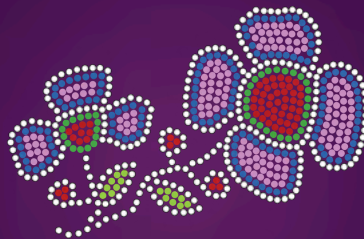


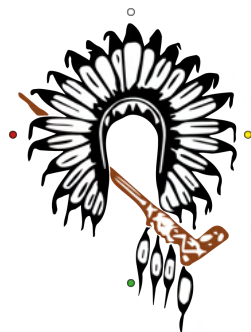


# **GRAND COUNCIL TREATY #3**

## **MENTAL HEALTH SURVIVAL GUIDE**



**JI-ADISIDOOYANG GE-ONJI MINO-AYAAYANG  
HEALTH TRANSFORMATION**





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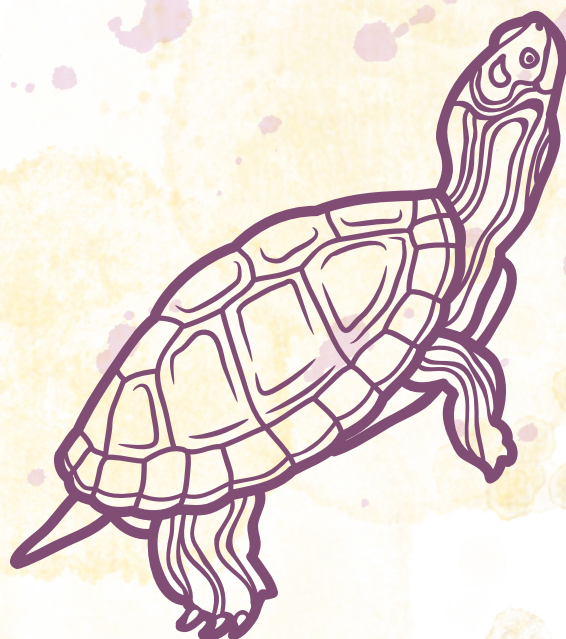


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Miskwaadesi  
Painted Turtle



# Acknowledgments

Our hope for the mental health and addictions crisis is the wellness of every person who is touched by it. The *Grand Council Treaty #3 Mental Health Survival Guide* is a toolkit geared toward the 28 First Nation communities and membership in Treaty #3 who want to become familiar with skills to help those who are struggling. We are aware that times are stressful right now for everyone. There are many new and unusual challenges impacting peoples' mental health, and we also acknowledge the rise in drug and alcohol use. If you know someone who is currently facing challenges with mental health, please share this guide with them. We want it to help as many people as possible.

Grand Council Treaty #3 Ji-Adisidooyang Ge-Onji Mino-Ayaayang (Health Transformation) staff members want to ensure that communities and membership have access to culturally appropriate resources. We have complied tools, techniques, and exercises that act as a mental health “life raft” to increase knowledge and build resilience for moments of uncertainty. While it doesn't replace advice from a medical professional, we hope that you find it useful.

We express our gratitude for the commitment to the health and wellness of Treaty #3 First Nation community members, including leadership and staff who work long hours to ensure our health and well-being is paramount. A special miigwech is extended to Elder/Spiritual Caregiver Dennis Wayne Morrison (Bebahmoytung) for providing us the cultural content of the *Grand Council Treaty #3 Mental Health Survival Guide*.

We would also like to respectfully acknowledge our funders for making this happen; we thank their commitment and financial contributions to Indigenous mental health treatments and initiatives. Miigwech to the Minister of Health, the Ministry of Health, and to the Associate Minister of Mental Health and Addictions.

A'ho and miigwech in the spirit of unity!



# Forward

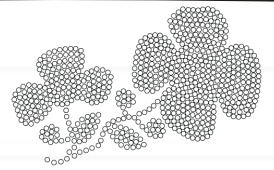
I am proud of our team at Grand Council Treaty #3 that came together to create this mental health toolkit. Many of us have felt lonely, isolated, confused, and many have even relapsed because of ongoing stresses.

Everyone's mental health needs are different, and I hope people can find help in this toolkit. But I want to say that even if someone does not find the answers they need, they should reach out to someone and ask for help, because there is always hope for a new and better day.

*- Ogichidaa Francis Kavanaugh*







JI-ADISIDOOYANG GE-ONJI MINO-AYAYANG  
HEALTH TRANSFORMATION

# CULTURAL WAYS OF DEALING WITH MENTAL HEALTH AND ADDICTIONS



Asemaa  
Tobacco

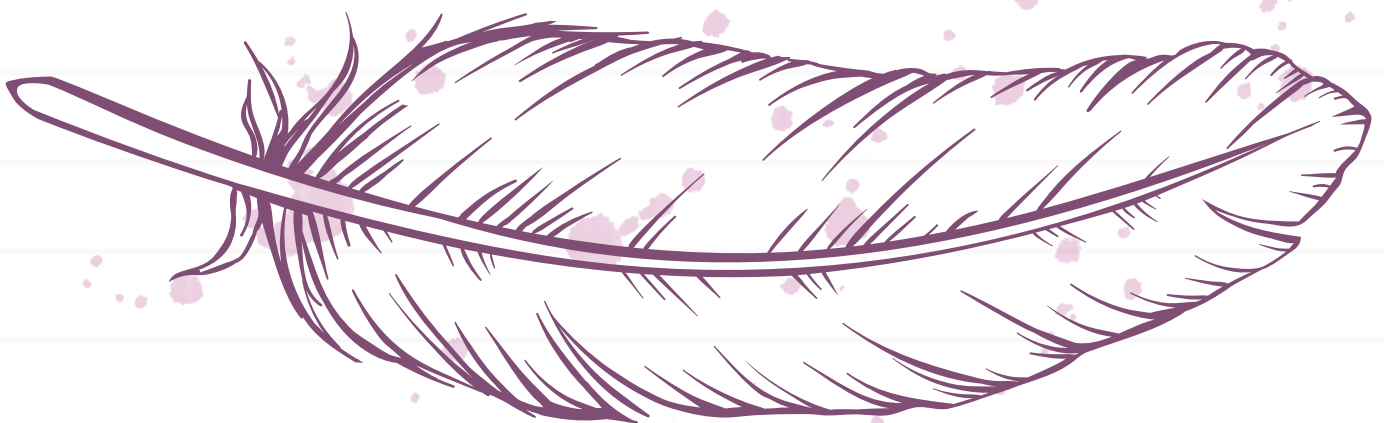


**These words are imparted on us by Spiritual Caregiver Dennis Morrison (Bebahmoytung), Muskrat - Ode - dam (Clan):**

When you are on a healing journey, culturally, the natural process is to seek guidance from an elder or traditional healer principled in an ancient and spiritual way of life.

Many are finding themselves struggling with addictions, abuses, and traumas. We need to be returning to the teachings and ceremonies that have been echoed from many spiritual caregivers. The following inspiration to returning to our teachings and ceremonies is to find balance in our lives, as many are discovering their lives have been dysfunctional and unhealthy.

The proposed mental health approach to healing encompasses cultural and spiritual principles of life. Any of the proposed healing processes is not intended to replace or offend any teachings or understandings that you have learned from your elders or from your grandparents.





# Visits with Healers, Elders, and Medicine People

When you approach an elder or traditional healer, always be respectful. Many elders and healers have helpers who will convey protocols to you. For instance, they will let you know whether you may receive treatment after chemotherapy.

- Tobacco is given as an offering. It is used for communication between you, the elder/healer and the Great Spirit. The tobacco can be in any form: a cigarette from a pack, a pouch of tobacco, or loose tobacco wrapped in a small square of cloth as a tobacco tie.
- Explain what you have come to seek. Is it spiritual healing, counselling, doctoring, or ceremony (sweat lodge, dark room, pipe, etc.)?
- Ask the elder/healer and helpers when you should come see them, as many will want you to refrain from taking alcohol or drugs for four days prior to visiting them.
- Women and AFAB (assigned female at birth) individuals need to be mindful of when they are on their “moon time”, as many healers will ask you to come when you are not experiencing it.
- Gifts are given to express your gratitude for the help you have received. Often, these are handmade or given from the heart of the person. For example, this gift may be a blanket, wild meat, wild rice, or a birch bark basket. A monetary gift is also welcomed, as this type of gift helps the elder/healer with travel, food, and gas expenses.



# Ga-Nan-Da-Wis (Good Health)

The healing approach that has been created is through extensive knowledge of traditional and cultural healing approaches, and at times blending new world concepts and healing approaches. This begins stabilization and finding a true balance to healing. As you begin your epic journey to recovery, you may discover that healing needs to be ongoing.

*Ga-nan-da-wis* derives from a traditional healing process which describes a healthy approach in engaging and finding an emotional and mental balance through cultural and spiritual means.

## Ga-Nan-Da-Wis Traditional Healing Module

The concept of the *ga-nan-da-wis* (good health) healing module is about enhancing a spiritual and cultural healing initiative for individuals, which can involve family, community members, or others at some point. However, the purpose for this healing approach is to begin a healing process for an individual or family grouping.

- The module is developed and initiated as a therapeutic cultural approach, which consists of the seven sacred teachings. **Healing** is the emphasis and **change** is the process and service delivery of the approach. It touches upon the mental, emotional, spiritual, and physical realm of our being.
- The emphasis is to develop a healing process that encourages the developmental stages as identified in the (w)holistic aspect of the human being, which are the spiritual, mental, emotional, and physical - also known as children, youth, adults, and elders.





# One-on-One Session

The initial stage is a one-on-one session with an elder/healer, which includes smudging to cleanse the mind, body and heart. The smoking of a sacred pipe will commence the traditional and cultural healing process.

The one-on-one session embodies a spiritual structure and connection, which gives access to attaining self-awareness and sharing hidden traumas and unresolved issues which affected an individual's life. The purpose is to guide the elder/healer in how they will proceed with assisting the individual in their healing. Sharing allows for the release of bottled-up feelings or identifying and connecting with past wounds, allowing them to surface.

Once identifying how to best guide the individual, the elder/healer has many options at their disposal, but for the purpose of simplifying explanations, a procedural healing process commences. The elder/healer has two options to proceed with, which any family or grouping can use when working with an individual who is experiencing pain, loneliness, or is in a crisis:

- **Option #1** is a healing circle to work more intensively with the individual, providing a safe healing environment. It slowly begins a healing that works toward a more in-depth one-on-one under the elder's/healer's cultural and spiritual guidance.
- **Option #2** is the elder/healer going directly to a grieving lodge, where it is done so under guidance. The unconditional process is for the elder/healer to determine how they will act with an individual's healing.

The next few pages detail how these options are performed.



## Option #1: Healing Circles

A healing circle consists of indulging into an individual's past through revealing old wounds and unresolved issues. The circle is started with a smudge, and once all have been smudged, it is put in the middle of a circle.

The intent is to provide a safe place for an individual to be heard, and the utmost respect is given and adhered to when they are speaking. The elder/healer guides the healing process by sharing the purpose of the healing circle; this is very important to provide at the onset. Great care is taken as the elder/healer is properly trained to handle difficult moments in the healing circle. Smudging and peer support is available. Other elders and helpers can provide assistance to the individual, as they are available during the conduction of the healing circle.

If requested or required, when an individual needs more to work on their healing, they can work with other spiritual caregivers or elders on standby. The healing circle will also have a “protector of the circle” to provide a safe environment for good healing work with all participants.

Healing circles provide guidance by utilizing cultural and spiritual healing tools. They create a safe place for an individual to heal from trauma and unresolved issues. The seven sacred teachings are also interchangeably and extensively used in the healing process.

