



Feeling stressed, afraid, overwhelmed, sad, or anxious?

? Having difficulty in a relationship or family situation? ?

Struggling with identity, grief, addiction, or transition in your life? ?

Worried about your future or dealing with a past trauma? ?



# Why look for mental health support?

*Because emotions are like storms.*

*They are a part of normal life ...and they pass.*

Our trained counselors are there ...to listen ...and to help you weather *your* life's storms.

# Maanuuhiikuu

Something to restore someone back to health.

The Maanuuhiikuu Vision

To promote positive mental health through prevention, intervention, treatment, and ongoing holistic care so that everyone in Eeyou Istchee can live full and balanced lives.



# Who we are and what we do

We provide community members with free and confidential clinical and traditional options to choose from on their paths to wellness.

## Clinical Path



### PSYCHOLOGY

Counseling, clinic staff support

- *Individuals, couples, families*
- *Staff training*

### PSYCHIATRY

Visiting psychiatrists, psychiatric liaison nurses, counseling

- *Care and support for those living with mental illness*
- *Medication management*
- *Day-to-day recovery from mental illness*

## Traditional Path



### THERAPISTS

- *Traditional approach and resources*

### NISHIYUU

- *Land-based and community culture-based programs are being developed*

### INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM

- *Elders and peer counselors*
- *Emotional and cultural support, traditional and spiritual teachings*
- *Before, during, and after participation in Settlement Agreement processes*
- *Common Experience Payments*
- *Truth and Reconciliation Commission events and Commemoration activities*



## Our Logo

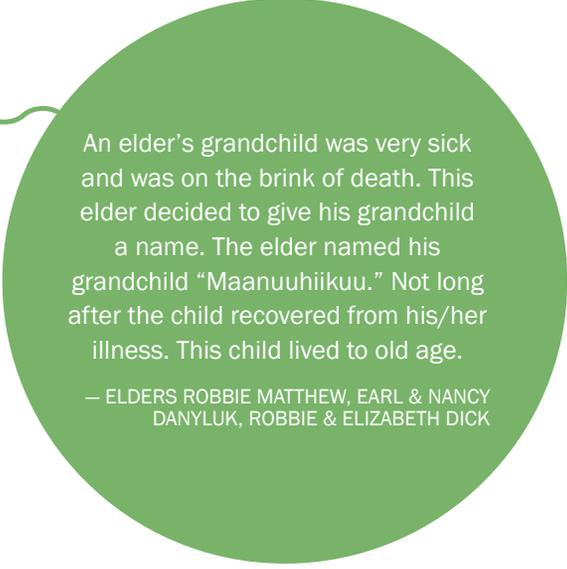


The two braids represent the two healing paths that a person can take – the traditional approach and the clinical approach.

Each braid has three strands representing body, mind and soul.

The Medicine wheel represents four directions, four seasons, and four stages in life (children, adolescents, adults, elders).

The four feathers represent individual, family, community and Nation.



An elder's grandchild was very sick and was on the brink of death. This elder decided to give his grandchild a name. The elder named his grandchild "Maanuuhikuu." Not long after the child recovered from his/her illness. This child lived to old age.

— ELDERS ROBBIE MATHEW, EARL & NANCY DANYLUK, ROBBIE & ELIZABETH DICK

# Who to Call

**CRISIS** ● If you feel suicidal, are worried about a friend or family member in crisis, or have a psychological emergency, **call/visit your local CMC or call Suicide Action Montreal: 1 866 277 3553.**

**VISIT** ● To see a **psychologist or therapist**, you can **make the appointment yourself or get a referral** (from a doctor, nurse or other community worker).

To see a **psychiatrist** or the **Mental Health liaison nurse**, **Speak with a doctor or nurse at your CMC.**

**REGIONAL SERVICES** ● Call the **Regional Maanuuhikuu office in Chisasibi: 819 855 9001, x4516.**

To book a training in ASIST or Mental Health First Aid. Training is available for front line workers and community groups.

To speak with the Indian Residential School support program coordinator.

To get more information about clinical or traditional services available in your community.

The department is growing, expanding, and improving.

Please visit [creehealth.org](http://creehealth.org) for updated information and psychology scheduling.



Conseil Cri de la santé et des services sociaux de la Baie James  
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Cree Board of Health and Social Services of James Bay

[creehealth.org](http://creehealth.org)