May 2 - May 8, 2022

Mental Health Week in Eeyou Istchee

Tune In To Each Other

The Canadian Mental Health Association has named May 2-8 as Mental Health Week with the theme #GetReal about how to help and get help.

As we emerge into spring, many in the Cree Nation may have suffered the winter blues in addition to the impacts of the pandemic and might have turned to drugs and alcohol to cope with isolation anxiety. Now, with the arrival of goose break, it is a time for getting out of our solitude and connecting once again with nature and loved ones.

If you are in the community, those connections to friends and family are there and are more important than ever. If you are suffering, know that you are not alone and there are people out there you can turn to whether it be a parent, a close friend or a favorite auntie or uncle.

If you are suffering from mental health issues or drug or alcohol addiction don't be ashamed to ask for help. Part of mental health week is familiarizing yourself with the available services if you or someone you know needs help.

You can call your local clinic where there are mental health nurses and team members that can get you started and guide you on your healing path and help you build your personalized mental health support system. These resources are in place for anyone, no matter how young or old, that may need a little help.

The Cree Health Board, through the Maanuuhiikuu department, offers services for people suffering from a range of mental distress due to factors such as, anxiety, stress, relationship difficulties, grief, addiction, past trauma and mental illness.

Join us in raising awareness for Mental Health Week by reaching out to someone you trust and care for and just listen to each other in an open, compassionate and non-judgmental way. We all need a little help once in a while, let's be there for one another.

For more information

Visit the website at:
www.creehealth.org/services/mental-health-services

Call the helpline at:
1-833-632-4357

In case of a crisis, you can call Suicide Action Montreal at:
1-866-277-3553

#getreal
about how to help.