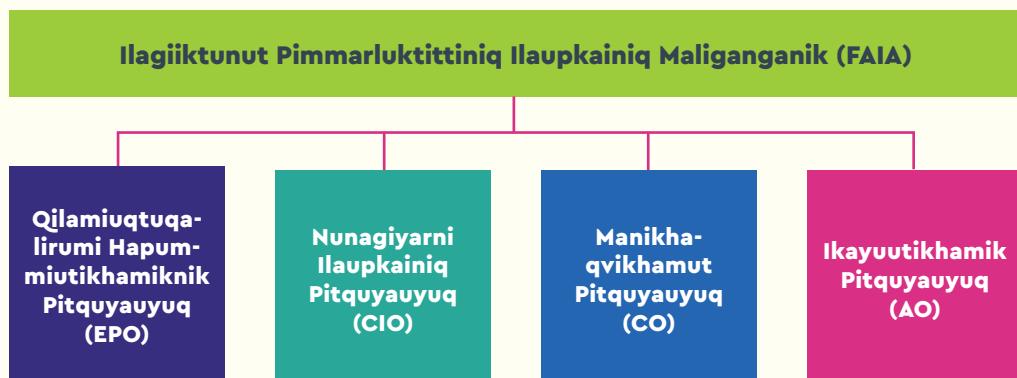
MUNARIJANGIT

- Pivlutik/Ilaqatigiinnginnaqtut timikkut ajuqhautihimagamik uuminngaluuniit aannianginnaqhuni kinaliqaak

ILAGIIT

- Pivlutik nanminirijangit ilagiikhutik, katuhiqtukkut uuminngaluuniit tiguaqtaunikut
- Pivlutik, ajurnaittumik hulidjuhianit, ilagijangit

QANUQ PILAAQQAUQ ILAGIIKTUNUT PIMMARLUKTITTINIQ ILAUPKAINIQ MALIGANGANIK IKAJULAAQTANGIT ILAGIIKTUNUT AANNIQTITTINAHUARNIQ?



KINALIQAQK
aturvigilaqtangit
hulijakhangit?

- *Inuit ajuqhaliqpiatut hulijungnaiqtut.*
- *Ilagiyaayuq, Piliihimat havakti, Nunalikni Apiqhuiyi Pinahuaqtitiyi Havaktit (CJOW) inungnulu havaktut qimaavikni, kivgaqtuqhugu inuk hanmiya ilagit pittiangitauni, pituaqat angiqhimania inuup pilarniqmik.*

QILAMIUQTUQALIRUMI HAPUMMIUTIKHAMIKNIK PITQUYAUYUQ (EPO)

Tamna Qilamiuqtuqalirumi Hapummiutikhamiknik Pitquyauyuq (EPO) ihuaqhaqhimayut inungnut piyut IRININAQTUT QANURITNI.

Atuqhugu tamna Qilamiuqtuqalirumi Hapummiutikhamiknik Pitquyauyuq (EPO), tamna Apiqhuiyiralaaq ikayulaqtatit hulyakhaqnut, tamnatut:

- Pihimapkaqnia tamna inuk ahinittakha igluknit havaviknitlu, pigaluaqtitlugu tamna inuk atuqtuartuq taphuminga iglumik tamnalu iglu uvaluniit nanminilik angilarriyauyumik.

Tamna atuqpiartuq pipkaqni Piliihimat tuhaumapkaqni pikpat pittiangittuq ahiuinia aturiatiknik tapkuninga Qilamiuqtuqalirumi Hapummiutikhamiknik Pitquyauyuq (EPO).

Qanuq ihumagiyaq taphuminga

- Atuqnia tukhiraut tatatigakhaq taphumunga Qilamiuqtuqalirumi Hapummiutikhamiknik Pitquyauyuq (EPO) akhurnalaq akuniulaqhunilu.
- Irinigingitlugu pivikhat kiunit tapkuat apiqutit taittiaqlugitlu pilaqtarnut.

- Pamiqhimajallaktukhaq nutaqqavit 90 nit ukiunganit.
- Pihimalugit tuhagakhat turaarvikhangillu pijumajatit.
- Pihimattiaghimalugit piqutivit nanminiqutivillu qajagihimalugit 90 nit uplunganit.

