



Whapmagoostui  
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Chisasibi  
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Wemindji  
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Eastmain  
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Waskaganish  
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Nemaska  
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Waswanipi  
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Ouje-Bougoumou  
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Mistissini  
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Washaw Sibi  
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MoCreebec  
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# Message from the Office of Grand Chief Mandy Gull-Masty

## In Solidarity with the Cree Nation of Chisasibi

It is with great sadness and that we were informed yesterday of the tragic events that led to the loss of a Chisasibi community member. Our hearts are broken along with those of the family, friends, and community members affected by this shocking event and we mourn with you as a Nation.

Although a painful topic that digs deep into our most personal fears, suicide and suicide prevention is a discussion that we must not shy away from having with our loved ones and friends.

Suicide is a complex issue that can affect anyone, regardless of age, gender, or where we come from but we are all impacted by the devastation of this loss especially those who are left behind grieving a loved one.

The next days and weeks will be critical to ensuring that we provide support and attention for Chisasibi and of course, the family and friends who will need our compassion.

It is essential to reduce the stigma surrounding mental and emotional health and promote open and honest conversations. Suicide prevention and mental health awareness require a collective effort that involves family, friends, community members, health professionals, and spiritual leaders. There are resources available across Eeyou Istchee that include crisis hotlines, counseling services, and support groups for those who need assistance.

If you are struggling with emotional distress or mental health issues, we encourage you to reach out to your local CMC and Wellness Centres or please reach out to a loved one that you trust.

### Resources and Mental Health Services

1. WIICHIHIIWAAUWIN (MENTAL HEALTH) HELPLINE. Service available 24/7. Cree speakers and Elders are available upon request: 1-833-632-4357
2. Suicide.ca provides professional and confidential services 24/7. Their website offers resources and tools <https://suicide.ca> or call to talk to a counsellor: 1-866-277-3553