Elders and helpers are available for one-on-one interactions if an individual should need further healing. An aftercare system is planned with the individual to aid in any healing process for traumas that have been opened, which can be triggered at any moment. An elder is available for further spiritual and cultural guidance with these matters. Healing circles have been utilized by Anishinaabeg for many centuries, but are sometimes modified with some modern context to add to the healing process.

## Option #2: Grieving Lodges

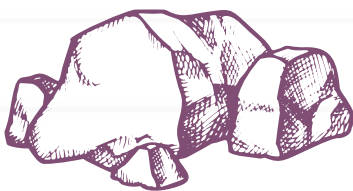
A grieving lodge is a cleansing healing process immersed in cultural and spiritual realms, enriched in a values-principled approach. Grieving lodges have been quite effective in the healing and cleansing of the mind, body, and heart. The principle of a grieving lodge is governed by the sacred laws of the Seven Grandfather Teachings.

The grieving lodge ceremony helps in the cleansing of traumas and unresolved issues, offering a safe haven for more intensive healing to happen under the guidance of a well-prepared and trained elder. It is vastly important that the elder performing ceremony be in their own healing with a complete abstention of alcohol and drugs.

### Continuation of Healing Circles/Grieving Lodges

It is presumed safely with a degree of certainty that healing may need to be repeated, as healing is an ongoing process. The value and quality in providing and repeating a healing circle or grieving lodge has merit for many unresolved issues, as open wounds and hidden traumas are not always exposed in the beginning stages of healing. It is highly recommended that the healing circle and the grieving lodge be continued and utilized until the elder/healer is certain the individual is calmer when dealing with multi-generational traumas and issues.

The elder/healer will re-assess the individual on a continual basis when unspoken anger manifests itself in the body, which can be triggered at any time. Anishinaabeg look at the human spirit. During the healing circle, participants use a *aasin* (stone) or a talking stick, as an eagle feather is not for this purpose. The stone gives or takes energy; share the energy to open up. The talking stick has the same effects.





Miigwech to Spiritual  
Caregiver Dennis Morrison  
(Bebahmoytung)  
for sharing your teachings  
and wisdom with us.

Treaty #3 territory and its  
communities are grateful.



Wauzhushk  
Muskrat

Ishkode  
Fire



# Combining Cultural and Western Care Methods

This guide was created with the intent of maintaining the well-being of the Anishinaabe Nation of Treaty #3. Congratulations on taking this important step in your mental health journey!

The compiled information in this guide contains traditional Anishinaabe cultural practices as well as Western styles of healing and self-care. An important thing to keep in mind is that one style of healing or self-care may work well for one person, but not as well for another. This is why we have included both styles for mental health wellness.

They are merely suggestions on how you can maintain your well-being and how to develop resilience to life's challenges. If you are already doing healthy methods that are not listed in the Grand Council Treaty #3 Mental Health Survival Guide, please do not stop them. If it works for you, it's important to keep going with it - it can be something you share with your family, friends, or other loved ones if they become unwell.

After all, we all need support at one time or another in our lives.



Miigwech for reading our guide! You may also refer to our Minobimaadiziwin guiding principles as well as some general mental health wellness advice on the next few pages.

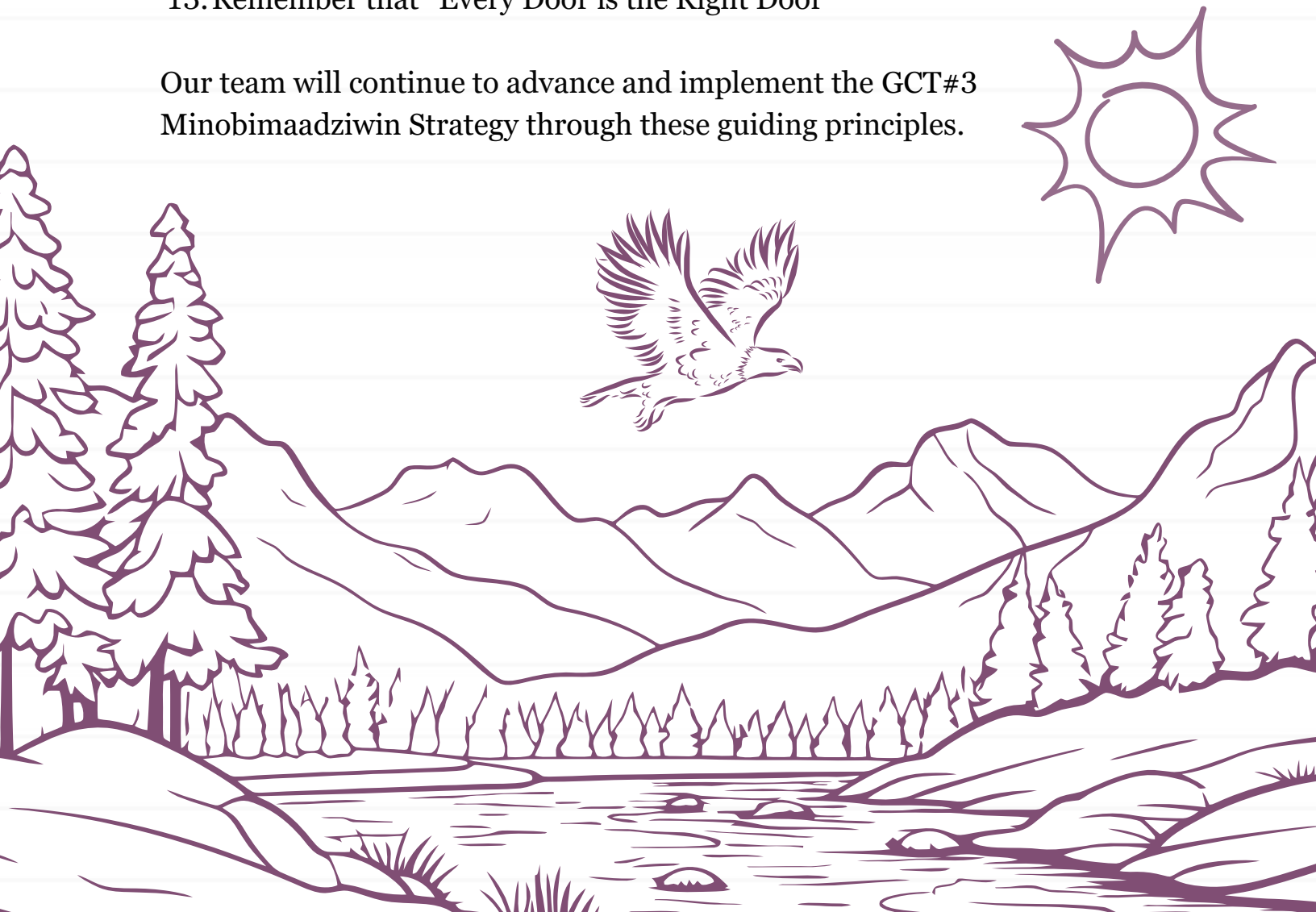
*Ji-Adisidooyang Ge-Onji Mino-Ayaayang  
(GCT#3 Health Transformation)*



# Minobimaadziwin Guiding Principles

1. Have a Unified Approach
2. Engage with Elders
3. Promote Cultural Ways of Life
4. Use and Support Anishinaabemowin as a Healing Mechanism
5. Develop Partnerships and Networks
6. Address Root Causes of Mental Health Challenges
7. Build Community Capacity
8. Promote Education and Prevention-Centred Care
9. Develop Treaty #3-Specific Tools, Education, and Training
10. Provide Culturally-Safe Services
11. Conduct Healing Rooted in Traditional Knowledge and Land-Based Approaches
12. Respect Treaty Rights and Relationships
13. Remember that “Every Door is the Right Door”

Our team will continue to advance and implement the GCT#3 Minobimaadziwin Strategy through these guiding principles.





## General Mental Health Wellness Advice

- Value yourself and your loved ones
- Keep a routine
- Express yourself through art
- Be active - exercise reduces stress, anxiety, and depression
- Spend time with family and friends
- Breathe; slow down and take breaks
- Take care of others (older or younger)
- Limit your screen time
- Get a good night's sleep
- Practice being grateful

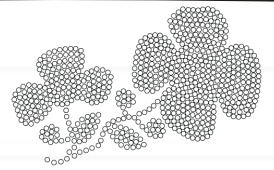
**Thoughts  
Are Not  
Facts!**

### **Apply these techniques for negative thoughts:**

1. Is your thought true? In a reactionary stage, the answer is often “yes”, but remember, the brain is acting in autopilot!
2. Is it absolutely true? 100% sure? Can you see the thought in a different way?
3. How does it make me feel? Notice any storylines you're holding onto, and name your feelings: sad, angry, jealous, hurt, embarrassed, etc.
4. What would it be like if I didn't hold onto it? Imagine possible benefits to your relationships, energy, and motivation!

*When you put space between you and your reaction, it changes the relationship to your thoughts; you can watch them come and go instead of treating them as facts.*





JI-ADISIDOOYANG GE-ONJI MINO-AYAAYANG  
HEALTH TRANSFORMATION

# MENTAL HEALTH CARE TIPS



Bashkodejiibik

Sage



# Mental Health Tips for Children

Children experience feelings and emotions the same as adults do. They can feel bored, anxious, sad, disappointed, embarrassed, and scared (just to name a few). While most of us feel any number of emotions from day to day, we are not necessarily taught how to deal with them or how to cope. Children need to learn skills to manage their emotions in a healthy way. It's important to teach children coping skills so they can face their fears, calm themselves down, and cheer themselves up.

## Two Styles of Coping Skills for Children are:

- **Emotion-focused**, which helps children tolerate stress and gain resilience and perseverance. This style should be used in situations that *cannot* be changed.
- **Problem-focused**, which involves taking action to change a situation. This empowers children to take control of difficult circumstances. This style should be used in situations that *can* be changed.

## Examples of emotion-focused coping skills include:

- Verbalizing uncomfortable emotions, such as “I’m mad”, “I’m sad”, or “I’m scared”. Give children words they need to describe their feelings.
- Involving children in activities like breathing exercises, art, reading, playing games, having dance parties, or practicing yoga poses.

## Examples of problem-focused coping skills include:

- Asking a trusted parent/guardian or others for help.
- Teaching children problem-solving skills by listing solutions.
- Making a pros and cons list of the choices they have to resolve issues.