- Tamapta hugiaqpaktugut allatqinut pityuhiqnut, atuqhimanit attaqtuyut allatqikni timimun ikpigiyanutlu hugiaqnit. Piittuq "nalaumayuq" uvaluniit "nalaumangittuq" pityuhiq ihumaniq, ikpiginiq, uvaluniit hugiarniq, taima pipkaqtitingitlutin iliknut hugiaqnit uvaluniit tahapkuat ahiiut inungnut. Hugiarutitit ATUQTAUVAKTUT hugiaqnit tapkununga ATUQTAUNGINAYUITTUT qanuriliuqnit.

IRHIUQTUQ



TATAMILIRNIQ



NINGAKNIQ



IHUINAAQHIMAYUTUT
IHUMAYUQ



IKPIGINIQ
IKPIGHUIRNIQ



NALUQHARNIQ





NUNAGIYARNI ILAUPKAINIQ PITQUAYUQ

Atuqhugu tamna Nunagiyarni Ilaupkainiq Pitquayyuq (CIO), tamna Apiqhuiyiralaaq ikayulaqtatit pivalianiq **NAKUUTQIYAMIK PIQATIGIKNIT** pipkaipluni uqauteauniq naliaknut tamna pittiangittuq uvaluniit tamatkiknut iliptyk. Una ilalik pitquhit Inuit uqauteauniq uvaluniit ahii qanuritni uqauteaunit. Nunalikni Apiqhuiyit ikayulaqtatit nalvarniq uqauteiyi havaqatikhat.

MANIKHAQVIKHAMUT PITQUAYUQ

Ukunanngat Manikhaqvikhambut Pitquayuyut, apiqhuiji ikajuqhimalaaqtaatit **MANIKTAUTIKHANUT IKAJUUTIKHAQ**. Ahiruinnirumik pimmarluktittinirnut unalu ilaliutihimalaaqtut hulinnirumik akikhangillu ahinunngaunahuarliruvit aanniqtittinahuarnirnut.

Nakuuyuq ihumaginia turaqviginia hapunniaqtit tapkununga tahapkuat malruk pitquyaunit (takulugu makpiraq 7 piqaqniqu).

IKAYUUTIKHAMIK PITQUAYUQ

Atuqhugu tamna Ikayuutikhamik Pitquayyuq (AO), tamna apiqhuiyi ikayulaqtatit...

- Pihimalugit tuhagakhat turaarvikhangillu pijumajatit
- Piqtivit nanminiqutivillu qajagihimainnarlugit
- Pihimalugu ahiniinnginnaqhimajukhaq inuk igluvit havagviglu
- Pamiqhivikhangit munaqhainikhaat nutaqqavit



Tuhaqpalirumaguvit tukhiraqniqmik taphuminga Qilamiuqtuqalirumi Hapummiutikhamiknik Pitquayyuq (EPO) uvaluniit Nunagiyarni Ilaupkainiq Pitquayyuq (CIO), turaqvigilugu Nunalikni Apiqhuiyi Pinahuaqtitiy Havakti (CJOW) uvaluniit Nunalikni Apiqhuiyit Havaktillaq.

Atuqpiartuq hugiaqnia ilagit ningaqtconi nanminiq nutqaqtittangi pitquhi, kihimik kangiqhimannartuq hugiyumangitnia uvaluniit akiraqtuqtailinia. Qinigkitkuvit ikayuutikhamik hugiaqnianut tamna ningaqpaktuq inuk tamnalu huliniq(t), tamna avatigiya inuuhirikniq (avatikmik kamattiarniq) ikpingnalaq timimun ikpigiyatlu hivuranaqnit.

