



My Wellbeing Plan

Understanding my Spirit connection to all life helps me to be well

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Signs I am doing well:

These could include behaviors and thoughts about miiyaashin pimatishihk (living a good life)

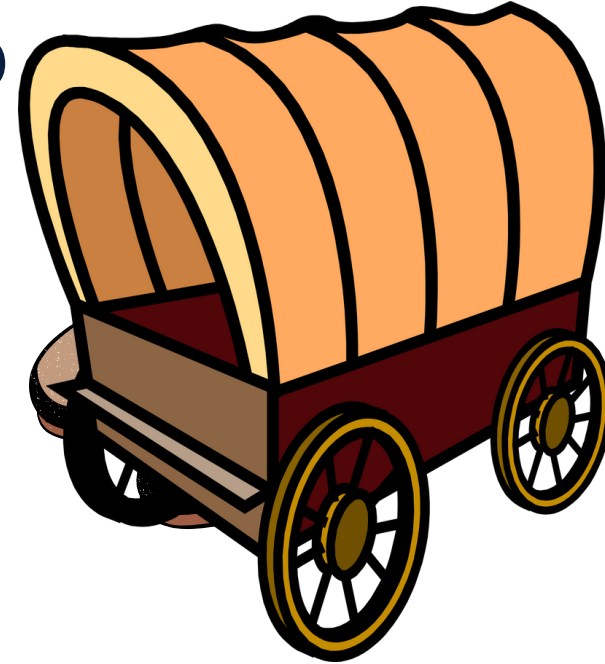
Professionals who can help me:

Fill in with contacts you feel most comfortable with.

Call emergency contact:

Call Crisis Line:

Call Emergency Services:



Signs I am struggling

What are warning signs that you are struggling? What are obstacles to letting other's know you are struggling?

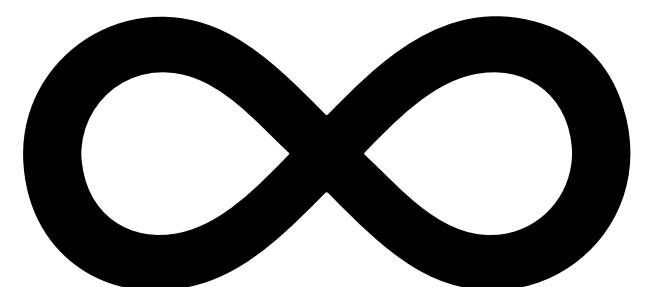
People in my village:

Fill in with contacts who may be able to offer in person helping hands.

Call family contact:

Call friend:

Call neighbour:



Kaa Wiichitoyaahk - we take care of each other

Thank you for your courage to speak your truth