**Describe  
Feelings**



**List  
Solutions**



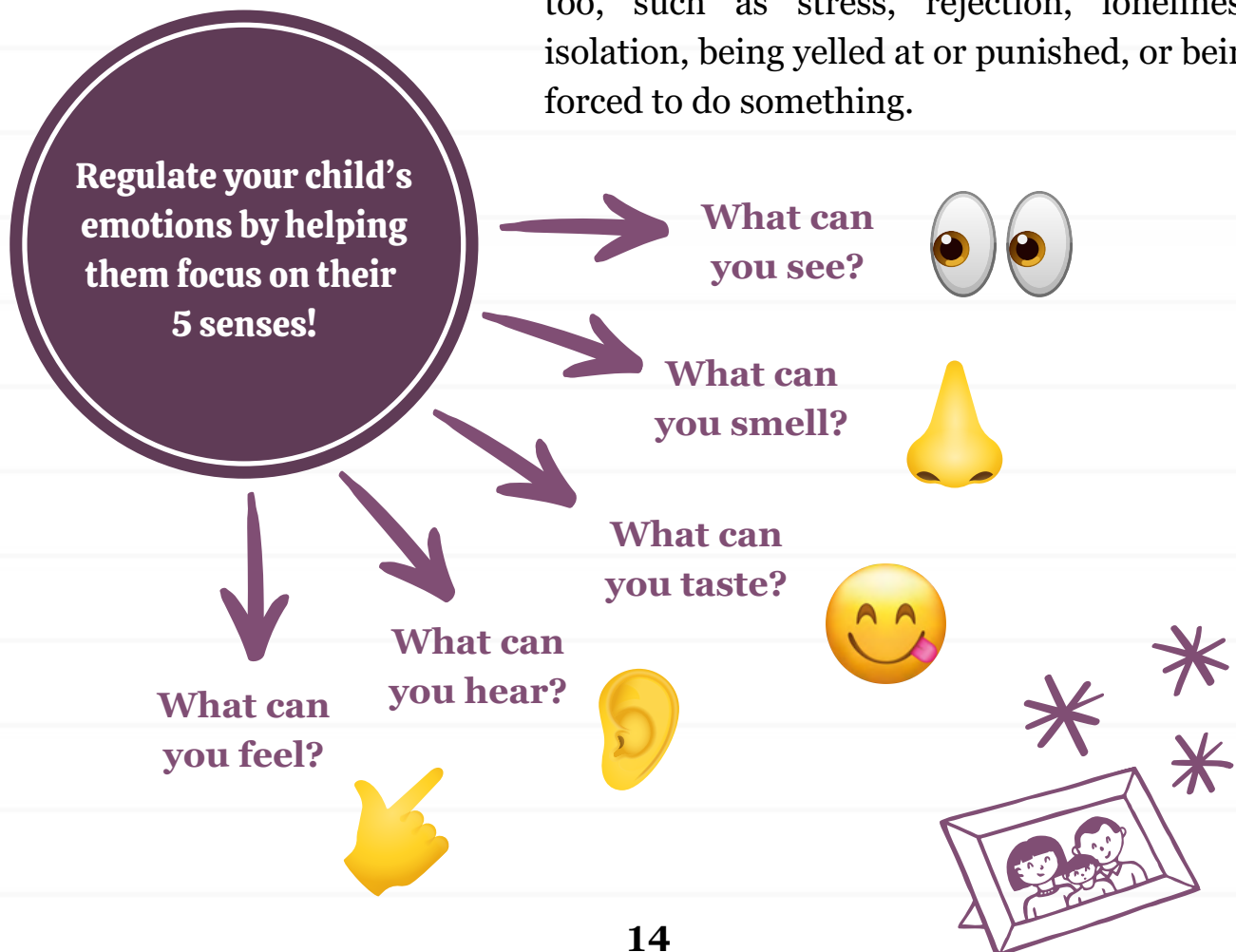
# Mental Health Tips for Children



## Emotional Cup

Children are like cups that need to be filled with love, affection and security. Children can act out for attention, won't sit still, act "hyper", or even fight when their cup is close to becoming empty.

You can help your child by making time for cuddles and stories, being playful, and allowing them choices for activities. Even something simple like putting your cellphone away and playing with your child on the floor shows them that you love and support them. Be mindful of what empties your child's cup too, such as stress, rejection, loneliness, isolation, being yelled at or punished, or being forced to do something.



# Mental Health Tips for Teens and Youth

Adolescence is filled with adventure, emotions, questions, and wonder. It is a time of exploration and self-discovery. It is also the time in life when you are preparing to “leave the nest”. New challenges arise for caregivers while caring for teens and young adults. It takes patience and reflection to manage the ups and downs of a youth’s life.

As a youth, you are figuring out how to be independent. You are learning how to socialize and you are trying to understand where you belong in this world. You may also be learning how to deal with bullying, how to navigate relationships, and how to safely use technology and social media, all while balancing your mental health. You are mastering one of the biggest achievements you will accomplish: building your identity. That is a tough job!

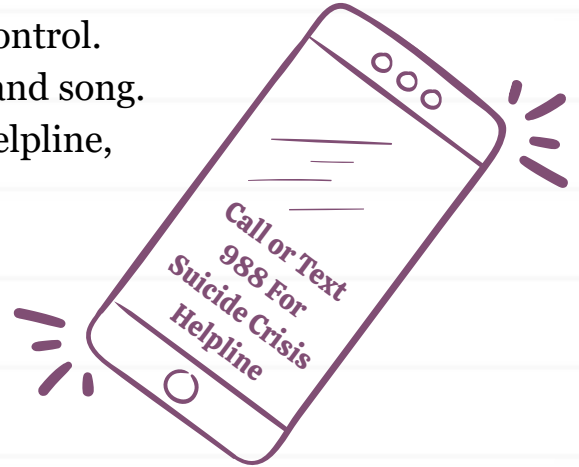
At times, you might feel as if you are the only one struggling with learning these things. *Trust that you are not alone.* Many other teens and young adults are learning, adapting, and struggling just as you are. Here are some care tips to promote your well-being:

- **Make a self-care routine.** Carve out time everyday to care for yourself.
- **Meditate.** It is not hocus-pocus: mindfulness and meditation practices are proven to change the structure and function of the brain, and it is a great way to promote relaxation while reducing anxiety, depression, and stress.
- **Exercise.** Whether it is a traditional dance, yoga, or working out at a gym, all involve connecting the mind and body, strengthening your body, and increasing your endurance.
- **Get enough sleep.** Lack of sleep decreases your immune system, impacts thoughts and thinking patterns, and negatively effects your overall health.
- **Be creative.** By journaling, painting, doing beadwork, making moccasins, or sewing, you can channel your emotions through your artwork.
- **Connect with the land.** Use tobacco for your prayers and ask for help.
- **Limit cellphone use.** It is easier said than done, but it does feel good to put down your phone and disconnect from social media.

# Mental Health Tips for Teens and Youth

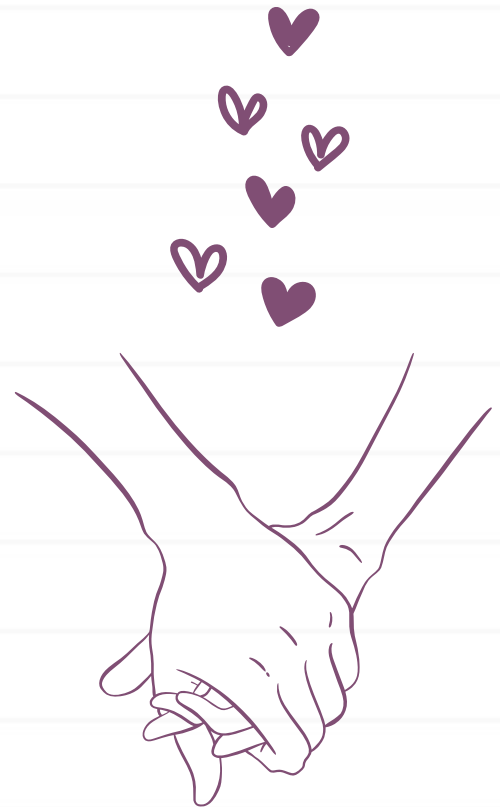
## Dealing with Anxiety, Depression, and Stress

- Breathe; sometimes it's the one thing we can control.
- Stay active. Every culture has a form of dance and song.
- Text or call your best friend, a mental health helpline, or someone else you love and trust.
- Ask for help when you are struggling or feeling overwhelmed.
- Recognize your body and feelings by looking for patterns. Notice what causes them and label them or write them down in a journal.
- Reach out to local counselling services, traditional healers, or support groups.



## Healthy Relationship Tips for Youth

- Be true to yourself by knowing all of your likes and dislikes.
- Communicate by being honest about what you think and feel in a respectful way.
- Establish boundaries by knowing your limits, what you want and don't want.
- Support each other by building each other up.
- Build respect by feeling free to be authentic around each other.
- Be dependable and reliable, as healthy partners want what is best for you and themselves.
- Create independence by safely spending time apart with family and friends.
- Remember to have fun; laugh together and enjoy each others company.
- Establish equality by making decisions that are best for yourselves.





# Mental Health Tips for Teens and Youth

## Relationship Red Flags Can Include:

- ▶ Blaming a partner for everything
- ▶ Name calling or constantly insulting a partner
- ▶ Pressuring a partner to abuse drugs/alcohol
- ▶ Purposely damaging a partner's property
- ▶ Hacking into a partner's social media or email
- ▶ Invalidating/policing a partner's sexual orientation or gender expression (e.g. incorrect pronouns)
- ▶ Asking a partner to change their behaviour or what they wear due to jealousy
- ▶ Being unable to control feelings of anger
- ▶ Expecting a partner to always answer texts or calls, and becoming upset if they do not
- ▶ Using "guilt trips" to make a partner comply
- ▶ Becoming angry if a partner is spending time with family, friends, or other people
- ▶ Verbally threatening a partner to make them feel scared, including threats of self-harm/suicide
- ▶ Installing tracking apps in a partner's cellphone to monitor their phone calls, texts, and/or location
- ▶ Regularly stopping by a partner's workplace or home unannounced
- ▶ Forcing a partner to have sex without contraceptives for STBBI protection
- ▶ Pursuing any sexual activity when a partner isn't fully conscious or is afraid to say no

Periodically check for "red flags" and "green flags" in your relationships, no matter how long you have been together.

"Red flags" are signs that someone may be abusing you. "Green flags" are indicators of healthy behaviour.

Reach out to trusted family, friends, or mentors if you suspect that you are being abused. Call 911 immediately in emergency situations if you fear for your life or for others close to you.

Make a plan to safely leave an abusive relationship, which may involve staying at a friend's house or at a shelter. Family violence helplines, friendship centres, and support groups can also help you out.

Don't be trapped by confusion, guilt, or self-blame. Remember to stay safe and prioritize yourself and your well-being; it is always better to end a relationship than to stay in an unhealthy one.

It is not your job to wait for abusive people to get better.

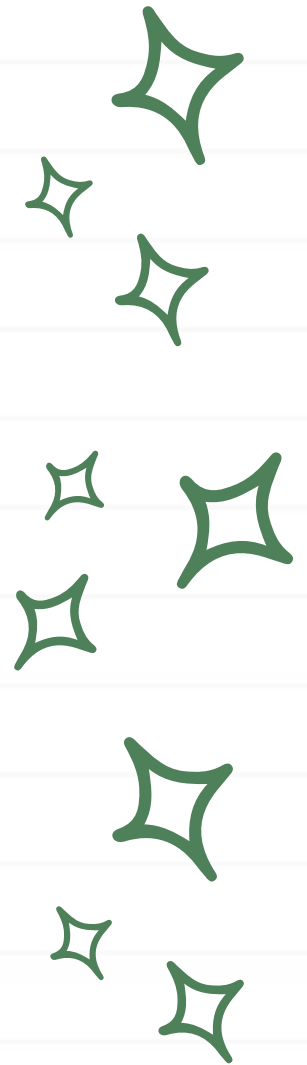


Visit [www.loveisrespect.org](http://www.loveisrespect.org) for more healthy relationship tips and signs of dating abuse.

