## ᑲᔪᑯᑲᓇᐁ·ᑉᒋᑲᒐᒡᐅᐅᐁ·ᐊᐊ·ᖽᓄᔭᑦ

ᐁᑲ·ᐅᑋ·ᓂᐊ·ᑉᑲᓇᐁ·ᑉᒋᑫᐃ·ᓇᑉᐸᑕᓄᑉᑲ·ᔭᒋᔪᑯᑲᓇᐁ·ᑉᒋᑲᒐᒡ ᐊᐊ·ᖽᓄᔭᑦ ᐁᑲ ᒋᐊ·ᑉᑐᔭᑦ ᒥᓇᒋᑭᒧᑕᒪᑯᔭᑦ ᐁᑲ ᒥᓇᑭᒋᐅᑕᐱᓂᑲᒐᒡ, ᒋᐃ·ᒋᑲᒐᒡ,ᒋᓇᐸᐸᒋᑲᒐᒡᐁᑲ·ᑲ·ᔭᒋᐊᐸᒋᑐᔭᑦ ᒥᒡᑯᒻᑲ·ᔭᒡ ᒋᔪᑯᑲᓇᐁ·ᑉᑕᒪᑯᔭᑦ.

ᐁᑲ·ᐅᑋ·ᓂᐊ·ᑉᐊᑎᑊᑋᑯᓇᑉᑲᑐᑕᒪᒡᑲ·ᔭᒡᒋᑲᓇᐁ·ᑉᑕᒪᒡᐊᐊ·ᖽᓄᔭᑦ:

- ᑲ·ᔭᒡᑲᓇᐁ·ᑉᒋᑲᒐᐊ·ᑲᒦᐃᑲᑦ,ᒥᓇᑭᐸᑲ·ᒦᐃᑲᒐᐊ·ᓄᑦ ᐸᑫᑲᒥᑯᑦᐁᑲ·ᐱᓇᒦᐃᑲᓂᐊ·ᔕᑦ
- ᑲᐃ·ᑉᒋᑭᐱᑎᑲᓂᐊ·ᒡᐱᐊ·ᐱᑯᒡᐅᒋᐱᐅᓇᒋᑲᓂᐊ·ᑉ
- ᐁᑲ·ᒥᓇᐱᐊ·ᐱᒡᐊᐸᑕᑉᑲᐅᒋᑲᓇᐁ·ᑉᒋᑲᒐᑭᑉᑫᑯᓇᑉᑐᑲᑉ ᐁᑲ ᒋᑭᐃᓇᐱᓇᓂᐊ·ᒡᒥᓇᑭᐸᒦᐃᑲᑉᐁᔭᐸᑕᒡᐁᑲᐸᑲᑦ ᐊᐃ·ᔭ ᒋᐅᒋᑲᒋᑎᓇᒡᐊᐊ·ᖽᓄᔭᑦ.
- ᐱᑎᑫᐃ·ᐃᑭᑐᐃ·ᑉᐊᐸᑕᑉᒥᓇᑲᓇᐁ·ᑉᒋᑫᐃ·ᐅᓇᐁᐁ·ᐃ·ᓇᑉ

ᐁᑲ· ᓂᑐᓄᑭᓇᑲᓂᓇᓇᒡ ᒪᐊ·ᒻ ᐅᑭᑫᑉᑕᓇᐊ· ᐁᑭᒋᖽᑉᑕᑲ·ᓂᓂᒡ ᐊᐊ·ᖽᓄᐃ·ᑉᑭᑫᑉᒋᑫᐃ·ᑉᒋᔭᑯᑲᓇᐁ·ᑉᒋᑲᒐᒡ.ᐁᑲ·ᐅᓇᐅᐅᒪ ᐊᓄᑭᐃ·ᓂᒡᒥᓇᑭᒋᐊᓄᑭᐃ·ᐅᓇᒋᑫᐃ·ᓂᒡ(ᑭᒡᐱᑉᐁᑕᐸᔭᑉᑕᑲ·ᒡ) ᑲᑭᓇ ᐊᓄᑭᓇᑲᓇᒡᒥᓇᐅᑕᓄᑭᑕᒪᑫᒡᐸᑯᔭᑉᑕᑲ·ᓯᐊᒡᒋᒪᓯᓇᒦᐊᒧᐊ·ᒻ ᔭᑯᑲᓇᐁ·ᑉᒋᑫᐃ·ᓇᑯᒥᑐᐃ·ᑉ,ᐁᑲ·ᐅᐅᐁ·ᑕᑕᓯᔭᒦᑲᓇᐊ·ᐸᒋᑲᒐᒡ.

