

Personal Experience Essays

Hope for Wellness

Inside the Sober Crew

NEW ★ TRIBE

MAGAZINE



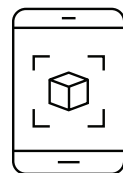
REGENERATION

A look into Indigenous Mental Health

Deconstructing and decolonizing the
stigmas, stereotypes and barriers to wellness

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Whenever you see the **USAY AR logo** scan over the page with your device with the app open, then watch the image come to life. Make sure your ringer is on and volume is up. Now, flip through this issue of New Tribe Magazine and have fun searching!



About The Cover



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EDITOR'S NOTE



Like many topics covered in the Special Editions of New Tribe Magazine, this Mental Health Issue

is heavy, it's also inspiring and exciting. When this project began, we did not want to learn ABOUT individuals navigating mental health journeys, we wanted to learn FROM them. Inside these pages you will see the brave reflections of New Tribe writers including Terry Hachey-Collins, Sissy Thiessen Kootenayoo and Morrigan Caldwell. Imajyn Cardinal shares her feelings on navigating loss, Sydney Hamilton shares her experience with loneliness, Olivia Condon Storey catches up with the Sober Crew and much, much more.

The New Tribe Creative Team has produced an amazing documentary titled ReGeneration. The film takes us on a journey of accessing alternative mental health supports through group activities while each team member shares real time, poignant, honest feedback and opinions on their experiences. Please take fifty-seven minutes out of your day to watch ReGeneration by using the IndigiPRINTS APP on page 23.

Stacey Carefoot

Executive Editor
New Tribe Magazine

NEW ★ TRIBE

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SERVICE JEUNESSE CANADA

New Tribe Special Edition 11 Indigenous Mental Health

Executive Editor

Stacey Carefoot

Storytellers & Contributors

Alycia Two Bears, Morrigan Caldwell, Imajyn Cardinal, Terry Hachey-Collins, Sydney Hamilton, Sissy Thiessen Kootenayoo, Cheyenne McGinnis, Olivia Condon Storey, Lazaya Villeneuve and Albert Woo.

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Alternate Nouns Disclaimer

USAY recognizes that this document contains a number of different nouns when referring to the original inhabitants of Canada. While our preferred noun at USAY is Indigenous, USAY recognizes First Nations, Inuit, and Métis as Indigenous People, we also honour and respect the writing and preferences of our contributors therefore have not made adjustments to their choices. We endeavour to not offend any individuals or groups with this decision.

NTM is a publication distributed free throughout the city of Calgary and beyond. NTM's mission is to promote a positive outlook on Indigenous people living in an urban setting by promoting information sharing within the Indigenous and youth communities.

Executive Director

LeeAnne Ireland

Urban Society for Aboriginal Youth

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Special Thanks

USAY would like to thank everyone who helped make this project possible and the members of our Youth Creative Team for their hard work and dedication to New Tribe Magazine and ReGeneration.

Disclaimer

The opinions expressed in the articles are those of the writers and not necessarily those of USAY (the publisher). The publisher accepts no liability or responsibility for plagiarism in the works in this magazine, all writing is presumed to be the original work of the writers.



About USAY

The Urban Society for Aboriginal Youth (USAY) is a not-for-profit charitable organization located in the heart of Calgary. By nurturing self-empowerment and fostering healthy collaboration and communication USAY strives to enrich the lives of all urban Indigenous youth to ensure healthy future generations. USAY provides free services and programs to Calgary's Indigenous youth.

Follow USAY on Social



@usaycalgary

Blessing

This blessing comes to us from the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut'ina, the Îyâxe Nakoda Nations, the Métis Nation (Region 3), and all people who make their homes in the Treaty 7 region of Southern Alberta.

I ask that we all take more time out for meditation, time to nurture and nourish our own bodies/ Sacred Spirits.

We can do this by taking a walk daily in a mindful way, spend more time in nature and become one with all that is.

For the women to honour, rest and reflect upon their own bodies during their special powerful time.

We must take quiet times during the day to give gratitude, be more mindful

about what's going on in our bodies and always listen to our own heart as it will never lead us astray.

We must also be more mindful as to what we put in our bodies, many of us were taught to give gratitude and pray over the water and nourishment before we ingested it. We must practice the old ways as they speak to us about balancing our body, mind, emotions and Spirit! This way we also make our ancestors happy, hiy, hiy, all my relations,



Dr. Grandmother Doreen Spence OC
(Bald Eagle Woman Who Leads)

GREETING FROM USAY



Welcome to the latest edition of New Tribe Magazine where we dive deep into the topic of mental health. Mental health is a crucial subject that encompasses a broad range of topics, and we have made it our goal to feature Indigenous youth writers, community members and Elders who share their personal experiences and thoughts on the topic to hopefully create an authentic voice.