# Mental Health Tips for Teens and Youth

## Relationship Green Flags Can Include:

- ▶ Taking accountability for mistakes made
- ▶ Supporting your personal growth
- ▶ Having healthy hobbies and long-standing friendships
- ▶ Communicating respectfully and openly
- ▶ Honouring your boundaries
- ▶ Being self-reflective, empathetic, and vulnerable
- ▶ Being responsible for themselves and their emotions
- ▶ Practicing their own self-care
- ▶ Being able to be self-sufficient and reliable



## Other Coping Skills for Teens & Youth

- Smudge and pray
- Dance, sing, or listen to music
- Visit an elder or traditional healer
- Pick medicines
- Read about your history
- Be creative with art and crafts
- Hunt, fish, or trap with others
- Learn how to make traditional foods
- Volunteer - shovel snow for others or garden
- Join or create a youth group
- Know that it is okay to cry
- Exercise - walk, bike, snowshoe, etc.
- Watch comedy movies and tell jokes
- Try re-framing negative self-talk
- Point out who your supports are
- Take photos of nature
- Bullet journal or write stories/poems
- Learn to play an instrument

# Mental Health Tips for Adults and Parents

Raising children can be challenging. They need attention, guidance, patience, love, and kindness. It takes a lot of energy to ensure all their needs are met, which is why it is important that you take care of yourself so you do not become burnt out. This can be difficult, especially if a caregiver is overwhelmed with everyday worries.

Things can quickly get out of control. When children experience events like abuse, neglect, bullying and constant criticism, or separation from loved ones, it can be traumatic for them. They are also more likely to develop depression, anxiety, and other mental health issues. When a caregiver is overwhelmed and a child is in distress, everyone requires a “time-out”.

When things get overwhelming, you can help yourself and your children by:

- **Taking a parental “time-out”.** Yelling and being forceful to children is often a go-to for gaining control of a situation. However, be mindful of your own feelings and energies. Remember that children are still learning, and you can practice breathing techniques to manage your frustration.
- **Asking relatives, friends, or other safe people you know to give you a break.** It is okay and necessary to take a break as a parent. It does not mean you love your children any less. When you return, you will feel re-energized and you can give your children 100% of yourself again.
- **Venting to other adults.** Get out of earshot from your children and call another parent you trust to get it out of your system. You might get helpful advice from them!
- **Practicing self-care.** Get enough sleep and eat healthy meals when possible. Get plenty of exercise and fresh air, and drink lots of water.
- **Counting to 10.** When you feel you are getting to that tipping point, STOP. Count to 10, and then respond to your children.
- **Forgiving yourself.** Parenting is not easy, and you will make mistakes. Learn from your mistakes; apologize to your child when you hurt them and try something different next time.



# Mental Health Tips for Adults and Parents

Begin your week with reflection of the past and present. Ask yourself the following questions:

1. What are my goals for this week?
2. What do I want more of?
3. How do I want to feel?
4. What are some things I can do to have a positive outlook on life?
5. If I begin to feel stuck, what can I do to resolve this feeling?



## **Clean your home!**

**A cluttered home can cause distress in a person. Cleaning promotes a feeling of calm, tranquility, and achievement.**

## Stress & Sleep Tips for Busy Adults

- Decrease blue light exposure 1 hour before bedtime (cellphones, Ipads, laptops, TV, etc).
- Avoid caffeine consumption late into the evening at home.
- Exercise with at least 30 minutes of moderate physical activity (yoga, gardening, team sports, biking, walking, etc.) per day.
- Limit exposure to negative news stories and “doomscrolling” on social media accounts.
- Keep a consistent sleep schedule.
- Increase bright light exposure with natural sunlight.
- Practice mindfulness and meditation exercises to decrease stress.

# Mental Health Tips for Elders

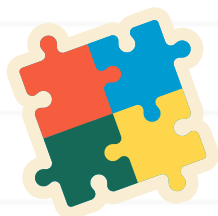
In First Nations culture, elders carry stories and traditions. It is crucial to spend time with elders and learn from them. By doing this, we create a sense of hope, belonging, meaning, and purpose in our lives as well as theirs. Elders are a connection to Anishinaabe history, culture, and traditional healing practices, so it is important to keep them safe from harm.

Elders are vulnerable to many viruses and illnesses. They may also be more prone to feelings of loneliness, isolation, and distress when dealing with declining mental and/or physical health. However, First Nations people, including elders, have a long history of resilience and strength.

General wellness tips for elders include:

- **Reaching out to others.** Connect regularly with loved ones and friends through phone calls, texting, social media, and video calls. Ask them to provide support for you as needed.
- **Asking for contact numbers of community resources.** This includes local health centre supports that are available. You can also contact public libraries and friendship centres to help you find resources.
- **Keeping medication and medical information on hand.** You should always have access to your medication and medical information in case of emergency.
- **Practicing self-care.** Go to bed on time and eat well when possible. Stay active with exercise, make time to be outside, and stay hydrated.
- **Finding lightness and humour.** Even when things are hard, it is good to experience some positivity in each day.
- **Engaging in enjoyed activities.** Take time to do hobbies to keep up your physical and mental health.
- **Limiting exposure to negative news.** A near-constant stream of news can cause stress. Avoid watching the news for extended periods.
- **Keeping things in perspective.** Be aware of your mindset and actively decide to use a different one so that you can feel better.

# Mental Health Tips for Elders



**Complete  
a  
Puzzle**



**Read  
Books or  
Newspapers**



**Play  
Card  
Games**



**Have a  
Gentle  
Walk**



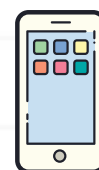
**Tend  
a  
Garden**



**Try a  
New  
Recipe**



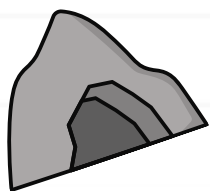
**Organize or  
Scrapbook  
Photos**



**Facetime  
or Call  
Loved  
Ones**



Here are some activity ideas for elders to keep busy with to pass time. Please use caution and only attempt what you know you can safely do. If possible, have a family member help out.



**Have a  
Sweat  
with  
People**



**Carve  
or  
Woodwork**



**Practice  
Art**



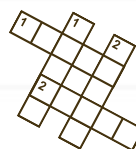
**Smudge  
or  
Pray**



**Teach  
Youth  
a Skill**



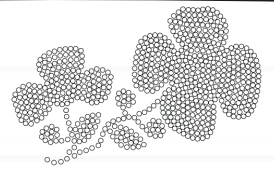
**Make  
a  
Bonfire**



**Finish  
a  
Crossword**



**Create  
a  
Family  
Tree**



JI-ADISIDOOYANG GE-ONJI MINO-AYAAYANG  
HEALTH TRANSFORMATION

# MENTAL HEALTH INFORMATION

Giizhik  
Cedar





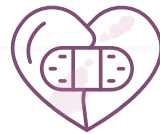
# Trauma

**Historical Trauma (HT) Theory**, also known as **intergenerational trauma**, is defined as cumulative trauma which compounds collective, emotional, and psychological wounding over life spans and across generations.

Because of the destructive nature of colonization, intergenerational trauma has affected generations upon generations in a widespread manner. Indigenous people now live with intergenerational trauma that is expressed in collective, cumulative, and complex ways. This type of reaction is known as **Historical Trauma Response (HTR)**.

Symptoms of Historical Trauma Response (HTR) include:

- **Elevated mortality rates**
- **Heart disease, hypertension, and other heart problems**
- **Addictions and substance abuse**
- **Self-harm behaviours and suicidal ideation**
- **High rates of homicide and death**
- **Increased rates of abuse, including child abuse**
- **Various mental health conditions, such as anxiety, depression, or post-traumatic stress disorder (PTSD)**
- **Unexplained rage or inability to control anger**



The extent a person has experienced trauma influences how their trauma is expressed. Intergenerational trauma is passed down from one generation to the next, behaviourally and observationally. *Children learn what they see.*

In terms of healing, Indigenous philosophies are based on a wellness model. This model allows for a person's well-being and health by treating them holistically to ensure balance is achieved. Indigenous knowledge systems passed down from ancestors contain immense resources for healing. It is vital for those who have maintained these knowledge systems and ways of being to share them with whomever seeks healing in a good way.

# Addiction

The legacy of colonization, with its oppression that resulted in the loss of culture and language, has resulted in intergenerational trauma that is experienced by many First Nations people and communities. Colonization has significantly impacted health and well-being, especially in the context of substance abuse and related mental health issues.

Addiction refers to the problematic use of a substance or engaging in behaviours like gambling. When describing addiction, think of the 4 C's: *craving*, loss of *control* over amount/frequency, *compulsion* to use, and the need to use despite *consequences*. People of any age or economic status can develop an addiction.

The harms of addiction can range from mild (hangovers, being late to work) to severe (disease, homelessness). While each time a person uses a substance or engages with gambling may seem to have little impact, negative consequences can build up over time. A person may eventually become dependent on their substance of choice or partake in problematic behavioural addictions.

**Harms of addiction can include:** death, loss of consciousness, seizures, increased vulnerability to sexual or physical assault, injuries, infectious diseases and other long-term health problems, anxiety, depression, irritability, trouble thinking clearly, school or work problems, family and/or relationship problems, financial problems, legal problems, homelessness.

Treatment options for addiction include self-help, counselling, medications, and withdrawal management. For more information, contact the Ontario Region's NNADAP Program Manager at **807-343-5352**, the Ontario Regional Office at **613-668-6411**, or the Manitoba Regional Office at **204-983-4199**.

You can also refer to a list of local treatment centres at <https://www.sac-isc.gc.ca/eng/1576090254932/1576090371511#a5>.

# Addiction

## Assisting an Addicted Loved One

Loving an addict is a lonely and painful experience. The person you care about is missing, and in their place is a stranger you do not know and may not like.

Addiction is a cruel disease that can appear unseeing, unhearing, uncaring, and unloving. You have tried to talk sense into your loved one until you are blue in the face, but you cannot seem to break down their enormous wall of denial.

You have racked your brain trying to come up with the right words or suggestions. You have rehearsed it all in your mind, only to have it backfire. Instead of helping, your addicted loved one accuses you of not caring enough.

You wonder to yourself if there is anything you can do or say that will help them recover and be themselves again.

While there are no magic words to instantly restore the stranger in front of you to their former self, there are some things you can do and say that will help.

### 7 Ways to Help Yourself and Addicted Loved Ones

1. Join or make a community support group.
2. Talk to your support group before talking to your addicted loved one.
3. Empower conversations with “I” statements.
4. Set the stage for an open conversation.
5. Understand that your loved one is not themselves.
6. Set and maintain boundaries.
7. Know that the addicted person is not the only one who needs to change.



# Suicide

Suicide and self-harm behaviours are the leading cause of death for First Nations youth and adults up to 44 years of age (Public Health Agency Canada, 2013). There can be many reasons why a person has suicidal ideation, including mental health conditions, intergenerational trauma, and recent release from prison.

Suicide affects First Nations people 3 times more often than non-Indigenous people (Kumar and Tjepkema, 2019). Suicide “clusters” or suicide “contagion” happens more often in communities that are closer together. “Echo clusters” are suicides that occur over a period of time.

Communities appear to experience higher levels of suicide where protective factors are lower. Colonization has negatively impacted many communities: there has been forced relocation, residential schools, the Sixties Scoop, interruption of language and culture learning, and the denial of their existence. All of this has contributed to risk factors that encourage suicidal ideation.

**Protective factors against suicide can include:** cultural continuity, self-government, control over land, education for First Nations, emergency services near communities, health services near communities, cultural activities.

**Suicide risk factors can include:** depression, bipolar disorder, post-traumatic stress disorder (PTSD), borderline personality disorder (BPD), schizophrenia, eating disorders, substance use disorders, sexual abuse, adverse childhood experiences, loss of a loved one, workplace bullying, chronic pain, financial problems, legal problems, feelings of hopelessness, low self-esteem, family history of suicide, discrimination.

**Prevention of suicide and self-harm behaviours can include:** community-based approaches, suicide and mental health training, prevention programs, restricting firearms and other weapons, peer support, spirituality.



