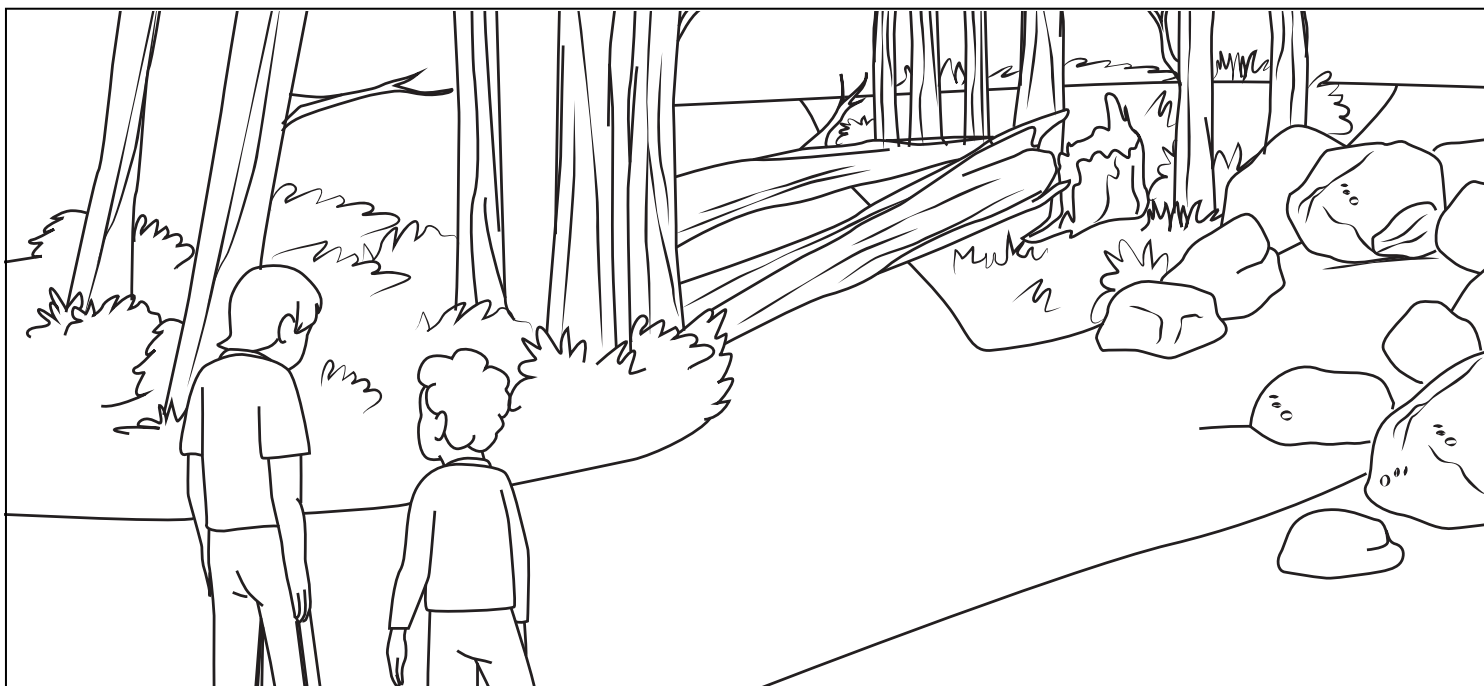
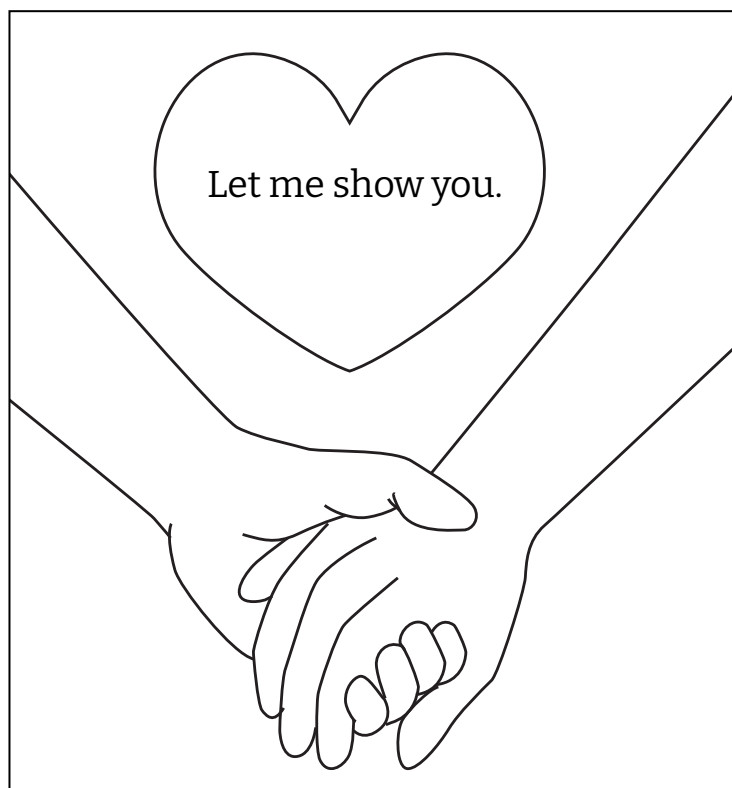


Pathways to healing from stress and loss

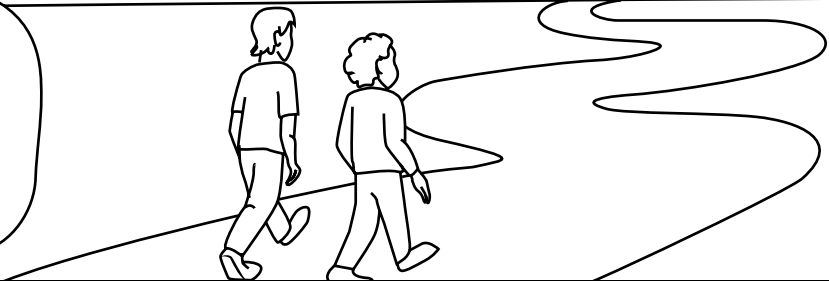


Max feels sad and empty. Max has little energy to do anything and can't sleep well.
Max talks to Kookum about it.



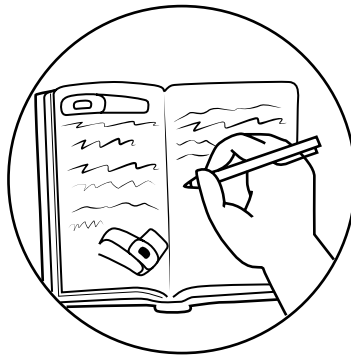
Pathways to healing from stress and loss

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

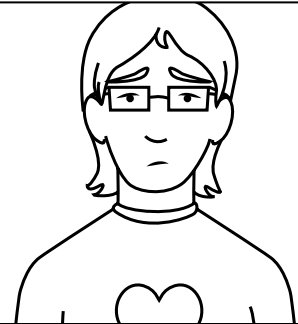
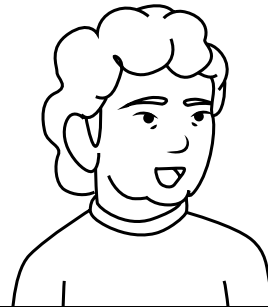


Meditate or practice deep breathing



Pathways to healing from stress and loss

To heal the body, I connect with the Land or go to a drumming circle. Even a little activity helps.



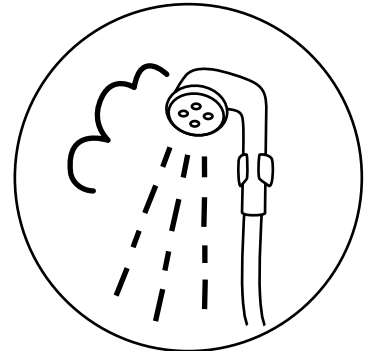
Walk or exercise



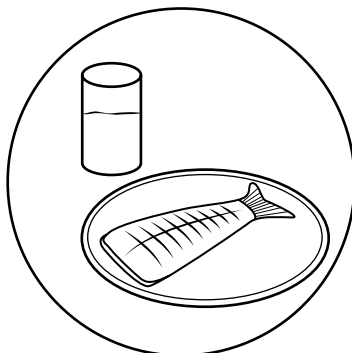
Spend time in nature



Take a shower



Eat well



**Healing
the Body**

Set a routine



Join local
community programs



Pathways to healing from stress and loss

To heal the spirit, I connect with my people and culture. Our practices help cleanse and release negative energy.



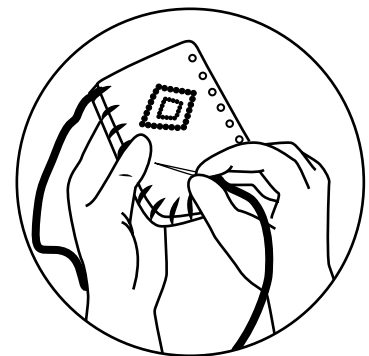
Brush with cedar



Take a dip in water



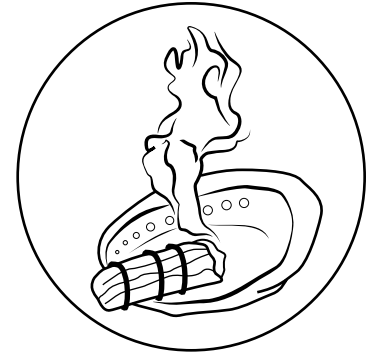
Make a medicine pouch



Spend time with loved ones



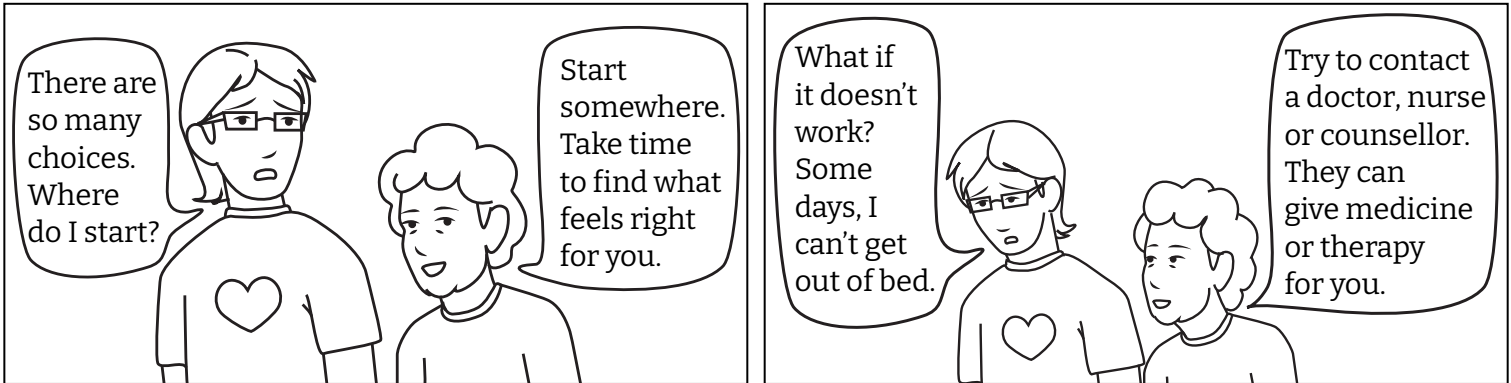
Honour lost loved ones



Seek wisdom from an Elder



Pathways to healing from stress and loss



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/mnbca-ministries/mental-health
- Contact your local Friendship Centre: www.bcaafc.com/friendship-centres