As we move towards a post-COVID world, we recognize the impact that the pandemic has had on mental health. We acknowledge that reconnection and coming together in person will present new challenges and feelings for many of us. For that reason, the Creative Team developed the magazine and created a film called ReGeneration. The Creative Team also coordinated the accompanying screening event, which showcased global Indigenous practices that can complement more conventional mental health models. Our Creative Team found

that connection, relationship building, and coming together to care for one another is the most important thing we can do for our mental health, this is perfectly aligned with the goals of this publication, and we hope you can view the film through the augmented reality link found in these pages.

We want to remind you that if you're experiencing a mental health issue, you don't have to go through it alone. You can reach out 24 hours a day to Calgary's Distress Centre 403-266-HELP(4357).

USAY invites you to become part of our 'New Tribe' and join us on this journey as we navigate mental health together.

LeeAnne Ireland
Executive Director, USAY
Pronouns She/Her

DID YOU KNOW



According to research, Indigenous youth in the City of Calgary experience a disproportionately high prevalence of mental health issues compared to non-Indigenous youth. Here are some statistics based on available research:

Suicide Rates

Indigenous youth have a significantly higher suicide rate compared to non-Indigenous youth. According to a 2018 report by the Calgary Indigenous Health Partnership (CIHP), "suicide is the leading cause of death among Indigenous youth in Alberta, and the suicide rate among Indigenous youth in Alberta is five to six times higher than the national average".

Trauma

The Centre for Suicide Prevention reports that Indigenous people have nearly four times the risk of experiencing severe trauma than the non-Indigenous population.

Depression & Anxiety

Indigenous youth in Calgary also experience higher rates of depression and anxiety compared to non-Indigenous youth. A 2018 study by the CIHP found that 46 per cent of Indigenous youth in Calgary reported symptoms of depression and 51 per cent reported symptoms of anxiety.

Substance Abuse

Indigenous youth in Calgary are more likely to engage in substance abuse compared to non-Indigenous youth. A 2015 study by the CIHP found that Indigenous youth in Alberta are twice as likely to report alcohol and drug use compared to non-Indigenous youth.

*It is important to note that these statistics may not be comprehensive and there may be other factors that contribute to the mental health issues experienced by Indigenous youth in Calgary.

THERAPY THROUGH AN *Indigenous Lens*

Mental health therapist, Jasmine Nanooch, understands the importance of providing culturally and spiritually inclusive mental health services. Using a Two-Eyed Seeing approach Nanooch is constantly striving to increase her own cultural awareness and uphold Indigenous values and teachings within the counselling setting.

Nanooch, originally from Treaty 8 territory and Little Red River Cree Nation, is a mental health therapist with Indigenous Psychological Services based out of Treaty 6 territory.

"Since colonialism, we as a nation have been working to regain a lot of what was taken from us such as culture, language, ways of life and well-being. On the other side of that, the mental health field in Alberta has been moving towards being more culturally and spiritually inclusive. But when we think of this, we don't always know the best way to approach it in counselling," says Nanooch. "How we understand Indigenous well-being and healing is through the holistic approach and through this we can really see how the Medicine Wheel is used in helping assess overall well-being as well as create pathways to healing for clients," she continues.

Indigenous Psychological Services includes Indigenous cultural teachings and perspectives blended with a holistic approach to counselling. Treatment plans involve referring to cultural teachings and practices within the cultural setting, building increased access to cultural groups and building community.

"Indigenous culture has such a profound impact on the healing journey because it is that sense of belonging, safety and the many ways in which we identify ourselves and know ourselves," says Nanooch whose counselling approach includes components of her own teachings as a Cree woman.

Another individual working hard to connect clients to culture is clinical counsellor Nevada Ouellette. "My role is to sit beside and encourage individuals to tap into their own knowing and their own guidance," says Ouellette.