# Suicide

Preventing Suicide is Achievable - you can do this by listening, asking questions, and providing support to people with suicidal ideation. Your role is to help them remember that they have a reason to live.

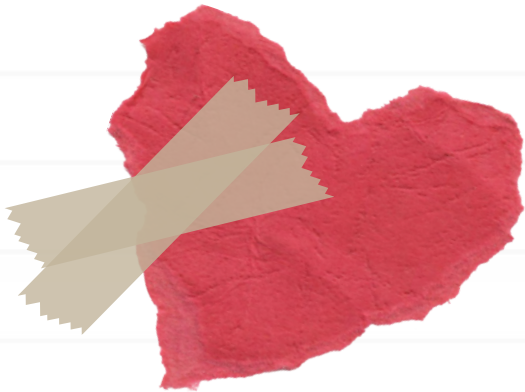
**BREAK**  
• the •  
**STIGMA**



**Stigma remains as one of the greatest barriers to wellness!**

**Ask yourself the following questions:**

- Do you believe suicide can be prevented?
- Do you think that if you understood suicide and listened, you could actually help someone at risk?
- Do you think anyone from any type of background could consider suicide?



Indigenous people matter; they are loved and cared about. Ask for help through these phone numbers:

- **988 (National Suicide Prevention Lifeline)**
- **1-855-242-3310 (Hope for Wellness Helpline)**

If you answered “no” to any of the above, you may want to educate yourself on suicide and suicide prevention. People having a suicidal crisis experience deep psychological pain. Those who consider and/or attempt suicide generally do not want to die. They often feel hopeless and overwhelmed, believing they cannot find a way out of their pain. We can all help our loved ones feel hopeful about living again. It is important to let them know that they are not alone and that assistance is available for them.

# Bullying

Bullying is a pattern of repeated aggressive behaviour, with negative intent, directed from one person or group to another. There is usually a power imbalance between the bully/bullies and their victim(s). To support victims, ask how you can help them stay safe. Create a safety plan by identifying who will check-in with them and when. Look for safe places and people, talk to support networks, and help victims explore other supports and resources. Some types of bullying include:

- **Physical** (hitting, kicking, tripping, pushing, stealing, or damaging a person's belongings)
- **Verbal** (insults, threats, teasing, or statements designed to make a person feel shame or humiliation)
- **Social** (spreading rumors to damage a person's reputation, excluding a person on purpose, or encouraging others to turn against a person)
- **Cyberbullying** (harassment over text messages and social media accounts or repeatedly sending harmful content to a person)
- **Sexual** (crude gestures, spreading sexual rumors, unwanted physical contact, or distributing sexual images/videos of a person)

**Warning signs your child is being bullied:** doesn't want to go to school, anxious and scared, negative attitude, poor self-esteem, bodily complaints, decreased interest in activities, sleeping problems, doesn't have many friends, decline in school performance, physical injuries or damaged belongings, threatens to hurt themselves or others.

**Warning signs your child is bullying others:** uses aggression or violence to deal with problems, unconcerned with other people's feelings, manipulative, secretive, unexplained possessions or money, short temper, gives into peer pressure, doesn't care or understand how their behaviour affects others.



Visit [www.kidshelpphone.ca](http://www.kidshelpphone.ca) for more information on bullying and other mental health topics.

# Technology

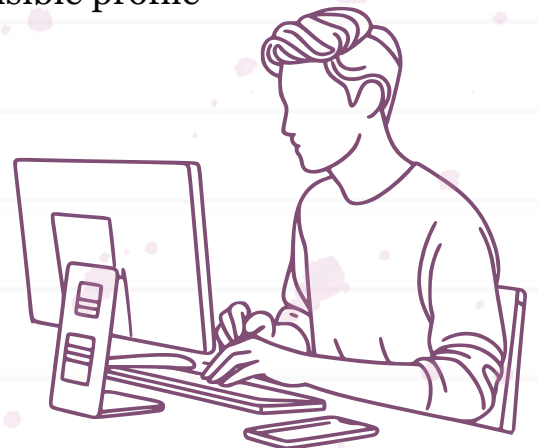
There are many ways children, youth, adults, and elders can use the internet to remain connected, especially when they are experiencing feelings of isolation. However, possible risks of using the internet and social media include cyberbullying, watching/reading inappropriate material or false information, engaging with hate groups, and sexual grooming (adult users communicating with minors to develop sexual relationships with them).

It is important to find balance when using technology - the internet can be a great resource when it is used appropriately. It can help youth express themselves, maintain positive relationships, promote a sense of belonging, and provide educational information on topics they have questions about.

Parents can promote positive experiences by asking their children what they do when they are online. You can ask your children to show you websites they visit and apps they use. If needed, you can monitor your children by setting parental controls on phones/computers, downloading child-friendly versions of apps (e.g. YouTube Kids), or setting a schedule to reduce excessive internet usage. Be a positive role model and set the right example - spend quality time with your children and get involved with their interests and pastimes.

## **If someone is experiencing cyberbullying or sexual grooming:**

- Encourage them to not reply and talk to a trusted adult.
- Do not delete the messages - take screenshots for police records.
- Block the offender.
- Make note of the offender's username and other visible profile information to submit to police.
- Contact your cellphone or internet provider for assistance.



# Isolation and Loneliness

Loneliness and isolation do not discriminate. Every age group can experience the feeling of being alone, feeling disconnected, or not feeling close to others. If these feelings are not properly addressed, social isolation and loneliness can cause you to develop serious mental and physical health issues over time. Even people with many friends can feel lonely.

Elders are particularly susceptible to loneliness. This group is the most likely to self-isolate due to their fears of infection or injury, while also potentially having fewer supports in place to address their pain. Older adults (and other age groups) can combat loneliness in the following ways:

- Text or make phone/video calls to relatives and friends on a regular basis, so that they can learn to check-in with you.
- Ask loved ones for help when you need it. Be specific about how they can provide assistance to you. Creating a support system starts with you!
- Find sources of comfort - take a relaxing bath, light candles, or focus on caring for pets to reduce feelings of isolation.
- Do something meaningful. For example, create a family tree and connect with your history.
- Use community resources. Public libraries often have free or low-cost programs (such as book clubs, arts and crafts events, and writer's groups) for you to meet more like-minded people.
- Work on yourself by exercising, reading self-help books, listening to podcasts, meditating, or creating a vision board.
- Leave the house when you can. Do yard work, go for a walk, or drive around your community to take a break.
- Silence your inner critic. Embrace "alone-ness" and create a life you love.
- Cultivate hobbies and interests to fill up time. Practice art, cook or bake, do puzzles, watch movies, have karaoke or game nights, learn a new language or skill, rearrange furniture, journal, create scrapbooks - there are many interesting things you can do.





# Family Violence

Family violence is when someone uses abusive behaviour to control and/or harm either a member of their family or someone they have an intimate relationship with. It can include different forms of abuse, including neglect, physical, sexual, emotional, and financial abuse. It may involve a single act or be carried out over a period of time as a pattern of behaviour.

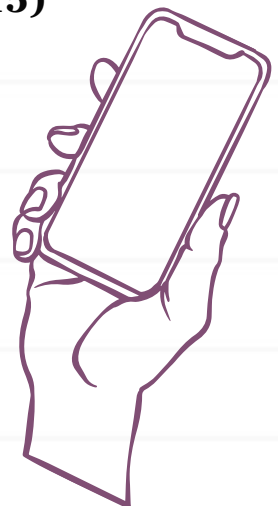
Typically, if no help is sought out by the abuser, the violence increases and becomes more dangerous over time. Alcohol and drugs can often fuel the situation, making the violence escalate. Elders and children are the most vulnerable to this, as they are dependent on the care of family and loved ones.

While the Criminal Code does not refer specifically to “family violence offences”, many offenses can be used to charge someone. For more information, visit <https://justice.gc.ca/eng/cj-jp/fv-vf/laws-lois.html>.

If you or someone you know are experiencing family violence, please know that there is help out there. *You are not alone*. Resources and supports are available for you and your children to escape. For a full list of Canadian shelters, visit <https://sheltersafe.ca/get-help/>.

Crisis lines are also available for those experiencing family violence:

- Talk4Healing **(1-855-554-4325)**
- Sexual Assault/Domestic Violence Navigation Line **(1-855-628-7238)**
- Male Survivors of Sexual Abuse Crisis Line **(1-866-887-0015)**
- Assaulted Women's Helpline **(1-866-863-0511)**
- Seniors 24/7 Safety Line **(1-866-299-1011)**
- Victim 24/7 Support Line **(1-888-579-2888)**
- Manitoba Domestic Abuse Crisis Line **(1-877-977-0007)**
- Klinik Sexual Assault Crisis Line **(1-888-292-7565)**
- Legal Aid Ontario **(1-800-688-8258)**
- Community and Social Services Helpline **(211)**



# Family Violence

## Types of Abuse (With Examples)

### Physical Abuse

- Pushing/shoving
- Slapping
- Punching
- Hurting kids or pets
- Restraining (e.g. pinning against a wall)
- Kicking
- Strangling/choking
- Stabbing
- Driving recklessly
- Shooting
- Throwing objects

### Sexual Abuse

- Distributing sexual images or videos without consent (revenge porn)
- Unwanted touching
- Forcing any sexual activity on a spouse/common law partner/dating partner
- Having sex when a partner is not fully conscious

### Emotional Abuse

- Threats
- Stalking
- Name calling/insults
- Constant yelling
- Constant criticism
- Not allowing communication to loved ones or friends
- Preventing the practice of culture
- Damaging property or belongings

### Financial Abuse

- Withholding borrowed money or assets
- Taking money or valuables without permission
- Pressuring someone to make a joint bank account, sign financial documents, or a sign a will
- Being kept away from seeking work or sabotaging employment
- Explosive anger over small or necessary purchases
- Unauthorized loans on credit cards

### Neglect

- Failing to provide basic needs (food, clothing, and shelter)
- Failing to provide education or academic support
- Denying medical care or necessary treatment
- Failing to provide healthy communication or psychological care

# Family Violence

## Why Don't They Just Leave?

It's a question many people ask when they learn that someone is suffering from abuse. But if you are in an abusive relationship, you know that it is not simple. Abused individuals are often isolated from family and friends, psychologically beaten down, financially controlled, and physically threatened.

If you are deciding whether to stay or leave, you may be feeling confused, uncertain, frightened, and torn. Perhaps you are still hoping that the situation will change, or you may be afraid of how your partner will react if they discover that you are trying to leave. Maybe you even blame yourself for the abuse, or feel weak and embarrassed because you have continued on with the relationship in spite of everything that has happened.

Don't be trapped by confusion, guilt, or self-blame. *The only thing that matters is your safety.*

## Safety tips for those who are experiencing abuse:

- If you or someone you know is in immediate danger, **call 911**.
- Tell someone you trust. People cannot help you if they do not know what is happening to you.
- Contact a community organization, health centre, helpline, hospital, police, shelter, or elder for advice and assistance.
- Create a safety plan. Think of steps to take if you need to leave quickly: important documents to bring, packing a bag, sending small amounts of clothes over time to a trusted person, letting people or shelters know when you plan on leaving, and hiding your keys/cellphone near escape routes.