Ikayuriakhat hivunmuniq (*sivumuarniq*) pigiaqhugu hulinia, qinirniq tuhagakhanik piyaqaqtatit qanuriliularnit, tapkuat tuklirit ilauyut hunatlu piyaqaqtatit. Una ikayuunqiaqtatit ihumaqattiarne, ilukkut hakugikniq (*pigguniq/sanginiq*) aniguitarniqlu (*sapiliqtailiniq*) ihumaliuriakhaq qanuriliurniq. Piqartuq piqaqnit ikayurutitlu nunaliuyumi ikayulaqtatit tamnalu inuk pittiangitigiyat. Yna atuqpiartuq hivulliq atuqtakhaq hugiaqnianut tamna pittiangitniq, piyangalu aturialik mamiharniq piqatigikniqlu ikayurutit.

HUMIN IKAYUQTIKHAHILAQINGA TUHAGAKHATLU?

IRININAQTUNUT, HIVAYAQLUGU PILIIHIMAT QILAMIK HIVAYAQLUGU NUNALIKNI NAPPAА TAMNALU -1111 (NAUNAIPKUTARIPLUGU, 897-1111 TALVANI KINNGAIT).

PITTIANGITAUGUVIT PITTIANGITTUMIN, NUNAQARUVITLU IKALUKTUTIAK, IQALUIT, KUGAARUK, KUGLUKTUK UVALUNIIT KANGIQHINIQ, UPAINARIALIK TURAQLUGU NUNALIKNI QIMAAVIK:

IKALUKTUTIAK: ST. MICHAELKUT AKHURNAQTUNUT QIMAAVIK — 867-983-5232

IQALUIT: QIMAAVIK NUKTIRAQVIK IGLUQPAK — 867-979-4500

KUGAARUK: ILAGIIT NINGAQTAUYUT QIMAAVIK — 867-769-6100

QURLUQTUQ: AQNANUT AKHURNAQTUKKURTUT HAVAKVIK — 867-982-3210

KANGIQLINIQ KATAUYAQ KATIMAYIT AKHURNAQTUKKURTUT HAVAKVIK — 867-645-2214

QIMAAVITPAT NUNAGIYAQNI, NUNALIKNI INULIQIYIT KIVGAQTIT HAVAKTI UVALUNIIT PILIIHIMAT AGYALAQTATIT QANIQNIQPAMUN INAA HIVURANAILLRUQ.

APIQUTINUT TAPKUNINGA ILAGIKTUNUT PIMMARLUKTITTINIQ, ILAUPKAINIQ, MALIGANGANIK (FAIA), HIVAYAQLUGU AKIITTUKKUT: 1-844-534-1038

- Nunalikni Apiqhuiyt Havakvia (Timinga Apiqhuiyt)** — Nunalikni Apiqhuiyi Pinahuaqtitiy Havaktit (CJOW) tamnalu Nunalikni Apiqhuiyt Havaktilluat atuinarialgit humiliqak nunatagauyumi ikayuqni Nunavummiut pitaqni Qilamiuqtuqalirumi Hapummiutikhamiknik Pitquyauyut (EPO) tamnalu Nunagiarni Ilaukpainiq Pitquyauyut (CIO).

Hivayaut: 867-975-6308 UVALUNIIT 867-975-6363

Qaritauyakkuvik: gov.nu.ca/justice/information/community-justice-outreach-workers

- Maligaliriyit Kivgaqtit Katimayit Nunavutmi** — Uqaqatigilaqtat tamna hapunniaqtii pitariaq maligaqnut tuhagakhat ihuityutiknut atulaqtaqnutlu.

Kitikmeot Maligalirivik Havakvik: 867-983-2906 UVALUNIIT 1-866-240-4006

Kivalliq Maligaliriyit Kivgaqtit: 867-645-2536 UVALUNIIT 1-800-606-9400

Maliiganik Tukisiiniavik Maligaliriyit Kivgaqtit: 867-975-6395 OR 1-866 202-5593

Qaritauyakkuvik: nulas.ca

- Maligait Katimayit Nunavutmi** — Ikayulaqtatit nalvarniq hapunniaqtimik.