ᐁᑲ·ᑲᐃ·ᑕᒪᑯᑭᓂᑲᑉᑭᒡᐱᑉᐊᐱᑉᐅᐅᐁ·ᑭᑭᑫᓂᒥᑯᐃ·ᑉᐃ·ᒋᑫᐃ·ᑉ ᐊ·ᓂᒋᑲᒐᒡ, ᓇᑉᑕᑭᒧᑎᓇᓂᐊ·ᒡ,ᓇᑉᑕᐸᑲᑉᐁᐃ·ᔭᒡᐸᑕᒡ,ᒥᓇᑲᐃ·ᑲᓇᐁ·ᑉᒋᑲᒐᒡ,ᒥᓇᑲᓇᓇᐸᐸᒋᑲᒐᒡ,ᒥᓇᒋᔭᐸᑕᒡᓇᑉᑕᑲᔪᑦ ᒋᐊ·ᐁ·ᑕᒦᐃᓂᑲᒐᒡ.

## ᐊᓂᑉᑫᑐᑕᒪᑉᐊᐊ·ᖽᓄᔭᑦᐃ·ᒋᑫᐃ·ᑉᐅᑕᐱᓇᒪᑉ

ᑭᔭᑦ ᑭᓇᑎᑕᒪᐃ·ᓂᐊ·ᑉ ᑲᑭᐅᑎᓇᓇᑉ ᐅᐅᒪ CMHA ᑫᓇᐣᐊ ᐱᒧᒋᑫᐃ·ᓇᑉ ᑲᓇᐁ·ᑉᒋᑫᐃ·ᓂᒡ ᒥᓇ ᑲᓇᐊ·ᐸᒋᑫᐃ·ᓂᒡ ᑕᐱᒡᑯᒻ ᑭᐃ·ᓂᑯᓂᐊ·ᑉᑲᔭᒐᑭᑉᐁᑲ·ᒋᑲᓄᓇᒻᓇᑉᑕᒋᒪᓯᓇᒦᐊᒪᐊ·ᒻᐊᓄᑭᑲᑦ. ᐁᑲ· ᑭᑭᓄᒧᓄᐃ·ᓇᑉᐃᓇᒐᑕᐱᒡᑯᒻᓇᑕᒪᐃ·ᓇᑉᑲᑕᑲ·ᑭᑉ ᐁᑕᑲ·ᑭᑉᑲᓇᑐᑕᒪᓂᐊ·ᒡ.ᒥᓇᐃᔭᑲᓇᑲᐃ·ᑕᒪᑯᐃ30ᑭᒋᑲᑉᒥᓇᒥᓯᐁ· ᑲᓄᒋᑫᐃ·ᑉᑲᐃ·ᑕᒪᑯᒥᓂᑯᒡ60ᑭᒋᑲᑉ.

ᐁᑲ·ᑲ·ᓂᑉᑲᑭᐅᒋᒦᐃᑯᓯᑉᑲᑋ·ᐅᑎᓇᒪᑉᐊᐊ·ᖽᓄᔭᑦᐃ·ᒋᑫᐃ·ᑉ.ᓇᑉᑕ ᑲᔪ ᑕᐃᒋᔭᒋᐊᓄᐁ·ᑕᑯᔭᑉᑭᒡᐱᑉ:

- ᑲᐃ·ᑉᑲᐃᓂᑯᓯᑉᒥᔭᐊ·ᒻᐸᑯᔭᑉᑕᑲ·ᒡᐅᓇᑯᓂᑫᐃ·ᓂᒡᐅᒋ
- ᓇᑉᑕᑲᔪᑭᑲᑋᑐᐃ·ᑉᐁᑲᒥᓇᒡᒋᑦᒥᓇᒪᒋᓇᑲ·ᒡᓇᑉᑕᑲᔪ ᒪᕐᒋᑫᐃ·ᓂᒡᐅᒋ.