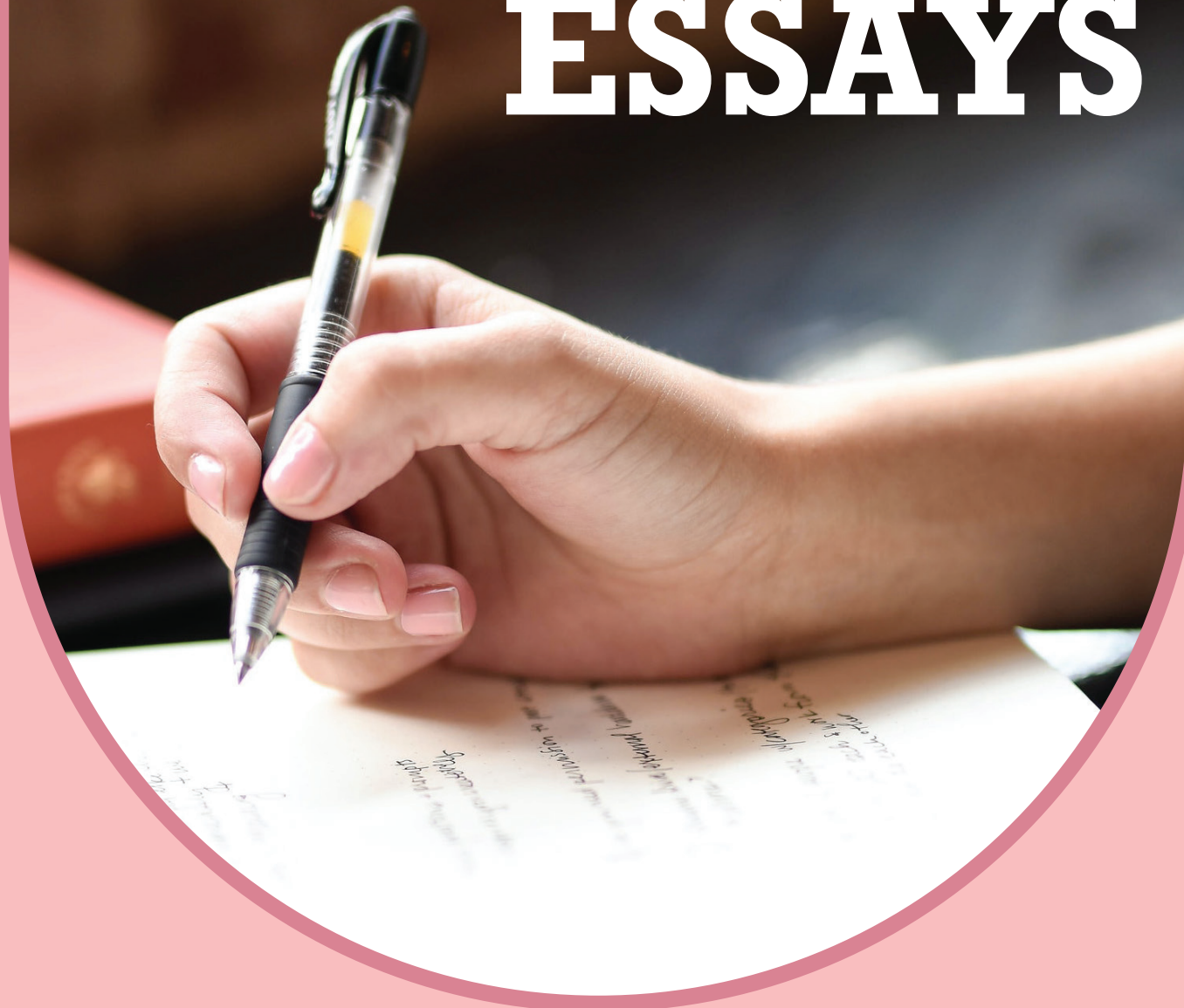
"We are connected to the seven generations behind us and the seven generations in front of us. As we heal, we are not only healing ourselves in these physical bodies, but we are also healing our ancestors and those generations that will come after us," continues Ouellette.

Both Ouellette and Nanooch encourage individuals to

experience the benefits of therapy and stress the importance of finding a therapist that works for you. "Take your time in finding the right individual, there are a lot of out of the box ways to do therapy that don't even feel like therapy," says Ouellette. "It's going to be worth it, there will be a new freedom in your life, you're worth it," she continues.



PERSONAL ESSAYS



New Tribe Magazine would like to extend our appreciation to those who have shared their stories and reflected on their challenges and triumphs in this Special Edition. These individuals have played a critical role in helping us to learn more and to personify illnesses such as PTSD, borderline personality disorder, depression and anxiety. Over the next few pages, you will learn about the personal experiences of Morrigan, Terry and Sissy who have all honoured us with their willingness to share. Here are their stories...

INSIDE THE MIND OF A DIAGNOSIS



By: Morrigan Caldwell

Trauma survivor, USAY Creative Team member, valued contributor to New Tribe Magazine and person living with borderline personality disorder, Morrigan Caldwell bravely shares her story with us.

Growing up in a family that was built on trauma, addiction and pain, I was diagnosed with anxiety and manic depression at an age where I should have been playing with doll houses. Instead, my days were filled with staring at the ceiling, wondering why I wasn't as happy as the other kids my age and why I got so nervous talking to people. I grew up to realize that I was always going to be the odd one out because of the way my mind works, how I process actions and deal with emotions, sometimes I don't understand myself.