Akiittukkut: 1-844-979-2330

Inuktutut Akiittukkut: 1-888-990-4665

Iqaluit: 867-975-2120

Qaritauyakkuvik: lawsociety.nu.ca/

ILIHARNIQMUN PIQAQNIT

- Uvamnik Upiguhuktunga (Kavamatkut Nunavut Timinga Aaniaqtailiniq)** — Qaritauyakkuvik piqaqtitiyuq tuhagakhat tapkuninga aaniaqtailiniq piqatigiknit, ivayauniqmum pittiaqtauniq ahiiul turangayut pityutit pinahuaqni ilitnit qanuq upigiyakhaq iliknik ahiiul.

Qaritauyakkuvik: irespectmyself.ca

- Inuusittiarinqi | Healthy Living (Kavamatkut Nunavut Timinga Aaniaqtailiniq)** — Piqarutauyut tuhagakhat tapkuninga ihumaliqutit aaniaqtailiniq ikayurutit.

Qaritauyakkuvik: livehealthy.gov.nu.ca

- Inuuqsiq (Tigumiaqnia Inuuhiq Katimayit)** — Piqiat, piqaqnit iliharutitlu hunat havaktilluaqnut havaktirrat, ilihaiyit ihumaliqutitlu aaniaqtailiniq havaktilluat.

Qaritauyakkuvik: inuuqsiq.com/resources

Turagat nunalit avikhimanigut: inuuqsiq.com/resources/contacts

Qaritauyakkut: embracelife@inuuqsiq.com

- Pauktuutit Inuit Aqnait Kanatami** — Timinga piqaqtitiyuq tuhagakhat ningaqtuauniq pittiangitauniq pittailinit, aaniaqtailiniq pinahuaqtitnilu inuliquit maniliurutitlu piqatauni Inuit aqnat.

Hivayaut: 613-238-3977

Qaritauyakkuvik: pauktuutit.ca

AKHURNAQNIQ UQAUTYIYITLU KIVGAQTUTIT

- **211** — Akiittukkut quyagitnaqlu tuhaqtaulaittut kivgaqtut atapkaqtai inungnut ilagitolu, ilautitlugit Nunavummiut, piqaqtut inuliquit kivgaqtutit nunaligiyamingni. Hivayautit kiuyauyut 24 ikarat qau tamaat, 7 ublut havaguhiqmi.

Pitarianga tamna kivgaqtut, hivayaqlugu 2-1-1 uvaluniit takulugu 211.ca

- **Pittiangitauyut Aqnait Ikayuqvik Hivayaqvik** — 24/7 ikarat hivayaqvik akhurnaqtukkut hivayaqvia tamaitnun aqnat atuqhimayut pittiangitauniq.

Hivayaut: 1-866-863-0511

TTY: 1-866-863-7868

- **Ikaluktutiak Inuuhirikniq Havakvia (Timinga Aaniaqtailiniq Inuuniq)** — Ikayuqtai inungnut pitaqni tamaita pilaqtat inmigulilarnit, aaniaqtailiniq hivuranaitniqlu. Tapkuat pitaqtut uuminga atuqtittugu iliharniqmun havagutai uqautyiyitlu kivgaqtutit aturahuaqtitai ihumamirniq aturumainaqtanit ningahtauniq-lu aturahuaqtitnilu nakuuyumik inuuhiq niruaqnit.

Hivayaut: 867-983-4670

Qaritauyakkut: healthylivingdirector@cambridgebay.ca

- **Akhurnaqtut Kivgaqtutit Kanata** — Hivayaqlugu 1-833-456-4566 hivuranaittumun inikha uqariaq 24 ikarat ubluqmun, 7 ublut havaguhiq. Talvanga 4:00 ublukkut unnuaruqhiiqlugu, titiqilaqtatlu "Start" (Pigiarniq) talvunga 45645 uqaqatiqariaq kinamik.
- **Akhurnaqtukkut Titiqvik Hivayaut** — Piqaqtitni uqauyiniq titiqtaqnigut tuhaqhitautit.

Titiqniq "Home" (Angilraq) talvunga 686868 uqaqatiqariaq iliaqhimayumik Akhurnaqtukkut Hugiaqt

- **Kavamatkut Nunavut Havakti Ilagitolu Ikayuqtauni Havaguta** — Hanatyuhikhaliuqhimayuq ikayurianga Kavamatkut Nunavut havaktit ilagiyailu ihuaqhihimani tamnalu/uvaluniit nakuuhigiaqni tapkuat tamaita inuuhiriknit. Havaktit Ilagitolu hivayalaqtat tamna nappaa 24 ikarat ubluqmun, 7 ublut havaguhiq pitarianga inminut uqautyiyi Qablunaatun, Uivititut tamnalu Inuktutit tukhiqat.