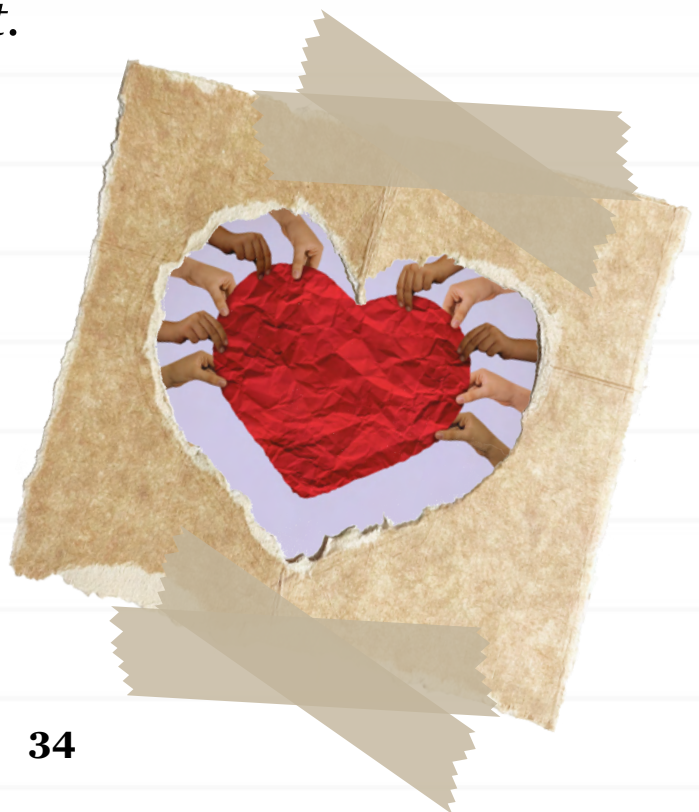
For more information, please visit <https://www.justice.gc.ca/eng/cj-jp/fv-vf/about-apropos.html>.

*The following mental health support resources in the next section include Treaty Three Police detachments, mental health phone lines, Treaty #3 community health centre phone lines, information on regional organizations offering mental health and addictions programs, and a directory of local hospitals and health centres.*

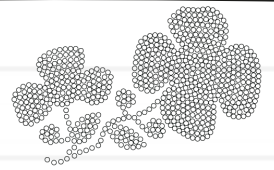
***Call 911 immediately for emergency situations requiring rapid response. You can save someone's life!***

*Reach out for help when things are difficult and overwhelming; always remember that you are loved and cared about.*

**ASKING  
FOR  
HELP  
IS OK**

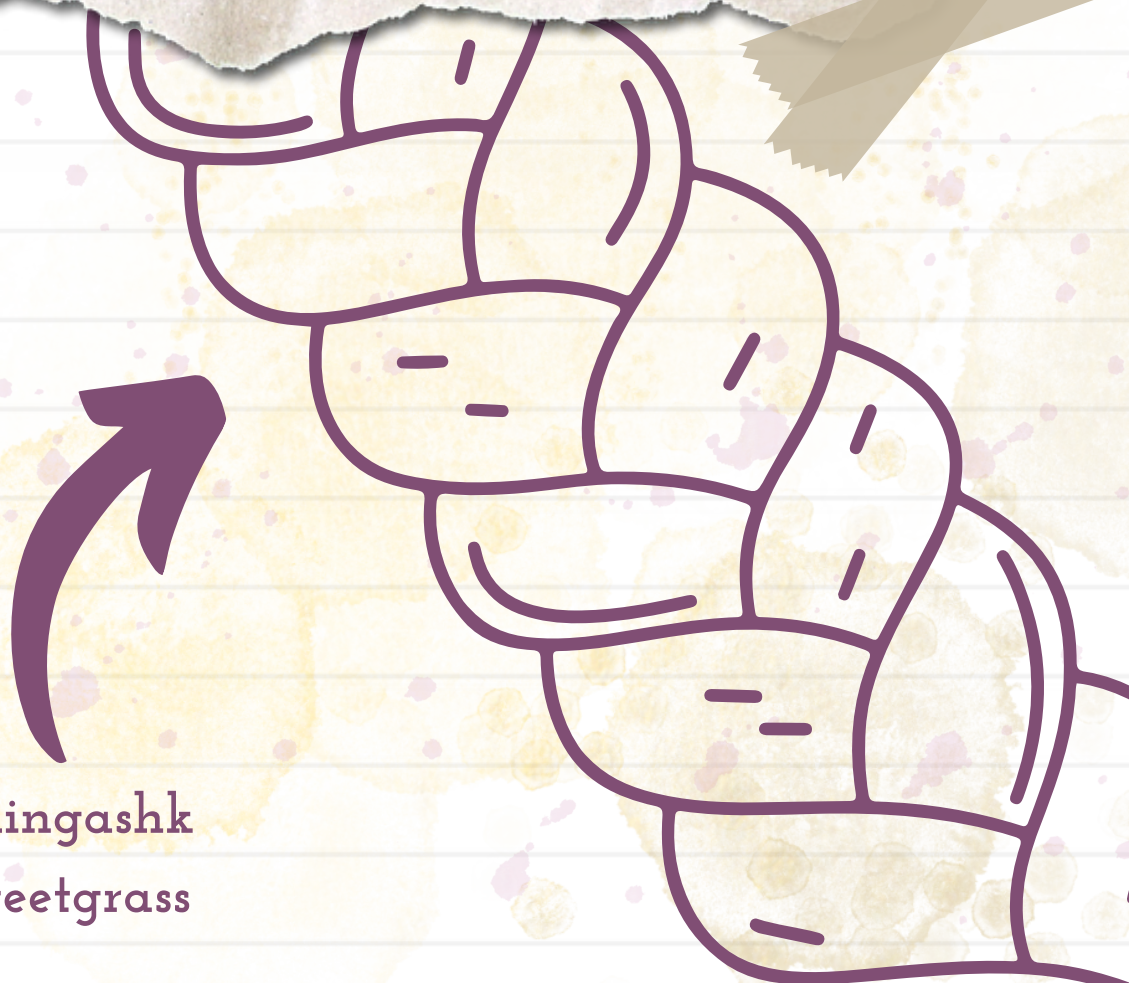






JI-ADISIDOOYANG GE-ONJI MINO-AYAAYANG  
HEALTH TRANSFORMATION

# MENTAL HEALTH SUPPORT RESOURCES



Wiingashk  
Sweetgrass

# Police Detachments and Crisis Phone Lines

## Treaty Three Police Detachments

- Emergencies **(1-888-310-1122)**
- Non-Emergencies/North **(1-807-548-5474)**
- South **(1-807-274-1565)**
- Eagle Lake **(1-807-755-1540)**
- Grassy Narrows **(1-807-925-2221)**
- Wabaseemoong **(1-807-927-2085)**
- Whitefish Bay **(1-807-226-9767)**

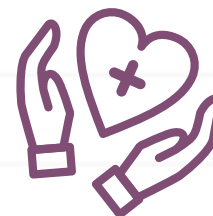


**Call 911 for emergencies and rapid crisis response!**

## Crisis Phone Lines (Local, Provincial, and National)

- Northwestern Ontario Crisis Response Phone Line **(1-866-888-8988)**
- Nodin Mental Health Services **(807-737-4011 or toll-free at 1-800-446-7863)**
- Giishkaandago'ikwe Health Services Mental Health Direct Line **(1-807-271-0212, Monday to Thursday, 8:30 AM - 4:30 PM; Friday, 8:30 AM to 4:00 PM)**
- ConnexOntario Mental Health & Addictions Helpline **(1-866-531-2600 or text "CONNEX" to 247247)**
- Manitoba Suicide Prevention & Support Line **(toll-free at 1-877-435-7170)**
- Ontario Good2Talk Post-Secondary Student Support **(1-866-925-5454 or text "GOOD2TALKON" to 686868)**
- Hope for Wellness Helpline **(1-855-242-3310)**
- Kids Help Phone **(1-800-668-6868 or text "CONNECT" to 686868)**
- Indian Residential School Crisis Line **(1-866-925-4419)**
- Human Trafficking Hotline **(1-833-900-1010)**
- Missing & Murdered Indigenous Women and Girls Crisis Line **(1-844-413-6649)**
- Men's Mental Health Helpline **(1-833-327-6367)**
- LGBTQ+ Youthline **(text at 647-694-4275, Sunday to Friday, 4:00 PM – 9:30 PM)**
- Trans Lifeline Canada **(877-330-6366)**
- Youth Against Violence **(1-800-680-4264)**
- Youth Space Online Support **(text at 788-783-0177, 6:00 PM to 12:00 PM PST)**

## Treaty Three Community Health Centre Phone Lines



- Animakee Wa Zhing #37 First Nation - Regina Bay **(1-807-226-1077)**
- Animakee Wa Zhing #37 First Nation - Windigo Island **(1-807-733-2900)**
- Asubpeeschoseewagong (Grassy Narrows) First Nation **(1-807-925-2850)**
- Buffalo Point First Nation **(1-204-437-3001)**
- Couchiching First Nation **(1-807-274-3228)**
- Gakijiwanong (Lac La Croix) Anishinaabe Nation **(1-807-485-2541)**
- Iskatewizaagegan #39 Independent First Nation **(1-807-733-3318)**
- Lac des Mille Lacs First Nation **(1-807-622-9835)**
- Lac Seul (Obishikokaang) First Nation - Frenchman's Head **(1-807-582-3512)**
- Lac Seul (Obishikokaang) First Nation - Kejick Bay **(1-807-582-9812)**
- Lac Seul (Obishikokaang) First Nation - Whitefish Bay **(1-807-582-3293)**
- Migisi Sahgaigan (Eagle Lake) First Nation **(1-807-755-1157)**
- Mishkosiminiziibiing (Big Grassy River) First Nation **(1-807-488-5457)**
- Mitaanbijiigamiing First Nation **(1-807-274-2188)**
- Naicatchewenin (Northwest Bay) First Nation **(1-807-486-3407)**
- Naongashiing (Big Island) First Nation **(1-807-488-1027)**
- Naotkamegwanning (Whitefish Bay) First Nation **(1-807-226-1026)**
- Nigigoonsiminikaaning (Red Gut) First Nation **(1-807-481-2559)**
- Niisaachewan (Dalles) Anishinaabe Nation **(1-807-548-5876)**
- Northwest Angle #33 First Nation **(1-807-733-2155)**
- Ojibway Nation of Saugeen **(1-807-928-9985)**
- Ojibways of Onigaming (Sabaskong) First Nation **(1-807-484-2339)**
- Rainy River (Manitou Rapids) First Nations **(1-807-482-2479)**
- Sagkeeng First Nation **(1-204-367-9990)**
- Seine River First Nation **(1-807-599-2224)**
- Shoal Lake #40 First Nation **(1-807-733-3577)**
- Waabigonii Zaaga'igan (Wabigoon Lake) Ojibway Nation **(1-807-938-6464)**
- Wabaseemoong (Whitedog) Independent Nations **(1-807-927-2440)**
- Wabauskang First Nation **(1-807-529-6329)**
- Washagamis Bay (Obashkaandagaang) First Nation **(1-807-543-2532)**
- Wauzhushk Onigum (Rat Portage) First Nation **(1-807-548-6340)**



# Health Centres and Mental Health Resources

## Mental Health Resources - Kenora Region



**Kenora Chiefs Advisory** is an alliance of independent, participating First Nations within the Western Region and has been incorporated and in operation since 1995. The organization provides programs and services to the First Nations in the fields of health, education, and social services in a holistic, traditional way.