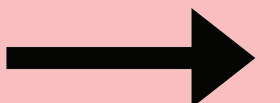
At 11 I was diagnosed with PTSD. There was so much work that went into figuring out how to make my mind think about more than my hurt and pain, we had to find triggers and work through them to figure

out why they were triggering me and how I could counterbalance them and still make it through a day.

I never realized how beneficial it was to talk about emotions. Going into high school was different for me, I had been in and out of the hospital, and I had run away from home so many times by that point.

The last time in the hospital they finally decided they wanted to know why my brain isn't processing things the same as everyone else, at 16 I was diagnosed with borderline personality disorder (BPD).

I always knew I wasn't normal, but I never knew I was insane, that's not the word I would use now but the whole experience and



diagnosis was just that, it was insane. Every time I talked to a doctor it was like a light switch, the way I was feeling, the way I was dealing with things, the way I saw myself as a person, the way things looked around me, everything made sense, and it was crazy to me how so many doctors knew all this information and all it took was one test and someone to talk to me to figure it all out.

The hospital experience wasn't how I thought it was going to be, I wanted to be isolated, I didn't want my family to visit, I didn't care how I was treated by staff and the other patients, all I knew was I was alone in there and no matter how many people surrounded me and said they wanted to help, I knew that I didn't want the help. I was so tired and drained that nothing mattered.

BPD changed my life in so many ways and it made me realize that I wasn't as alone in my feelings and experiences. Others go through hardships, suffering in silence, isolation, family troubles, communication issues and extreme manic and depressive episodes.

I cannot let my diagnosis control me and how people see me, I am who I am because of it and now I get to continue my life

speaking up about mental health and what I have experienced as a trauma survivor. There are still so many challenges. There are days where my emotions get the best of me, there are days

I have no control over how I feel or how I react to certain situations. Relationships are hard to find and maintain, my communication skills are not what I wish they could be, but these are

things that can get better. I am so grateful that no matter what life throws at me I can get through it and hopefully be a voice for others in a similar situation.



PTSD, ANXIETY AND DEPRESSION

By: Terry Hachey Collins

The thing about mental health is that it is unique to each person. Sometimes our brains, like any other part of our bodies, can go wonky. A whole family, like mine, may generationally suffer from depression. So much so it becomes the 'normal' and expected behaviour. To complain is to cause a ripple on an already unsteady layer of ice just waiting to crack upon the first new footfall. For me, that is what it felt like – and sometimes I would fall through.

It still feels that way occasionally. In my head, I can quickly revert back to that thin ice on the lake of surviving one day – sometimes one moment – at a time.

Depression was the first experience that I remember. I was not allowed to mourn the loss of my birth parents because I was only four years old when they were gone.

"You never knew them," my grandmother would tell me with rage and tears in her eyes. "You can't lose someone you never knew." That hurt. I shut down. I bottled up my feelings for the very first time. Dreams of swing sets and picnics with my father



turned into nightmares. I can only imagine my grandmother's pain and grief as an adult. I can understand why she said what she said at the time. The term *forgiven but never forgotten* comes to mind.

It took me a long time to realize it was not about forgetting or forgiving someone. It is about learning the things I had not learned yet, like self-soothing and social skills. Instead of allowing my world to shrink into a bubble, I had to push those barriers to make room to grow. I had to climb off the ice and venture into the unknown. It hurt. I fell many times. I got stuck many times. I am sure it will happen again along my path. It does not mean I am just as unhealthy or unhappy as when I started this journey. It means I am still learning, and that is life.

Post Traumatic Stress Disorder is defined as a disorder that develops in some people who have experienced a shocking, scary, or dangerous event. Anyone can have it. I used to feel immense guilt admitting that I had PTSD because it is usually associated with soldiers. I felt, in some way, I had not earned it because I was never in the military. I knew people with far worse circumstances than mine, so I felt I would be judged for it. That I was somehow just too sensitive or too emotional. Were these my words? Or was I told this by someone else? I did not know. It was so ingrained in me that I could not remember where it came from — memory loss.

One of the classic signs of PTSD is not remembering because the brain protects itself. It is difficult to compare it to anything other than that feeling of dread as you walk through the woods alone at night. You never know if what you are feeling is partially induced or if it is warranted. Like depression, it can take you into the past at a moment's notice and often without the desire to be there. I would say it is worse than depression for me. It feels like the past is happening again with every ounce of detail on replay, like being sucked into a movie to become a character again instead of watching from a distance.