ᐁᑲ·ᑭᒡᐱᑉᐁᑲᐊᓄᑭᓇᑲᑉᐁᐃᒥᓂᒡᐅᑋ·ᓂᐊ·ᑉᑭᑎᐸᒋᒥᑯᐃ·ᓇᑉ, ᐁᑲ· ᑲᐃ·ᑕᒪᑯᐊᓂᑉᐁᑲᑲᐅᒋᒥᓂᑯᔭᑉᒥᓇᑲᐃ·ᑕᒪᑯᑭᔭᑦᐅᐅᐁ· ᒋᑲᓄᑕᒪᑉ ᒥᓇᒋᐸᑭᑎᓇᒪᑉᑫᑎᖅᑉᑕᒧᐃ·ᑉᐅᐅᒪᐃ·ᒋᑫᐃ·ᑉᒥᓇ ᑭᒋᐊᓄᑭᓇᑲᑉ ᐅᐅᒪ ᐅᑉᒐᒣᐃᔪ.

## ᑲᐃᒋᓇᑭᑉᑭᑲᒐᒡ ᐅᐅᐁ· ᐅᓇᒋᐁ·ᐃ·ᑉ

ᐁᑲ· ᑲᑭᓇ ᓂᑕᓄᑭᓇᑲᓂᓇᓇᒡ (ᐊᓄᑭᓇᑲᓇᒡ, ᐅᐃ·ᒋᒦᐃᐁ·ᒡ, ᐅᑎᒡᑯᓂᒡ,ᒥᓇ ᑭᒋᐊᓄᑭᓇᑲᓇᒡ) ᐸᑯᔭᑉᑕᑯᓯᐊ·ᒡᒋᑭᑫᑉᑕᒧᐊ·ᒻ,ᒥᓇ ᒋᐱᒥᓂᒡᒦᐊᒧᐊ·ᒻᐅᐅᐁ·ᐅᓇᒋᐁ·ᐃ·ᑉ.ᑭᒡᐱᑉᐱᑯᓂᑲᒐᒡᐅᓇᒋᐁ·ᐃ·ᑉ ᓇᑉᑕ ᐊᐱᑉᑕᑯᑲᒐᒡ,ᑐᑲᑉ:

- ᑭᐱᒋᐃ·ᑉ,ᓂᔭᑯᓂᑫᐃ·ᑉᓇᑉᑕᒋᐳᓇᓄᑭᒦᐊᑯᓂᒡᐊᓄᑭᓇᑲᑉ ᐅᑎᒡᑯᓂᒡᒥᓇᐅᐃ·ᒋᒦᐃᐁ·ᒡᐅᑎᒡᑯᓂᒡ.
- ᓇᑲᒡᑭᑫᐃ·ᑉ ᓇᑉᑕᒋᐅᓇᒋᑲᒐᒡ ᒧᒡᑭᓇᐱᒦᐃᑫᐃ·ᑉ, ᑭᐱᑎᓂᑫᐃ·ᑉ, ᓂᔭᑯᓂᑫᐃ·ᑉᐁᑲ·ᓇᑉᑕ ᒋᐳᓇᓄᑭᒦᐊᑯᓂᐊ·ᒻ ᑭᒋᐊᓄᑭᓇᑲᓇᒡ.

**CMHAᑫᓇᐣᐊᐊᓄᑭᓇᑲᑉ**:Sara Dias,227Second Street South2nd Floor, Kenora,OntarioP9N1G1, Phone 807-468-1838 x8113, Fax 807-468-6396,
email: sdias@cmhak.on.ca.

**ᐃᒋᑫᐃ·ᑉᒥᓇᑭᒋᐊᓄᑭᓇᑲᑉᐅᐅᒪᐅᑉᑐᐣᐃᔪ**:PatriciaKosseim, 1400-2BloorSt.E.,Toronto,OntarioM4W1A8,Phone 1-800-387-0073,TTY416-325-7539,
email: pkosseim@cmhak.on.ca.

Canadian Mental Health Association
Kenora
*Mental health for all*

# ᑲᒋᑫᐃ· ᐅᓇᑦᐁᐁ·ᐃ·ᑉ

ᑲᓐᑉᑎᔭᑦ ᒪᒥᑎᓐᑉᒋᑲᑉ ᒥᓄᔭᐃ·ᑉ ᐱᒧᒋᑫᐃ·ᑉ (CMHA), ᑫᓇᐣᐊ ᐱᒧᒋᑫᐃ·ᓇᑉᒥᓇᐃ·ᒋᒦᐃᐁ·ᐃ·ᓇᑉᐅᓂᓯᑕᐃ·ᓇᓇᑉᑲᔭᐱᑐᑉᑕᑲ·ᒡᐅᐅᐁ· ᑭᒥᓄᔭᐃ·ᐃ·ᒋᑫᐃ·ᑉᐅᒋ.ᐁᑲ·ᑲᒋᑫᐃ·ᐅᓇᑦᐁᐃ·ᐃ·ᑉᒪᓯᓇᒦᐃᑲᐊᓂᑉ ᑫᑐᑕᒪᑉ ᐅᐅᐁ·ᑭᐃ·ᓂᑯᐃ·ᑉᒥᓇᑲᔭᒋᔪᑯᑲᓇᐁ·ᑉᒋᑲᒐᒡᐊᐊ·ᖽᓄᔭᑦ.