**Address:** 240 Veterans Drive, Third Floor **Phone:** 1-807-467-8144

**Toll Free Line:** 1-855-367-2600

**Website:** <https://www.kenorachiefs.org>

Programs and services include:

- Cultural Team - *provides equitable and barrier-free access to ceremony, sweat lodges, healing drum ceremonies, and smudging/cleansing*
- Adult Mental Health and Addictions (MHA) Program and Services
- Short-Term Crisis Counselling
- Social & Cultural Wellness Project - *provides culturally appropriate group and one-on-one training to inmates, ensuring bi-cultural education on mental health and wellness as well as life stabilization skills*
- Bail Residency Program (Ages 18+)
- Mental Health Case Management (Ages 16+)
- Community Treatment (Ages 12+)
- Pre-Arrest Diversion Program (Ages 12+)
- Youth Wellness Hub
- Youth in Transition Program
- Child & Youth Case Management
- Youth Outreach Worker Program
- Anti-Human Trafficking Program
- Social Worker in Lake of the Woods Hospital's Emergency Department
- Support Services - *completes intake screening as well as crisis intervention for new clients, and gives training/workshops on the following topics: ASIST, SafeTALK, Traditional Parenting, Grief & Loss, Elder Abuse, Suicide Prevention & Self-Harm, Conflict Resolution & Team Building, Substance Abuse, Anger Management, Intergenerational Trauma & Resilience, and Healthy Relationships*





# Health Centres and Mental Health Resources

## Mental Health Resources - Kenora Region



**Waasegiizhig Nanaandawe'iyewigamig Health Access Centre** offers primary health care and preventative services by combining traditional and contemporary approaches to health and healing. The organization's purpose is to foster healthy Anishinaabeg, families, and communities through traditional and contemporary health care encompassing mind, body, heart, and spirit.

**Administration Address:** 6-621 Lakeview Drive **Phone:** 1-807-467-2453

**Website:** <https://www.wnhac.org>

Programs and services include:

- Waashkootsi Nanaadawe'iyewigamig Healing Lodge - *provides a culture-based, residential healing program intended to break the cycles of violence, abuse, and addictions by addressing underlying causes*
- Mitiigomish Healing Program - *a 28-day program that supports participants to heal from personal and intergenerational trauma, address issues of shame, anger, grief and loss, and develop the knowledge and skills to support healthy lifestyles*
- Trauma-Informed Counselling and Culturally-Safe Care
- EMDR Therapy
- Group Therapy Sessions
- Mental Health Education
- Agichi'giizhigoonsag Program - *a land-based program designed for youth aged 12-18 who are interested in learning about and participating in Anishinaabe cultural practices and teachings*
- Shaawanobinesiik Gibichii'igamig Outpatient/Self-Care Hostel - *affordable accommodation and support for individuals and families requiring access to Lake of the Woods District Hospital or other Kenora medical services as needed, including a lounge area, kitchen, laundry facilities, language interpretation, referrals, and advocacy services*



# Health Centres and Mental Health Resources

## Mental Health Resources - Kenora Region



**Kenora Canadian Mental Health Association Branch** is a branch of the nationwide Canadian Mental Health Association. The organization promotes mental health and provides supports for people recovering from mental illness.

**Office:** 227 Second Street South **Phone:** 1-807-468-1838

**Website:** <https://www.cmhak.on.ca>

Programs and services include:

- Assertive Community Treatment Team
- Court Program
- Counselling & Treatment Team
- Safe Bed Program
- Kenora Supportive Housing Program
- Rent Supplement Program
- Mobile Crisis Team
- Administration Team
- Kenora Emergency Shelter
- Clinical Service Hub
- Mobile Mental Health and Addictions Clinic



**Kenora Youth Wellness Hub** is an integrated youth service model from lead agency Kenora Chiefs Advisory. It aims to increase access to rapid and low barrier services.

**Address:** 120 Main Street **Phone:** 1-807-467-8468

**Website:** <https://youthhubs.ca/site/kenora-youth-wellness-hub>

Programs and services include:

- Drop-In Services and Service Referrals
- Mental Health and Addictions Counselling
- Peer Support
- Cultural Connections
- 2SLGBTQ+ and Gender-Affirming Support
- Employment and Education Support
- Food, Hygiene, and ID Support



# Health Centres and Mental Health Resources

## Mental Health Resources - Dryden Region



**Paawidigong First Nations Forum Inc.** is a not-for-profit organization that provides culturally appropriate health programs and social services to the First Nations communities within the Dryden Tribal Area.

**Address:** 105 King Street **Phone:** 1-807-223-5080 **Website:** <https://pfnf.ca/>

Programs and services include:

- Nita Gonéb Healing Lodge
- Social Emergency Management
- Mental Wellness Team
- Community Health & Home
- Community Care Nurse
- Aboriginal Health and Wellness Strategy



**Fort Frances Canadian Mental Health Association Branch (Dryden Office)** is a branch of the nationwide Canadian Mental Health Association. Listed below is their Dryden office for the Peer Support Drop-In Centre.

**Address:** 52 Van Horne Avenue **Phone:** 1-807-223-8841 ext.225

**Website:** <https://fortfrances.cmha.ca/peersupportdropincentredryden/>

Programs and services include:

- Peer Support Drop-In Centre - *provides a variety of wellness programs, including creative activities, educational programs, monthly coffee and healthy living meal programs, and access to computers, internet, telephones, and television (Age 18+)*
- Family Support
- Referral and Advocacy Services
- Educational Training



# Health Centres and Mental Health Resources

## Mental Health Resources - Fort Frances Region



**Giishkaandago'ikwe Health Services** provides support to the following ten Treaty #3 First Nations: Mishkosiminziibiing, Couchiching, Chima'aganing, Mitaanjigamiing, Gakijiwanong Anishinaabe Nation, Naicatchewenin, Ojibways of Onigaming, Nigigoonsiminikaaning, Manidoo Baa Witi Gong, and Anishinaabeg of Naongashiing.

### **Behavioural Health Services -**

**Mental Health & Social Emergencies Address:** 601 Kings Highway

**Phone:** 1-807-274-2042 **Website:** <https://www.fftahs.com>

Programs and services include:

- Crisis Management and Counselling
- Brief Services or Ongoing Counselling
- Elder Support
- Addiction Support & After Care Services
- Grief Recovery Programming
- Individual Grief Counselling
- Community Based Workshops
- Land Based Teachings & Healing
- Youth Leadership Programs
- Memengwaawag Program - *supports those impacted by trafficking or sexual exploitation from a trauma informed lens*
- Mobile Crisis Response
- Social Emergencies Coordinator - *provides support and assistance on the development and maintenance of community emergency response plans*
- Traditional Parenting Workshops
- Sharing Circles
- Cultural Community Support Worker - *takes care of the Sweat Lodge and Teaching Lodge, and supports other programming during events that include land-based healing, medicine harvesting, drumming, and healing circles/ceremonies*
- Mino Ayaa Ta Win Healing Centre (Fire #1107 Highway 11 Watten Township) - *provides a comprehensive bed-based treatment program and withdrawal management services (WMS) for individuals interested in bi-cultural services and interventions to address substance use disorders, personal history of abuse & trauma, grief & loss, relationship issues, and emotional dysregulation*



**GIISHKAANDAGO'IKWE**  
— HEALTH SERVICES —



# Health Centres and Mental Health Resources

## Mental Health Resources - Fort Frances Region



**Gizhewaadiziwin Health Access Centre** is a non-profit organization that provides services to Indigenous people in the Rainy River District, both on and off reserve First Nations populations as well as Métis peoples.

**Address:** 1460 Idylwild Drive **Phone:** 1-807-274-3131 **Website:** <https://gizhac.com/>

Programs and services include:

- Individual and Family Counselling
- Group Counselling
- Workshops/Presentations
- Prevention Groups
- Suicide Intervention Services
- Substance Use Counselling
- Family Violence Counselling
- Grief Counselling
- Family Support Counselling
- Parent/Child Conflict Counselling
- Teen Issues Counselling (Violence and Peer Pressure)



**Fort Frances Canadian Mental Health Association Branch** is a branch of the nationwide Canadian Mental Health Association.

**Address:** 414 Scott Street **Phone:** 1-807-274-2347

**Website:** <https://fortfrances.cmha.ca/>

Programs and services include:

- Family Support, Peer Support, and Peer Drop-In Centre
- Rainy River District Rapid Access to Addictions Medicine (RAAM) Clinic
- Case Management Program and Housing Subsidy Support Program
- Court Diversion & Support Program
- District Mental Health Services for Older Adults Program and Psychogeriatric Resource Consultant
- Safe Bed Program and Joint Mobile Crisis Response
- Ontario Structured Psychotherapy Program



# Health Centres and Mental Health Resources

## Mental Health Resources - Other Regions



**Anishinaabeg of Kabapikotawangag Resource Council** offers health programs to AKRC Tribal Council member First Nations (Animakee Wa Zhing #37, Big Grassy River, Northwest Angle #33, Ojibways of Onigaming, and Wauzhusk Onigum First Nations).

**Address:** 505 Kavanaugh Road **Phone:** 1-807-226-4445

**Website:** <https://www.akrc.on.ca/>

Programs and services include:

- Indigenous Health & Wellness Strategy
- Community Development Support and Regional Coordination
- Indigenous Health Planning Authority
- Personal Support Worker (PSW) Training, Certification, and Enhanced Training
- Funding on Yearly Approach and Funding Flow Through
- Family Well-Being
- Fetal Alcohol Spectrum Support and FASD Support Worker



**Sioux Lookout First Nations Health Authority** serves 33 First Nation communities in the Sioux Lookout region. They are dedicated to strengthening First Nations by contributing in unique ways to a strong health system for the Anishinaabe.

**Administration Address:** 61 Queen Street **Website:** <https://www.slnha.com/>

**Phone:** 1-807-737-1802

Programs and Services Include:

- Nodin Mental Health Services
- Transportation to Sioux Lookout Meno Ya Win Health Centre and the airport
- MMW/Transitions Program (Ages 18+) - *for those with developmental disabilities*
- Complex Care Case Coordinator Program
- Harm Reduction Program
- Meno Weecheeeway Patient Navigators - *provide liaison and advocacy support on NIHB issues and with external providers, translation for Oji-Cree, Ojibway and Cree speakers, and other services*



Sioux Lookout  
First Nations  
Health Authority

# Health Centres and Mental Health Resources

## Mental Health Resources - Other Regions



**Nishnawbe Aski Nation (NAN) HOPE Line** has services available to Nishnawbe Aski Nation (NAN) communities and citizens, including Lac Seul First Nation.

**NAN HOPE Line:** 1-844-626-4673

**Website:** <https://nanhope.ca/>



Programs and services include:

- 24/7 toll-free Crisis Services Support
- Wellness Navigators - *provide connection to ongoing mental health and addictions support services in home communities and existing regional supports*
- Rapid Access to Clinical and Mental Health Counselling - *therapeutic modalities include Traditional Counselling, Cognitive Behavioural Therapy, Dialectical Behaviour Therapy, Acceptance and Commitment Therapy, Solution Focused Brief Therapy, Mindfulness, Emotion Focused Therapy, and Narrative Therapy*
- Ojibwe, Oji-Cree, Cree, and English services



**Jordan's Principle** makes sure all on and off-reserve First Nations children living in Canada can access mental health products, services, and supports they need. Funding can help with a wide range of health, social, and educational needs, including the unique needs that Two-Spirit and LGBTQQIA children and youth may have.