Anxiety comes in many forms and like PTSD, it is tied to a moment of having to survive something, of witnessing something that has scared you or left a scar. It is a human reaction called the fight or flight response. Feeling anxiety is perfectly normal. We are supposed to - it is how our bodies try to tell us how to survive a threatening or frightening situation.

Anxiety is only an issue when it keeps going after a particular moment. It is not supposed to be a permanent state of being. In my case, I was in multiple unstable environments that were abusive. Especially at a young age, this can cause anxiety disorder. This means that panic and feelings of fleeing or fighting danger can happen at any time. A surge of adrenaline is usually what triggers it for me. The worst part

is it does not matter where this adrenaline is coming from. Even positive, happy excitement can cause me to have a panic attack. This is where traditional and western medicine help me the most to combat what I cannot control through behaviour alone.

WHEN YOU NEED ASSISTANCE

Contact The Distress Centre for 24-hour crisis support, they are here to listen.



Phone Support:
403-266-HELP
(4357)



Text Support:
403-266-HELP
(4357)



Go to their website
distresscentre.com
to chat to someone now

POWWOW DANCE SAVED MY LIFE

By: Sissy Thiessen Kootenayoo



Photo credit: Indigenality Photography by Colé Richards



***Trigger warning. The following reflection contains talks of suicide.**

The first time I contemplated suicide I was eight years old. My younger brother had been born about nine months earlier and my already stressed, poverty stricken and incredibly young parents were even less available to me than usual.

I was raised by one hundred percent European-blooded and Canadian-born parents. My German, Mennonite, biological mother and my Heinz 57 European stepfather. I had zero cultural influence in my life, as I had no relationship with the Stoney Nakota and Cree family I am tied to through blood.

Not only was the Indigenous side of my family missing from my life, but so were the rich teachings and the culture I desperately needed. Growing up, I experienced poverty, bullying, isolation and lack of supports in my life. Thus, why the dark thoughts crept in at such a young age.

I didn't get to begin my journey of cultural exploration, ceremony and teachings until I attended University, all on my own, I was 19. It started with a sweat lodge facilitated by the Native Student Centre, my first connection to culture.

Fast forward a few years and I became a youth leadership coordinator and facilitator. It was my job to help young Indigenous women attending large high schools to build health, life, confidence and leadership skills.

I saw Powwow dance as an opportunity for the girls to build, health, confidence and community connections. And I know the best thing to do is to lead by example.

It took courage, bravery and an immense sense of diligence to get out into the dance arbour as an adult who was learning something that many Indigenous dancers had been doing since they were toddlers.

I learned the basic jingle dress step from the Bent Arrow Powwow Princess who was around 12 years old at the time, and the rest from watching and asking others at practise. It was beyond nerve-

wracking trying to learn with so many watching, coming from an upbringing missing cultural influence. Although this is not my fault, I am still ashamed and am sharing this story because I know so many others can relate to being raised without culture, at no fault of our own.

Once I was exposed to Powwow at 25, I kept dancing. I first started for the benefit of youth I was working with, but soon learned that I was dancing for myself, my bloodline and community. It made me feel beautiful, connected and powerful. Dancing gave me a chance to pray and dance for members of my family who didn't get the chance. Powwow dance opened a portal to a world I had been missing my whole life.

This is what keeps me going today and has pulled me out of extremely deep, dark and painful places as someone living with chronic pain from car accidents, PTSD, borderline personality disorder with depression and anxiety and a brain injury sustained in 2018 which exacerbated it all.

Dance has helped me find community, pray for myself and others, connect to Mother Earth, honour my spirit and reconnect with ancestors. All of which have been life-affirming in the face of so much adversity.

Sissy currently facilitates workshops and shares cultural teachings through multiple methods, find out more at wasesabaexperiences.ca

**If you or someone you know is in crisis,
text or phone the Distress Centre
24-Hour Crisis Line 403-266-HELP
(4357) or 911 for emergencies.**

HOPE FOR WELLNESS HELPLINE SIMPLIFYING ACCESS TO MENTAL HEALTH RESOURCES

By: Olivia Condon Storey

Whether you're struggling with a specific event or traumatic experience, need someone to talk to about the difficulties of daily life or looking to find tools to cope, Hope for Wellness Helpline counsellors are available 24/7.

Support for Canada's Indigenous community members facing a range of mental health struggles is available from anywhere in the world via online chats and phone calls with trained professionals.

The Helpline was established in 2016 through Donna Cona, an Indigenous owned and operated technology consulting firm, with funding from Indigenous Services Canada and

is currently available in English, French, Cree, Ojibwe and Inuktitut.

A judgement-free, trauma-informed approach enables all callers access to not only immediate mental health support but also opportunities for long term help by connecting users with community organizations in their area.

