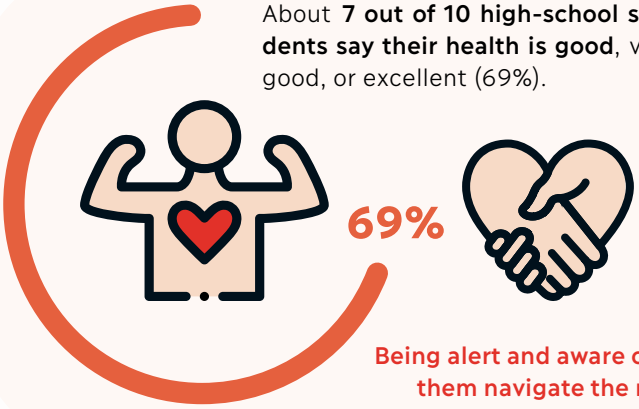
STUDENTS' MENTAL HEALTH AND WELLNESS

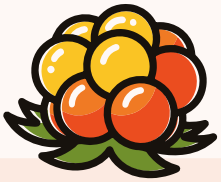
UVIKKAVUT QANUIPPAT? 2022 | Health Survey of High School Students in Nunavik

Mental health and wellness are linked to the capacity to feel, think and act in ways that enhance our ability to enjoy life and deal with the challenges we face. Mental wellness is a lifelong journey with ups and downs and is linked to the capacity to overcome difficulties. Parents and extended family play a strong role in teen well-being and mental health. By being present, showing healthy habits, teaching life skills, and nurturing cultural identity, they guide teens every day. They also help make sure their teen's needs are understood at school, in the health care system, and in the community. These efforts give teens hope and help them build a strong future.

Key Findings



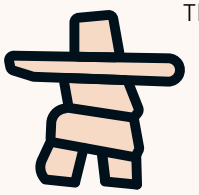
About **7 out of 10 high-school students say their health is good**, very good, or excellent (69%).



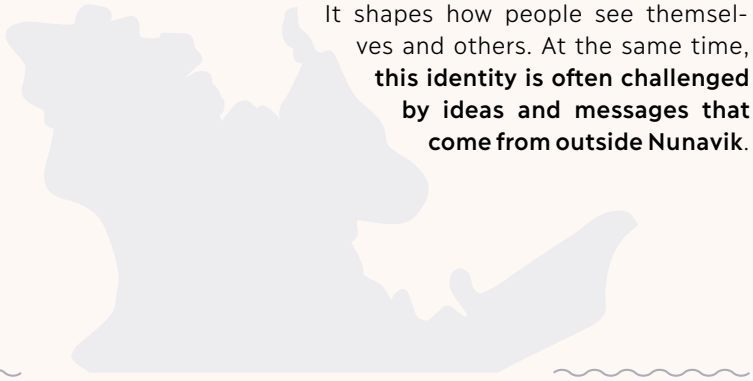
This is not a bad proportion, but it shows that many **students may need more supportive environment and resources to thrive.**

Being alert and aware of your teenagers' need is important to be able to help them navigate the resources available in the community and beyond.

Nunavik high school students are **proud to be Inuk** (93%), but many believe that there are little reasons to be proud of themselves (68%).



This contrast is important and may reflect the difficult context many young people face in Nunavik today. Inuit identity is strong and central.



It shapes how people see themselves and others. At the same time, **this identity is often challenged by ideas and messages that come from outside Nunavik**.

As a parent, you can remind your teen of their qualities, their right to have a voice, and **be proud of who they are** and what they love.

What is your child particularly good at?

What is their greatest quality?

What makes you proud to be their parent?

Uvikkavut Qanuippat

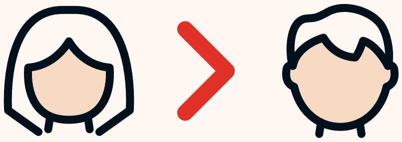
These conversations can sometimes bring up strong emotions. If it becomes hard for you or your child, it is completely okay to reach out for support from trusted people in your family, community, or services.

Kids Help Phone 1 800 668-6868
kidshelpphone.ca

Pride is important in everyday life.

It helps build healthy habits, stronger self-esteem, and interest in our own beliefs, identity, language, and goals. Feeling proud supports teens as they grow, make choices, and stay connected to who they are becoming and where they come from.

More girls than boys expressed signs of emotional difficulty in the week before the survey, with girls being more likely than boys to feel many of these symptoms often.



However, support can help: Girls who feel a strong **connection to the Inuit community**, and girls who have good support from friends, usually report less distress. These connections in culture, identity, and friendship can help girls feel safer, understood, and more supported in their everyday lives.

Participation in community and support from friends, family and community contribute positively to students' perception of their health.

Resources

Connecting with each other, including getting involved and supporting one another can make a difference.

There are many ways to nurture teenagers' growth. Whether they are your own children or young relatives, your presence in the life of your home and your community can influence them in powerful ways.

Programs and resources are available, such as:

AND MORE

Including but not limited to Nurrait | Jeunes Karibus, Qarjuit Youth Council and Nunavik Youth Houses.

Student Support Services: If you have concerns about your child's well-being or learning, speak with their teacher or your local school administration. Kativik Ilisarniliriniq provides psychosocial support, special education resources, and trained professionals who work directly with students and families in the school environment.

To Seek Help About Your Health – Contact Your Local CLSC

Regional organizations are committed to working with the communities to improve living conditions and to promote and support mental health and wellness.

Uvikkavut Qanuippat? 2022 is a population Health Survey adapted from the Québec Health Survey of High School Students (QHSHSS) carried out in Nunavik from September to October 2022. Its results are based on the voluntary and informed participation of 699 high school students. Girls constitute around 51% of all secondary school students and boys, 49%. **For more information: nrbhss.ca.**

Nakurmiik to all who contributed to this important health survey!

RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK
NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES