

ACCESS

- Are you uncomfortable seeking mental health services?
- Do you have the supports and resources to improve your situation?
- Do you have barriers that may get in the way of achieving mental health?
- The goal of the Mental Health Program is to assist you in seeking mental health wellness.

ACCESS

The Strategy combines traditional and mainstream programs and services to help improve Aboriginal health and reduce family violence.



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MENTAL HEALTH PROGRAM



ABORIGINAL HEALING & WELLNESS STRATEGY

*A Voice for Aboriginal Women
and their Families*

OVERVIEW

The Mental Health Program provides mental health assessment, case management, and treatment services for Aboriginal women and their families when the individual is suffering from emotional, psychological, or behavioural issues.

We provide community based, non-residential activities and services for individuals and or families, which are culturally appropriate and complement and link to existing services or programs to continue to build service capacity at the community level.

Mental health issues:

- Mental illness
- Healthy lifestyles
- Severed family supports
- Substance abuse
- Grief and loss
- Historical trauma
- Spirituality
- Emotional problems

SERVICES AND PROGRAMS

- Intake screening and assessment, early intervention
- Monitoring and evaluating treatment and/or care plans relative to mental health support and education
- Supporting mental health education and stigma reduction to Aboriginal women and their families
- Assisting families in methods of coping and management of family members' mental health needs
- Liaising with community professionals, agencies, service providers, and social sector staff to improve access and utilization of services to Aboriginal women, their children, and youth with emotional and behavioural challenges
- Traditional and contemporary interventions
- Group sharing circles and healing circles
- Mental health promotion with a focus on the social determinants of mental health

RESOURCES

- Mental Health counseling
- Referrals and resources
- Workshops/forums
- Networking partnerships
- Regional services
- Educational materials
- Community programming



Role of the mental health team:

The Mental Health team participates in the ongoing planning, development, evaluation, and modification of a comprehensive range of services including prevention programs for Aboriginal women and their families including children and youth.