

# KANGIQHIMANI INUIT TAMNALU UJARAK



Amihut pityutit aktuayai inuup ihumaliuruta atuqnianut hunat, tamnatut ujarak. Piplugu ayyikkutaittuq atuqhimanivut ilitquhiqlu, Inuit atuqhimagai ilagiktitni allatqit inuliquitit pityutai aktuayut niruaqtaptingnut atuqnia ujarak tahapkuat ahii Kanatamiut pihimangitai. Tahapkuat ilagiyai ilagiktitaulat hapummininut tamnalu hivuranaqnit pityutai, tamatkiknik pipkaqtai ujarak ihumaliurutivut tapkununga piqatigikni ujarak. Qanuriliuruhi inmingnut, ilaginut, attaqtutqiymiklu nunaluyumun tamaita aktuayai inuup niruatai pivaliatitnilu.

*There's More To This Than  
Cannabis*

Learn more at [LetsTalkAboutUjarak.com](http://LetsTalkAboutUjarak.com)

Tamna tuhagakhaq ataani turangayuq tamatkiknut atuqhimani tatalu piqaqnit akhuqnaqnit ikpigiyaqpialaqlu pityut amihunut. Tamna Kamatsiaqtut Ikayt Hivayaqvik atugaulaq hivayaautikkut talvani 867 979 3333 uvaluniit qaritauyakkut talvani nunavuthelpline.ca. Turaqvigilaqtatitlu Itqilrit Nunaqaqaqt tamnalu Inuit Niriukniq Inuuahirikniq Ikayut Hivayaqvia hivayaqlugu talvani **1-855-242-3310**, uvaluniit qaritauyakkut titiqtaqvigilugu uqautiyiyi kivgaqt talvani [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

## Hivuranaqnit pityutit ilagiyai inuuhiq ikayuqtai inuk atuqnia uvaluniit atuqpallaqnia angatyaktirutit. Tapkununga Inuit, ilai hivuranaqtut pityutit ilaqlat:

### • **Ilitquhiqtaqtitiniq atuinaqnilu kinguvarini akhuqtitaunit**

Aulaqtitauplutik ilihariaqtitaunit tapkuatlu Siksitini Pipkaqtaunit ahinuktitai nutaqat ilagiyainit, tapkuat aglittqutit ilitquhiqmingnihimaittumik, pitquhit ilagitlu nagligiyigiyai pinnariyailu. Una akhuqtitauplutik ulapihaqtitnit ilagit atayutai akhuqpiqtaunilu inuqutivut, tamna atuqtutuqaq tatyat atuinaqtuq ublumi.

### • **Amigaqnia pilaqnit timimun ihumaliqutitlu aaniaqtailini kivgaqtutit**

Piqattiangittut aaniaqtailiniq munaqtauni havaktilluat kivgaqtuqtai Inuit nunaluyut ilaali puqtutqiyat piyaqaqni ikayuqtutit piplugu kinguvarit akhuqtitaunit inminiqnigmatlu akhupiaqnit. Kivgaqtutit piyaulat pipkagaunginangittut

Inuktut, tapkunanga Inuit, uvaluniit ilitquhinut tunngatilgit tuhamatyutitlu. Taimaittumik, Inuit amigariyai aturialgit ikayutit kivgaqtuttinit ikayuqtauyaqarangamik.

### • **Iglukhanik amigakhaqnip nayuqtailu qanuritnit**

Amihut Inuit atuqtai iglukhanik amigakhaqni tahamani Ukiuqtaqtumi Qablunaanilu, uvaluniit inugiakpallaqni uvaluniit aniaqlarityutaalat qanuritnit. Piplugu ihuinaqpiapaknit aktilat inminiqtunutlu akhurnaqniq ukiuqtartumi, amihut Inuit pihimayut nanminiq uvaluniit nanminiusittuq atuqhimani ningaqauniq. Nakungitni iglugiyayut qanuritnit, ningaqauniq ihuinaqtutlu tamaqmik hivuranaqnit pityutit atuqtauyut angayaktautit atuqni.

### • **Akhurnaqnit tuhaumatyutini ihumaliqutitlu aaniaqtailini**

Akhurnaqniq, akhurutauni tuhaumatyutit, ilagit atuttiangiliqni tamnalu ihumaliqutit aaniaqtailini akhurnaqnit angayuqat uvaluniit munaqtit tamaqmik hivuranaqnit pityutit ikayuqhiutiyut niruaqtauninut atuqni angatyagutit tamnatut ujarak, aniguqtaqninut ihuityut inuuhiqmi.

### • **Naamagiyaauliqni angatyagutit atuqni**

Ujarak atuqnia ihumagiayayuq amihunit Inuit atuqtauvaliriaanga. Taman naamagiliqtaunia ujarak atuqnia hivuranaqtuq pityut piplugu ihumagiayarangaptigu huna naamagiyanga, piqatauvigililaraptigu, piniqhamik inulrammiit.

# Hapummitit pityutit nakuuyut pipkainit mikhigiaqttilat inungmun qiniqni uvaluniit atuqni angatyaktirutit. Tapkununga Inuit, Hapummitit Pityutit ilaqlat:

## • Hakugiktumik atatyutai ilitquhiq kinauniqlu

Pigaluaqtitlugu  
ilitquhiqtaqtinahuat ahivaqtai  
Inuit ilitquhiq kinaunialu,  
utiqtitainginnaqtugut  
piruqhaitqikhaqpakhtalu  
pitquhiqnik ayuitnitlu atuqhugu  
Pilimmaksarniq – ilitni ayuiqniliu  
nutat ayuitnit tautukniqmum,  
uqaqtyuaniqmum, uuktuqniqmum  
pinahuaqninutlu.

## • Akhut atatyutai ilagit nunaliuyuqlu

Inunguktaktailakhuni, tamna  
akhurutaulaqpiartuq,  
hivuranaqniqmum pityutaulaq,  
pilaqni Inuit ihuaqhihimani

tapkuat Inuuqatigiit (Siarniq)  
attyutiqatigigutit pipligit  
ilagit nunaliuyutlu, tapkuat  
hapummitauyut pityutit  
mikhigiarutaulat angatyagutit  
atuqniqlukni uvaluniit naahurini.

## • Piqatigikni nunamun angutikhanutlu

Ahiniitniq maniqami atuqpiartuq  
hapummitauyuqlu, piplugu  
ahivaqtatigut qanuritniuyunut  
pipkainahualanut angatyagutauyut  
qiniqninut, huli hakugikhigiaqhugit  
attyutivut nunamun,  
hivuliriyaptingnut ilitquhivutlu.  
Atuqhugu Avatittinnik Kamatsiarniq  
munarinia nuna angutikhatlu  
tamnalu Pijitsirniq: Kivgaqtuiniq

piqaqtiniqlu ilaginut tamnalu/  
uvaluniit nunaliuyuq nunamin,  
munaqhikmiyugut uvaptingnik.

Iluit avatquhimayai  
akhuqnivut, pigaluaqtitlugu  
akhuqniq aktualaqtatigut,  
tapkuangungitnapta. Inuit  
aniguitayuktut, tunnganaqtut,  
pigiaqhiyuktut, havaktuqniqtut,  
ikpiguhuktut atatyutilgitlu  
nunaqyuamun. Pipkaqhugit Inuit  
Pinnariyai atuinaqtitni hivulirutit  
huliniptingnut, pilaqtugut  
ihumatuyumik niruaqhiniq  
taphumunga ujarak huli  
nakuamuqhugu kinaunivut.