Akiittukkut: 1-800-663-1142

- **Pinahuaqni Inuuhirikniq Ikayuqvik Hivayaqvik** — Qilamik 24/7 uqautyiniq akhurnaqniqlu pittailinit kivgaqtut tamaitnun Nunaqaqaqtut inungnut humiliqak Kanatami. Uqautyauqniq piyaulaq Inuktutit tukhiqat.

Akiittukkut: 1-855-242-3310

Nunalikni Havagutit: 1-866-509-1769

- **Ilisaqsivik Katimayit** — Qablunaatun tamnalu Inuktut-uqaqtut uqautyiyit atuinaulat 9:00 ublaakut tikitlugu 5:00 ublukkut Hannangaut tikitlugu Tallimiut. Piqariputiklu 28-ublut nunamitniqmun aturumainnarnit ihuaqhaqtauni havagutit.

Hivayaut: 1-888-331-4433

- **Itqilirit Aulaqtitauplutik Iliharnit Ihuaqhautit Aaniaqtailiniq Ikayurutit Havaguta** — Ihumaliquitit aaniaqtailiniq, ikpigiyat ilitquhiliqutitlu ikayurutai kivgaqtutit pilaqtunut atuqhimayuminit Itqilirit Aulaqtitauplutik Iliharnit iliaqqtut ilagiyailu humiliqak tamaitni tuklirknit tapkuat Itqilirit Aulaqtitauplutik Iliharnit Ihuaqhigiaqni Angirutit. Una ikayut ilalgit havaktilluat uqaftyiyit naalalat, uqalat ikayulatu inungnik nalvaqni pityuhit mamiharniq tapkunanga Itqilirit Aulaqtitauplutik Iliharnit atuqhimanit. Kivgaqtutit hivuranaittut, quyaginnaq tuhaqtaulaittut, upiguhuktut pipkaqtitaingittulu.

Hivayaut: 1-866-509-1769

- **Kamatsiaqtut Ikayuqvik Hivayaqvik** — Taihimaitni humingaqni quyagitnaqlu tuhaqtaulaittut hivayautikut ukiurtaqtuqmiunut akhurnaqtunut 24 ikarat ubluqmun, 7 ublut havaguhiqmi. Inuktut-uqaftyiyit piyaulat tukhiqat.

Hivayaut: 867-979-3333

Akiittukkut (hilataani Iqaluit): 1-800-265-3333

Qaritauyakkuvik: nunavuthelpline.ca

- **Nunaqyuaqmi Itqilirit Aulaqtitauplutik Iliharniq Akhurnaqtunut Hivayaqvik** — Crisis support for former Residential School students. Inuktutit-speaking counsellors available on request.

Hivayaut: 1-866-925-4419

- **Pulaarvik Kablu Friendship Centre** — Akhurnaqtunut ikayurutit atuqhimayunut Aulaqtitaupluni Iliharniq ilihaqqtut. Inuktutit-uqartut uqaftyiyit piyaulat tukhiqat.

Hivayaut: 867-645-2600

Akiittukkut Inuktutit Ikayurut Hivayaqvik:
1-844-654-3580

Aipaqmun Pittiangitniq Uqaftyiniq Havaguta:
867-645-3785

Qaritauyakkut: info@pulaarvik.ca

- **Sailivik** — Upaktauvik havakvik talvani Pangnirtung inirniqnut imiruiyarumayut, uvaluniit inirnit piqartut uvaluniit piittut nutaqqanik qiniqtut hivuranailrumik nayuqtakhamik.

Angmaumayuq 5:00 ublukkut tikitlugu 8:30 ublaakut.

- Mamiharbniq taphumanga Uqaqhuni Havaguta —** Pilaruvit taphuminga Nautiumataittumik Aaniaqtailiniq Ihuaqtit (NIHB), takulaqtat tamna uqautyiyi hivaya-qlugu uvalunit tautugutilutik tv-kut katimaniq tikitlugu 22 katitnit akiittumik.

Hivayaut: 867-975-5367

Qaritauyakkut: healing@gov.nu.ca

- Tukisigiavik Havavik —** Upaktauvik havavik tal-vani Iqaluit pipkaiyuq allatqinik nunalikni inuuhirikniq havagutai, ilautitlugin atauttimi ubluani uqaftyauqniq takuyauvit.

Hivayaut: 867-979-2400 tuahqpalliriami.

INULRAMMIIT PIQAQNIT

- Tapkuat Kivgaqtuiyt Nutaqanut Inulrammiitlu (Nunavut) — Ikayuqtuqtai inulrammiit Nunavummiut, ilautitlugin piqaqtinii tuhagakhat tapkununga kavamatkut kivgaqtit havagutailu.

Hivayaut (Iqalungni): 867-975-5090

Hivayaut (humiliqak Kanatami): 1-855-449-8118

Qaritauyakkuvik: rcynu.ca

Qaritauyakkut: contact@rcynu.ca

- Tamna Umingmak Nutaraq Pipkarutiginahuqaqni Havavik — Ikayuqtai nutaqat inulrammiitlu atuqhimayut pittiangitauniq.

Hivayaut: 867-975-3255

Qaritauyakkuvik: umingmakcentre.ca

- Nutaqat Ikayuqtauvia Hivayaut — Havaktilluat uqa-tyiyit, tuhagakhat takuyaqtuyinitlu ikayuqtut-lu-hivuliqnit, titiraqtiguqtut ikayurutit tapkununga inulrammiit inungnut Qablunaatun tamnalu Uivititut.

Akiittukkut: 1-800-668-6868

Titiqatigut "Connect" (Atatyuta) talvunga 686868

Tatya Uqaqatiugikni Qaritauyakkut:
kidshelpphone.ca

Facebookkut Tuhaqhitauta: kidshelpphone.ca/get-virtual-support-with-facebook-messenger

HAMNA ILITTURVIKHANGIT TITIRAAKHAQ PIVALLIAHIMAJUQ UKUNANNGAT:

Maligait Katimayit Nunavutmi
Titiraqaqvia 149
Iqaluit, NU X0A 0HO
Akiittukkut: 1-844-979-2330
Inuktut Akiittukkut: 1-888-990-4665

Pauktuutit Inuit Aqnait Kanatami
520-1 Nicholas St.
Ottawa, ON K1N 7B7
1-800-667-0749

ilinniapaa Ayuitnit Pivaliatitni Havavikia
Titiraqaqvia 989
Iqaluit, NU X0A 0HO
1-867-222-9570

Maniktakhat uumunga naunaiyainiq havaguta ikayuqutik piqaqtinii tapkunanga Tapkuat Maligait Tunngata Ontario atuqhugu Pilaqnia tapkunanga Apiqhuiyt Maniktakhat, tapkualuttauq Timinga Apiqhuiyt Kanatami atuqhugit tapkuat Apiqhuiyt Katutyiqatigit tamnalu Pigiarutit Havanguyuq. Quyalityutit tunityutai piqaqtiauyut tapkunanga Maligait Katimayit Nunavutmi tapkuatlu Pauktuutit Inuit Aqnait Kanatami.

Pititlugit kiinauyaliqutit ikayuqtuqtai Tapkuat Maligait Tunngavia Ontario Pitaqni tapkuninga Apiqhuiyt Maniktakhat, tapkualuttauq Timinga Apiqhuiyt Kanata malikhugit tapkuat Apiqhuiyt Katutyiqatigit tapkuatlu Pigiarutit Havanguyuq, tapkuat Maligait Katimayit Nunavutmi tapkuatlu Pauktuutit Inuit Aqnait Kanatami kihimituaq havalgit tamaitnut iluliriyainut.



Titiraqchimajat aadilijugaq ilittutiaqtangit ukunangat iiniapaa Ajunningit Pivallaiqvik