Upon calling the Helpline, callers are connected with a counsellor who will assess the level of need, give feedback and help you find access to more resources in your community for long term help.

Callers can be put in contact with Elders, traditional healers, knowledge keepers, trained Indigenous health

workers and peer counsellors down the road, as needed.

In addition to status First Nations, Inuit and Métis peoples, mental health counselling services are also offered, regardless of status, to former Residential School students and their families, former Federal Indian Day School students and their families as well as people who have been impacted by the ongoing crisis of MMIWG across Canada.

The Hope For Wellness Helpline is available 24/7 at hopeforwellness.ca or call 1-855-242-3310



Helpline: 1-855-242-3310





@USAYCalgary

Follow

Message



Accounts on THE 'GRAM

to lighten the mood

We've all heard about the negative impacts of social media on our mental health, but these socials have provided Shaye Trudel with a positive boost and she's excited to share them with you.

POSTS

SAVED

TAGGED

@strongheartsdv

This account is focused on healing, giving you signs of what is a toxic or abusive relationship, stories of empowerment and resources to help with sexual and domestic abuse, this entire Instagram is nothing but helpful.

@indigenous_journey_counseling

This account is filled with inspirational quotes, videos and pictures focusing on the traditional ways of healing. This entire page will leave you feeling proud and better educated on traditional healing and the history of our people.

@tristen.jenni.art

Tristen Jenni is a Cree tattoo artist based in Edmonton. You might be wondering why I included a tattoo artist- it's because tattoos can be a form of therapy to some people, it is also traditional in Indigenous peoples all over the world. I find getting tattoos to be calming in a sense.

@sebastiangaskin

Sebastian is a Cree, award winning R&B artist. He grew up in Tataskewiyak Cree Nation, better known as Split Lake in Winnipeg, Manitoba. I would describe his voice as Khalid and Frank Ocean mixed. A lot of us use music as a way of de-stressing and relaxing. We can relate and even heal from the work of artists. I recommended Snakehold, but he's got many other songs I couldn't help but listen and jam too.

@tallestcree

Caleb Ellison-Dysart is a Nîhithaw (Cree) artist from Piwon-N-Piwin Cree Nation and the Nisichawayasihk Cree Nation in Ontario. I wanted to include this artist because his work is traditional but with his own spin. The use of colour is breathtaking and leaves you feeling calm and satisfied. His captions are also filled with words of encouragement and traditional teachings.

Loneliness

By: Sydney Hamilton

Feeling lonely is not a choice. For someone to feel lonely they do not have to be alone, someone can feel lonely surrounded by people. Feeling lonely can be a consuming sensation that seems to take the joy out of life and make everything seem grey and bland.

As Indigenous peoples this feeling of loneliness can go deeper, exacerbated by a colonial world trying to tell us how to look, how to talk, how to live, how to love; how to be us. Often feeling lonely can be a symptom of depression.

I know what it is like to be frozen in place, having your love of life drained from every inch of your being, afraid of people judging you for the state that you are in, your bed being the only comfort you feel, overwhelmed by exhausting loneliness. For myself when I was depressed, I didn't know something was wrong until years later. In all honesty, I don't know how I got out of my depressive episode, perhaps it was when I started to read books and learned that others felt the same way I did and when I began talking with other Indigenous peoples across Canada knowing that I was not alone in my feelings, when I began defining my identity rather than allowing others to do it for me.

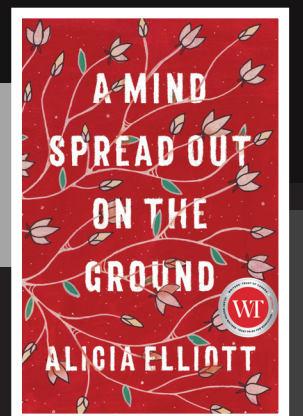
Alicia Elliot in *A Mind Spread Out*



on the Ground articulates the all-consuming nature of depression with her quote, "You don't know what's you and what's the depression when you're still depressed."

Why I brought up Elliot's book is because it recounts her personal experience with depression and explores love as a form of healing. Love shape shifts; one day it is love of yourself, then love of others, after that there is love that changes the shape of nations and creates movements.

SYDNEY'S RECOMMENDED READING:



Living with Grief

By: Imajyn Carindal

Before falling asleep, I listen to my inner thoughts, I try not to judge them. I become aware of the ones that hurt and the parts of my mind that needed more love.

When I awaken, I asked Creator for strength as I know it is my choice to heal from this pain. Sometimes I try to look at myself through the eyes of Creator. I notice the broken parts of me are moments when I struggle to move on or struggled to practice self-love, especially when I am in the process of grieving, which seems to be constant in the last while.

