

# TUTQAANAITTUQ INUITLU TAAMNA SIGAAQTLUK



Inugiaktut inuum ilaksaqtuaq atugaa taamna sigaaqtluk. Uvagut allauyuqaq inuuyaqlu, Inuit illisaktuat atautchikun allauyuqaq inuuniarvik isaktuaq ilaksaqtuaqlu atugaa sigaaqtluk aglaan tapqua Canadian sigaaqtluk atugnaitaa. Tapqua allauyuat katitait ilitaq nangiarnaqtuq, iluqatik isaktuaq uvagut ilaksaqtuaq taamna atugaavut sigaaqtluk. Uqausiitlu itiriaqtuqtilu taamna kisiani, ilatkalu, tamaita inuuniarvik tamaan isaktuaq inuum ilaksaqtuaqlu.

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Cannabis*

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Ilisimayaalu makpiraatmun katitaittaamna sivulliqlu nutaaq kivgaqtuaq anniaqtuqlu kamagilu isumamun. Taamna Kamatsiaqtut Ikayuqtu Ququarun piksagaa 867 979-3333 asulu qaritauyaq nunavuthelpline.ca. Ququarun Itkilitlu, Inuit Ikayuqtuaq Isuma ququarun **1-855-242-3310**, asulu qaritauyaq uqaqtuaq ikayuqtu taamna [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

**Nangiarnaqtuq inuusiq tutqaanaittuq taamna inuq atugaa inugiaktut sigaaqtluk.**  
**Taamna Inuit, nangiarnaqtuq tamaan ila:**

- Pitquyaq taniktat inuusiqlu taimannga inugiaktut inuuyaq maqaigaa anniaqtuq**

Nangititchiyuat ilisaqtuaqlu Pingasukipiak Katitait asiin maqaigaa nutarat ilatkamun, nauyat inuuyaq maqaigaa, malirutaksaq ilatka piqpagilu isuma. Taamna nangiarnaqtuq isumaaluktuaq ilatka anniaqtuq inuit, inuuyaq ubluq.

- Taimaqtuat pimagaa timi isuma anniarun ikayuqtu**

Inukittut savaktiit surraituq munari savaktuat Inuit inuuniarvik kiilu pisuktuaq ikayuqtuaq taamna inugiaktut inuuyaq maqaigaa anniaqtuq nangiarnaqtuqlu kisimi tuquyuqaq kappianaqtuaq. Ikayuqtu piksagaailaanni qaitaa Inuktutmun, Inuit kisiani, inuuyaq

isumalu quliaraalu. Asiin, Inuit inukittut pisuktuaq ikayuqtuaq savaktuatpisuktuaq.

- Iglum tuqupsisuktuaq aimayuatlu iglumi**

Inugiaktut Inuit illisaktuat iglum tuqupsisuktuaq Saanganiimunlu Kiluanilu, aimayuaq inugiaktut inuum asiin salumaittutlu. Angiyuq nangiarnaqtuqlu kisimi tuquyuqaq Kappianaqtuaq Saanganii, inugiaktut Inuit asiin taamna illisaktuat nangiarnaqtuqlu. Salumaittuqluiglum inuusiq, nangiarnaqtuqlu asiin tapqua sigaaqtluk atugaa.

- Ilisaqtuat uqaqtuatlu isuma anniarunlu**

Anniaqtuq, ilisaqtuat uqaqtuatlu, ilatka isuma anniarun ilisaqtuaq ilakkalu munarilu tamaita

nangiarnaqtuq tutqaanaittuq ilaksaqtuaq atugaa taamna sigaaqtluk, uumayuaq inuusiqmun.

- Taamna sigaaqtluk atugaa taimungamun**

Sigaaqtluk atugaa isuma inugiaktut Inuit taimungamun. Taimungamun taamna sigaaqtluk atugaa nangiarnaqtuq aglaan isuma tapqua taimungamun, taputiyyaa, taamna nutaraq ukiuqmun qulit pingasutmun.



# Ilitaqlu nakuruallaktuaqisaktuaq mikliyuaq taamna inuum pisuktuaqlu atugaa sigaaqtlu. Taamna Inuit, Ilitaqlu ila tamaan:

## • **Isumatuyutatautchikun tapquainuuyaqlu inuuya**

Pitquyaq taniktat inuusiq maqaigaaluaktua Inuit inuuyaqlu inuuya, taimungamun pimayaalu ilitaq malirutaksaqlu pitchiriaqtuq tapqua Pilimmaksarniq – ilisaqtuaqlu nakuruallaktuaq nutaaq pitchiriaqtuq sukunlutakuya, ilisautdilu, inugiaktut savaktuatlu qisuaqiyaalu.

## • **Isumatuyut atatchikunilatkamunlu inuuniarviklu**

Tapqua avayaittut, taimaaga anniaqtuq, nangiarnaqtuq,

tadjvangatchiaqtuaq tapqua Inuit pimaya Inuuqatigjilu (Siarniq) atatchikun ilatkalu inuuniarviklu, ilitaqlu asiin mikliyuaq sigaaqtlu annirnaqtuaq kiilu annairguvit.

## • **Kamagiyuatlu nunalu niryutaitlu**

Aulayuaq nunamun iluaqtuaqlu ilitaq, akuttuyut maqaigaa tadjvangatchiaqtuaq ikayuqtuaqlu tapqua sigaaqtlu, asiin kamagiyuatlu nunamun, tapqua innaitlu inuuyaqlu. Taamna Avatittinnik Kamatsiarniq munarivut nunalu niryutaitlu Pijitsirniq: Ikayuqtuatlu qaitaa

ilatkmunlu/inuuniarvik nunamun, munarilu uvagut.

Inuit anniaqtuq, aglaan taamna anniaqtuq isaktuaq, tadjvaguqnaqaitut. Inuit isuma sangiuyq, kamagi, allauuyaq, savvaktuyuat, isumalu atatchikunlu nunamun.

Tapqua Inuit Isuma taimannga ilisimayiliqtugaa isuma, pigigaa ilaksaqtuaq taamna sigaaqtluk asiin anngiyyagaa uvagutmun.