**ᑭᒥᓄᔭᐃ·ᑉ ᐃ·ᒋᑫᐃ·ᑉ ᒥᓄᔭᐃ·ᑉ ᐱᒧᒋᑫᐃ·ᑉ (PHIPA)** ᐅᐅᐁ· ᐅᓇᑯᓂᑫᐃ·ᓂᓂᐊ·ᑉ.ᐁᑲ·ᓄᐯᑦᐸᑉᐱᓯᑦ1,2004,ᐱᑯᒪᑭᑭᐃ· ᐱᒧᒋᑫᐃ·ᑉᒥᓇᐊᓄᑭᑕᒪᑫᐃ·ᑉᐅᐅᒪᐅᑉᑐᐣᐃᔪᑐᑲᑉᑲᒪᐊ·ᑐᓂᑫᒻ, ᑲᔭᐸᒋᑐᒻᒥᓇᑲᐃ·ᑕᒻᑭᒥᓄᔭᐃ·ᐃ·ᒋᑫᐃ·ᑉᐃᔪᓂᑭᒥᓇᒻᐅᐅᐁ· ᒋᐱᒥᓂᔕᒻᐊᒡᐅᓇᑯᓂᑫᐃ·ᑉ.

ᐁᑲ·ᐅᐅᐁ·ᐃ·ᑕᒪᑫᐃ·ᐯᐸᑉᓂᑲᔭᒋᑐᒥᑉᒋᒥᓂᑯᔭᑉᒥᑉᑯᒻ ᒋᓂᓯᑐᑕᒪᓂᑉᓂᑲᒋᑫᐃ·ᐅᓇᑦᐁᐃ·ᐃ·ᓇᑉ.ᐁᑲ·ᓂᑕᓄᑭᓇᑲᓂᓇᑉ ᐅᑕᒧᑉᓇᑉᑕᑉᒋᐃ·ᒋᒦᐃᐁ·ᐃᐅᓇᑦᐁᐃ·ᐃ·ᓇᑉ.ᐁᑲ·ᓂᑕᓄᑭᓇᑲᓂᓇᑉ ᐅᑕᒧᑉᓇᑉᑕᑉᒋᐃ·ᒋᒦᐃᐁ·ᐃᐅᓇᑦᐁᐃ·ᐃᐅᓇᑦᐁᐃᑲᑉᑕᒪᑉᐊᐱᑉᑕᑯᒡᑲᒐᒡ,ᑐᑲᑉ:

- ᑭᐱᒋᐃ·ᑉ,ᓂᔭᑯᓂᑫᐃ·ᑉᓇᑉᑕᒋᐳᓇᓄᑭᒦᐊᑯᓂᒡᐊᓄᑭᓇᑲᑉ ᐅᑎᒡᑯᓂᒡᒥᓇᐅᐃ·ᒋᒦᐃᐁ·ᒡᐅᑎᒡᑯᓂᒡ.
- ᓇᑲᒡᑭᑫᐃ·ᑉ ᓇᑉᑕᒋᐅᓇᒋᑲᒐᒡ ᒧᒡᑭᓇᐱᒦᐃᑫᐃ·ᑉ, ᑭᐱᑎᓂᑫᐃ·ᑉ, ᓂᔭᑯᓂᑫᐃ·ᑉᐁᑲ·ᓇᑉᑕ ᒋᐳᓇᓄᑭᒦᐊᑯᓂᐊ·ᒻ ᑭᒋᐊᓄᑭᓇᑲᓇᒡ.