**Jordan's Principle Call Centre:** 1-855-572-4453

**Website:** [https://www.sac-isc.gc.ca/eng/1568396042341/1568396159824?utm\\_campaign=not-applicable&utm\\_medium=vanity-url&utm\\_source=canada-ca\\_jordans-principle](https://www.sac-isc.gc.ca/eng/1568396042341/1568396159824?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_jordans-principle)

**Ontario Phone Line (for requests and payment inquiries):** 1-833-442-2429

**Manitoba Phone Line (for requests):** 1-833-725-8807



# Health Centres and Mental Health Resources

## Local Hospitals and Health Centres



**Lake of the Woods District Hospital** is a 71-bed acute care, fully accredited hospital located in Kenora, Ontario. It is working in partnership with the Kenora Chiefs Advisory, Ontario Ministry of Health and surrounding communities to plan a new hospital to best meet the needs of its serviced population.

**Address:** 21 Sylvan Street

**Client Navigators Phone:** 1-807-468-9861 ext. 2544 or ext. 2250

**Website:** [www.lwdh.on.ca](http://www.lwdh.on.ca)

Programs and services include:

- Indigenous Self-Identification Services for Registered Patients (Online and In-Person)
- Indigenous Patient Relations Department - *includes Client Navigators to support patients with translation and other services, an emergency mental health therapist/social worker, a cultural services manager that ensures cultural protocols are met and promotes both traditional and mainstream approaches to healing and helping clients, and a Indigenous Advisory Council to discuss service enhancements from a culturally-safe lens*
- Adult and Youth Addictions Programs
- Morningstar Detoxification Centre
- Early Childhood Development Program - *provides addictions counselling for pregnant and parenting women*
- Gambling Program - *provides awareness initiatives, prevention initiatives, and counselling services to those affected by gambling*
- MECCA (Medically Enhanced Coordinated Care for Addictions)
- Changes Recovery Home - *co-ed for adults waiting for addictions treatment or those who require continued support post-treatment*
- Adult Community Mental Health Program (St. Joseph Centre, 21 Wolsley Street)
- Challenge Club - *supports adults over the age of 16 years with mental health problems of varying degrees of acuity and severity which affects functional performance on the short or long term basis, by providing a positive environment through structured day program, outreach, and individual case management*



# Health Centres and Mental Health Resources

## Local Hospitals and Health Centres



**Dryden Regional Health Centre** is a health service organization that services all residents within Dryden and the surrounding area, including Migisi Sahgaigan (Eagle Lake) First Nation, Wabigoon Lake First Nation, and Wabauskang First Nation.

**Address:** 58 Goodall Street **Phone:** 1-807-223-8200 **Website:** <https://www.drhc.on.ca>

Programs and services include:

- Mobile Crisis Services from 7:00 AM to 2:00 AM
- Mental Health and Addiction Assessments & Treatment Bimaadiziwin Ashangewinini
- Social Worker in Emergency Department
- Community Based Mental Health Stabilization Unit (CBMHSU)
- Individual and Group Counselling
- Anger Management Counselling
- Education Facilitation of Psychiatric Consultations
- Support and Counselling for Persons Living with Cancer Case Management Services
- Housing Support Referral Services to Other Agencies for Ongoing Treatment and Assistance
- Child and Youth Mental Health Outreach and Support (up to age 25)
- Rapid Access Addiction Medicine (RAAM) Site



**Riverside Health Care Facilities** is a fully accredited multi-site, multi-faceted health care system providing services to Rainy River District residents, including mental health and addictions treatment. Their sites are located in Fort Frances, Emo, and Rainy River.

**La Verendrye General Hospital Address:** 110 Victoria Avenue

**Phone:** 1-807-274-3266 (for general inquiries)

**Website:** <https://riversidehealthcare.ca/>

Programs and services include:

- Crisis Response Service (1-866-888-8988 toll-free)
- Health System Navigator
- Community Counselling (Ages 18+)
- Rapid Access Addiction Medicine (RAAM) Clinic

# Health Centres and Mental Health Resources

## Local Hospitals and Health Centres



**Sioux Lookout Meno Ya Win Health Centre** is a fully accredited 60-bed hospital and a 20-bed extended care facility. It services all residents within Sioux Lookout and the surrounding area, including residents in Hudson, Pickle Lake, Savant Lake, and First Nations communities in the region. Patients and families have the option of integrating traditional and modern medicines and practices.

**Address:** 1 Meno Ya Win Way

**Phone:** 1-807-737-3030

**Mental Health and Addictions Program Phone:** 1-807-737-1275

**Assault Care and Treatment Program Phone:** 1-807-737-6565

**Website:** <https://www.slmhc.on.ca>

Programs and services include:

- Interpreter Services
- Elders in Residence
- Mental Health & Addictions Counselling
- Crisis Counselling via Emergency Department
- Visiting Consulting Psychiatrist Clinic
- Problem Gambling Counselling
- Assault Care and Treatment Program - *includes counselling, documentation of assault and injuries, testing and treatment for sexually transmitted infections (STIs), HIV medication (if within 72 hours of the assault), pregnancy testing, and emergency contraceptive options (if within 120 hours of the assault), risk assessment and safety planning, referrals to counselling services and community agencies, follow-up care for 6 months, and assistance with police reporting (with client consent)*
- Rapid Access Addictions Medicine (RAAM) Clinic - *includes assessment of substance use disorders, case management (assistance with housing, finances, and ID), education on overdose prevention and naloxone use, harm reduction supplies, needle exchange program, and referrals to community supports and treatment programs*

# Health Centres and Mental Health Resources

## Local Hospitals and Health Centres



**Red Lake Margaret Cochenour Memorial Hospital** is an 18-bed hospital in the northwest corner of Ontario, located 2 hours north of the TransCanada Highway. The hospital serves the communities of Red Lake, Ear Falls, and Wabauskang First Nation. The hospital also offers mental health and addictions counselling through collaboration with the Community Counselling and Addictions Services, located off-site (146 Howey Street in Red Lake, and 25 Spruce Street in Ear Falls).

**Address:** #51 Highway 105 **Phone:** 1-807-727-2231

**Website:** <https://www.redlakehospital.ca/>

Programs and services include:

- Adult Mental Health Counselling (Ages 18-60)
- Case Management Services (Ages 18+)
- Substance Abuse and Problem Gambling Services (Ages 12+)
- Mobile Crisis Response
- Community Education



**Atikokan General Hospital** is a fully accredited 41-bed facility. Health care services are provided to all residents of Atikokan and the surrounding area.

**Address:** 120 Dorothy Street **Phone:** 1-807-597-4215

**Website:** <https://aghospital.on.ca/>

Programs and services include:

- Addictions and Gambling Programs
- Case Management Services
- Mental Health Services
- Older Adults Counselling Program (Ages 60+)
- Haarala Lane Transition House

# Health Centres and Mental Health Resources

## Local Hospitals and Health Centres



**St. Joseph's Care Group** provides services in mental health and addictions, rehabilitative care, and seniors' health. It operates more than eight sites across the city of Thunder Bay, including a rehabilitative care hospital, mental health supportive housing, live-in and day treatment for addictions, withdrawal management, and virtual care.

**St. Joseph's Health Centre Address:** 710 Victoria Avenue East

**St. Joseph's Health Centre Phone:** 1-807-624-3400 (for general inquiries)

**Phone Directory:** <https://sjcg.net/aboutus/contact.aspx>

**Website:** <https://sjcg.net/>

Programs and services include:

- Addictions Medicine (RAAM)
- Addictions Treatment for Substances (Adults)
- Addictions Treatment for Substances (Youth)
- Eating Disorders Program
- Problem Gambling & Behavioural Addictions Program - *includes addictions treatment programs for gambling, gaming, pornography and sex, shopping/overspending, and internet overuse*
- Withdrawal Management
- Comprehensive Community Support
- Employment Services
- GAPPS Program - *provides assistance with navigating health, mental health/addictions and social services to improve overall health and well-being*
- Peer Connections - *offers emotional, social, and informational support to people who share similar experiences with mental health and/or concurrent disorders*
- Chronic Pain Management Program
- Crossroads Centre Addictions Recovery Home (500 Oliver Road)
- Mental Health Outpatient Program
- Neurostimulation Clinic - *for people with treatment-resistant depression*
- Psychotherapy (Ontario Structured Psychotherapy Program)



# Health Centres and Mental Health Resources

## Local Hospitals and Health Centres



**Thunder Bay Regional Health Sciences Centre** provides care to patients and families, supported and advanced by research, innovation, and education that is responsive to the needs of the population of Northwestern Ontario.

**Address:** 980 Oliver Road **Phone:** 1-807-684-6000 **Website:** <https://tbrhsc.net/>

**Indigenous Care Coordinators Webpage:** <https://tbrhsc.net/programs-services/regional-cancer-care/information-for-healthcare-providers/indigenous-care-coordinator/>

**Information for Indigenous Patients Webpage:**  
<https://tbrhsc.net/home/indigenous-health-services/information-indigenous-patients-families-communities/>

Programs and services include:

- Indigenous Care Coordinators
- Indigenous Patient Navigators
- Short-Term Inpatient Assessment
- Stabilization Treatment
- Discharge Planning
- Outpatient Assessment and Treatment Services
- Mental Health Education
- Adult Mental Health Services - *includes Inpatient Services, Mental Health Assessment Team, Brief Intervention Treatment Team, Community Treatment Order Team, and Assertive Community Treatment Team*
- Forensic Mental Health Inpatient Unit - *a 20-bed unit providing extensive assessment, treatment and rehabilitation services. Specific treatment plans are developed to meet individual patient needs, which may include individual or group therapy that involves various clinical programming*
- Northwestern Ontario Sexual Behaviours Program (NOSBP) - *provides comprehensive assessment, treatment, and rehabilitation services, including individual and group therapy, to address problematic sexual behaviour issues*
- Mental Health Court Support Services

# Consulted Works

## BOOKS

- *Decolonizing Trauma Work: Indigenous Stories and Strategies*,  
Renee Linklater (2014)

## WEBSITES

- <https://www.parents.com/coping-skills-for-kids-4586871>
- <https://www.loveisrespect.org/resources/types-of-abuse/>
- <https://www.psychologytoday.com/ca/blog/inside-out-outside-in/201912/11-self-care-tips-teens-and-young-adults>
- [https://11d19480-8ac9-4dee-a0f8-02f67b947c6.filesusr.com/ugd/0265ae\\_0c1dab4840df423996552571cf1632b0.pdf](https://11d19480-8ac9-4dee-a0f8-02f67b947c6.filesusr.com/ugd/0265ae_0c1dab4840df423996552571cf1632b0.pdf)
- [https://www.ihs.gov/sites/telebehavioral/themes/responsive2017/display\\_objects/documents/slides/historicaltrauma/historicaltraumaintro0113.pdf](https://www.ihs.gov/sites/telebehavioral/themes/responsive2017/display_objects/documents/slides/historicaltrauma/historicaltraumaintro0113.pdf)
- <https://trauma-informed.ca/what-is-trauma/indigenous-trauma-and-healing/>
- <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/addiction>
- [https://www.suicideinfo.ca/local\\_resource/trauma-and-suicide-in-Indigenous-people/](https://www.suicideinfo.ca/local_resource/trauma-and-suicide-in-Indigenous-people/)
- <https://www.verywellmind.com/what-are-the-different-types-of-bullying-5207717>
- <https://www.parentingottawa.ca/en/youth/Youth-and-Technology.aspx>
- <https://parents.au.reachout.com/skills-to-build/wellbeing/technology-and-teenagers>
- <https://www.justice.gc.ca/eng/cj-jp/fv-vf/about-apropos.html>
- <https://www.medicalnewstoday.com/articles/neglect-vs-abuse#types>
- <https://www.helpguide.org/articles/abuse/getting-out-of-an-abusive-relationship.htm>





# GRAND COUNCIL TREATY #3

The GOVERNMENT of THE ANISHINAABE NATION in TREATY #3