I am learning how to grieve in healthier ways. Learning how to listen with my heart when my mother reminds me of how loved I am. I try not just push these words away.

Waking up, I want to go back to sleep and just shut the world out. I hear my auntie's voices reminding me to be strong and not give up. I feel the depression trying to creep in and I know I have to light my smudge and say good words to myself. This is becoming a ritual for me, instead of jumping on my phone and seeing more dread in the world, I'm learning to take time for myself and say good words. The kind of words I would offer to a friend.

"We are reclaiming ourselves and recapturing the love within."



"We will not let the results of colonialism; the continuation of grief and trauma be in control."

"We are beginning to learn that our healing comes from within, and that we need new tools to heal."

I try to focus on the positive aspects of myself and others. I watch the way my little sister makes breakfast with love, the same way my granny did. I make myself a cup of tea, mixing herbs I picked last summer, then I remember I should try to take vitamins at least one day this week.

I look at the tea I am drinking and think this is what my ancestors would drink, a healing medicine that also warms my hands. Taking this time in the beginning of my day has been making a difference in how I see the world. Looking around the room I notice the gifts around me instead of what I don't have.

When we lose someone, we build a fire that burns for 4 days, this gives the spirit time to travel to the other side. We place tools and medicines inside the casket. Things they need to make that journey. It hurts when I think that so many of us weren't given the tools we need right here, in this life. Tools to make sense of all of the loss. Healing is difficult when you think you are doing it all alone and asking for help can sometimes be a privilege. As Indigenous people the grieving can feel constant.

I've gone to different types of therapy classes to learn about

my grief and one thing that has stuck with me is that anger is really grief that has been forgotten. As I grow, I'm coming to terms with the fact that not everyone has the same tools to deal with their broken moments in time. I look around and see people distracting themselves from their

"I hear my auntie's voices reminding me to be strong and not give up. I feel the depression trying to creep in and I know I have to light my smudge and say good words to myself."

own pain. Distraction from our own thoughts is what keeps us from being able to move forward from all the pressure, the colonialism, the intergenerational trauma, all of it keeps us stuck. We are in the midst of reclaiming ourselves and recapturing the love within. We will not let the results of colonialism; the continuation of grief and trauma remain the way it has.

If you or someone you know is in crisis, text or phone the Distress Centre 24-Hour Crisis Line 403-266-HELP (4357) or 911 for emergencies.

About The Cover



The cover of this Special Edition features New Tribe Creative Team member Sage Carrier. Sage's image is looking in a mirror and when IndigiPRINTS is engaged, the image comes to life and changes from appearing calm and happy to being sad, scared and trying to find a way out. The transition reflects how those struggling with mental health issues can appear happy on the outside while on the inside they can be breaking down. We frequently feel our deepest emotions in our bedrooms, where we are often alone, therefore the scene has been recorded in a bedroom accessorized with green items, green being the colour symbolizing mental health awareness.

In Mourning

Poem by Cheyenne (Naatoiyiki) McGinnis

Cause maybe I'm just not strong enough
+ maybe cause I'm still hurting
Maybe cause I'm always afraid
Who's going to be next?

What an awful, awful thought

But it persists,
so I prepare...

Subconsciously, consciously?

Does it matter at this point?

I just want warm yellow light
To greet me from the long night

+ I want belonging, isn't that
what we all want?

Is that what makes the difference?

Between life + death?

I think those small things matter most.

MEN HAVE A SUICIDE RATE 3× HIGHER THAN WOMEN. GUYS, HERE'S WHAT YOU CAN DO.



1 • PAY ATTENTION

Any noticeable change in his behaviour is a warning sign your friend might not be doing well. These changes could include:

- Drinking more than usual
- Appearing tired or distant
- Talking about how much life sucks
- Being more irritable or angry



2 • START A CONVERSATION

Choose a comfortable setting.

- Over the phone
- Over drinks at a favourite hang out
- While driving in the car
- While working on a project

Mention what you've noticed.

- "I haven't seen you around much these days. Is everything okay?"
- Don't blame or shame him.



3 • KEEP IT GOING

Ask questions and listen to what he's saying.

- "The other day you said your life sucks... what's that like for you?" Avoid instantly problem-solving.
- Don't make it seem like he's overreacting, and don't change the subject.
- Back him up and acknowledge his feelings: "That sounds really hard."
- If you're still worried about him, ask: "Are you thinking about suicide?" If he says yes, don't panic.
- Let him know you're there for him: "Thanks for telling me. That's really hard to do. Can you tell me more about it? I'm here for you."



4 • STICK TO YOUR ROLE

You're a friend, not a counsellor.