## ᑲᐃᑭᑐᒪᑲᑭᑉ:

**PHIPA**ᐃ·ᑕᒪᐊ·ᑲᓄᐊ·ᒻᒪᒡᑭᑭᐃ·ᐊᓄᑭᓇᑲᓇᒥᓇᐱᒧᒋᑫᐃ·ᓇᑉ ᑲᐊᔭᐊ·ᒻ ᒥᓄᔭᐃ·ᑉᐃ·ᒋᑫᐃ·ᑉᑐᑲᑉᒥᓄᔭᐃ·ᑉᐃ·ᒋᑫᐃ·ᑉᐊᓄᑭᓇᑲᓇᒡ ᑲᐃᓇᑭᓯᐊ·ᒻ. ᐱᒧᒋᑫᐃ·ᑉ CMHA ᑫᓇᐣᐊ ᒥᓇ ᑲᐃ·ᒋᒦᐃᑯᒻ ᐱᒧᒋᑫᐃ·ᓇᑉᒥᓇ ᐃ·ᒋᒦᐃᐁ·ᐃ·ᓇᑉᐅᒋᐅᑫᓂᐊ·ᒡᒥᓄᔭᐃ·ᑉᐃ·ᒋᑫᐃ·ᑉᐊᓄᑭᓇᑲᓇᒡ ᑲᐃᓇᑭᓯᐊ·ᒻ. ᐁᑲ· ᓂᓇᐊ·ᒻ ᓂᐸᐸᒥᓯᒥᑉ ᒥᓄᔭᐃ·ᑉ ᐃ·ᒋᑫᐃ·ᑉ ᑲᒪᐊ·ᑐᓇᒪᒡ,ᑲᔭᐸᑕᒡ,ᑲᑲᓇᐁ·ᑉᒋᑲᒐᒡᒥᓇ ᑲᐃ·ᒋᑲᒐᒡᑲᐃᓇᒐᒡᐅᐅᒪ ᐅᓇᑦᐁᐃ·ᐃ·ᓂᒡ.

**ᑭᒋᓇᑯᒋᑫᐃ·ᑉᐃᑭᑐᒪᑲᑉᐅᐅᐁ·ᐃ·ᒋᑫᐃ·ᑉᑲᐊᔭᔭᒡᑕᐱᒡᑯᓂᑭᑉ** ᑲᐃᑦᐁᐃᓂᑯᔭᑉ ᑲᑭᐅᑎᓇᒪᒡ.

**ᐁᑲ·ᓇᑯᒋᑫᐃ·ᑉᐃᑭᑐᒪᑲᑉᐊᓂᐁᑭᑭᑦᑐᔭᒡᑯᓇᑉᑲᑭᐃᑦᑭᑉᒥᓇ ᑲᑭᓇᑯᑕᒪᑉᐅᐅᐁ·ᒪᐊ·ᑐᓂᑫᐃ·ᑉᐅᒋ,ᓇᑉᑕᑲᔭᑲᔭᐸᑕᒡᐁᑲᒥᓇ ᑲᐃ·ᒋᑲᒐᒡᐅᐅᐁ·ᑭᒥᓄᔭᐃ·ᑭᑭᑫᓂᒥᑯᐃ·ᑉᐊᐊ·ᖽᓄᔭᑦ.**

## [illegible]ᓚᑯᔭᐣ?

ᐅᑲᑲᑲᑦᑭᒥᑯᑯᓄᐣᒪᔭᑦᐅᐅᐅᐅᐅ·ᐃᑦᑭᐃᓐᐣᑭᒥᓂᓯᔭᔅᑐᑲᐣ ᑭᒥᓄᔭᐃᓐᓂᔅ,ᒥᓇ ᑭᑎᐯᐣᑭᑭᐃᓐᐣᐅᒥᓄᔭᐃᓐᓂᐊᓐᐣᑕᐱᒡᑯᒻ ᑭᑭᐸᒥᒦᐃᑕᒪᑯᔭᐸᐣᐅᐅᒪ ᓂᐱᒧᑭᐃᓐᓂᓇᓇᐣᐅᑭ.

- ᐅᑲ· ᑲᓇᑐᑕᒪᑯᓇᐊ· ᑭᒥᓂᓯᔭᔅ ᐃᑭᐃᓐᓇᐣ ᑐᑲᐣ ᓇᓇᑲ ᐃᓯᑭᐃᓐᓇᐣ ᐅᑭ: ᑭᑲᓇᐅᓂᒥᑯᔭᐣ, ᑭᒥᓂᑯᔭᐣ ᐊᔭᒥᒦᐃᐅᐅᐃᓐᐣ, ᑭᐸᓯᑯᔭᐣ, ᑭᓇᑕᐃᒦᐃᑯᔭᐣᒥᓇ ᑭᐃᓐᑭᒦᐃᑯᔭᐣᑭᒦᐃᐅᐅᐃᓇᐣ,ᐅᑲᑲ ᑲᐱᒧᑐᐊᓐᒻ ᐅᐅᐅᐅᐅ