



My Wellbeing Plan

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

Signs I am doing well:

These could include behaviors and thoughts about milo-pimâtisîwin (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:



Mâmawikâpawiwak - they stand together

Thank you for your courage to speak your truth



