

Pathways to healing from stress and loss



First Nations Health Authority
Health through wellness



Max feels sad and empty. Max has little energy to do anything and can't sleep well.
Max talks to Kookum about it.



Illustration: Shoshannah Greene

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To heal the mind, I write down my thoughts and talk to someone. Talking to a Knowledge Keeper helps me reflect and understand my feelings.



Write in a journal



Talk to a counsellor or friend



Join a healing circle or support group



Try a hobby



Listen to or play music



**Healing
the Mind**

Meditate or practice
deep breathing



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Walk or exercise



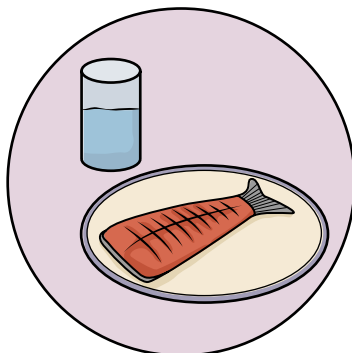
Spend time in nature



Take a shower



Eat well



Set a routine



Join local community programs



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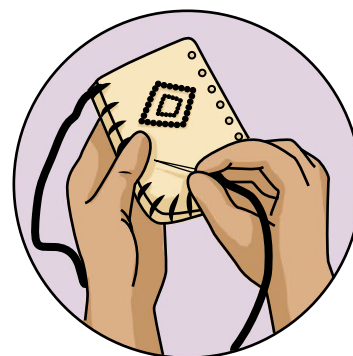
Brush with cedar



Take a dip in water



Make a medicine pouch



Spend time with loved ones



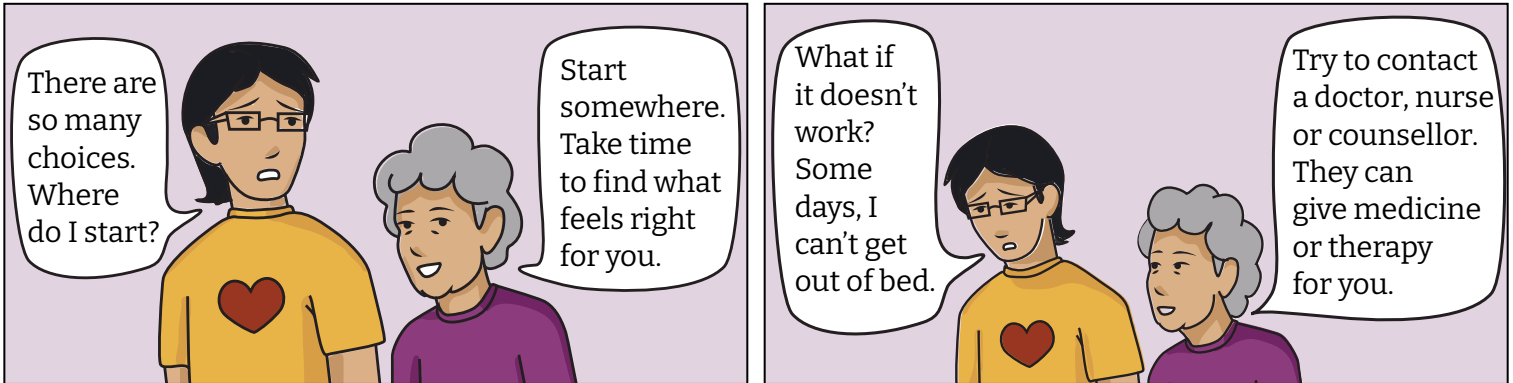
Honour lost loved ones



Seek wisdom from an Elder



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FREE SERVICES



BC Kuu-us 24/7 Crisis Line

1-800-588-8717 | Adults/Elders: 250-723-4050
Child/Youth: 250-723-2040 kuu-uscrisisline.com

Métis Crisis Line

1-833-638-4722
mnbca.ca

National Hope for Wellness 24/7 Online Chat

1-855-242-3310
hopeforwellness.ca

FNHA Virtual Doctor of the Day

1-855-344-3800
fnha.ca/virtualdoctor

Mental Health and Cultural Supports:

- List of treatment and healing centres: fnha.ca/Documents/FNHA-COVID-19-Mental-Health-and-Cultural-Supports.pdf
- Fact sheets and posters on coping with COVID-19: fnha.ca/what-we-do/communicable-disease-control/coronavirus/mental-health-and-wellness
- Métis Nation BC Mental Health Resources: www.mnbca.ca/mnbc-ministries/mental-health
- Contact your local Friendship Centre: www.bcaafc.com/friendship-centres