- Ask if he has others he can reach out to for support, and ensure he contacts them.
- Call Crisis Services Canada together: 1-833-456-4566.
- Following the conversation, check in with him often.
- If he has imminent plans to die, contact 911 and ensure he is not left alone.



BUDDYUP.CA



centre for
suicide prevention

Buddy Up is a suicide prevention campaign by the Centre for Suicide Prevention focused primarily on men's suicide prevention. Buddy Up promotes authentic conversations with friends, and although the campaign is focused on men, authentic conversations can help prevent suicide for all genders.

Hey There

LISTEN UP!



INDIGENOUS MENTAL HEALTH



PODCAST RECOMMENDATIONS

New Tribe Magazine staff writer Shaye Trudel shares what she's been listening to lately.



RAW TALK

Episode #53: Indigenous Perspectives on Health

This podcast starts off with the powerful poem Collective Responsibility by Julie Bull. Through this podcast the many guests discuss approaches to health and wellness that are rooted in Indigenous knowledge.



LIGHT UP THE COUCH

Episode #154: Holistic Healing: Indigenous Approaches to Mental Health

This podcast focuses on the holistic methods of treating mental health. It shares what Indigenous health is composed of and how we can start integrating Indigenous holistic approaches into western medicine.



Perry Bellegarde

PERRY BELLEGARDE

First Nations and Mental Health W/ Dr. Carol Hopkins #BellLets

This podcast is hosted by National Chief Perry Bellegarde and Dr. Carol Hopkins. Dr. Hopkins has over 20 years of experience working in Indigenous addictions and mental health focusing on traditional knowledge and healing.

USAY and New Tribe Magazine's Creative Team have combined forces to create a unique and informative mini documentary exploring alternative mental health practices. These alternative practices could also be considered global Indigenous practices as they often rely on knowledge and guidance from Indigenous communities around the world. The six practices selected for trial were: float therapy, acupuncture, cold plunge, Indigenous purification ceremony, laughing yoga and selfcare/body positivity exercise.



Use the IndigiPRINTS APP to see the culmination of each experience through our mini documentary and learn about the positive impacts alternative practices could have on your own mental health.



REGENERATION

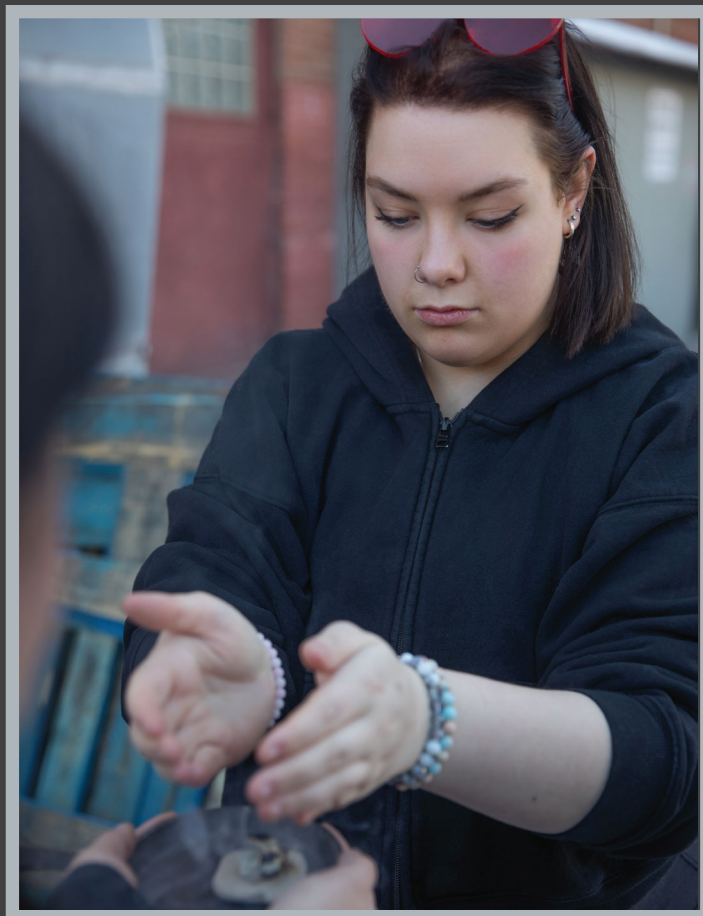
Those who participated in the documentary screening were able to see firsthand how alternative mental health practices helped participants navigate their own struggles. After the screening, a panel discussion took place where the Creative Team shared their personal journeys and dove deeper into their own insights.

Photo credit: Albert Woo



Q & A

Morrigan Caldwell



NTM: How did you become involved in the making of the film, what was your role?

Morrigan Caldwell: I became involved when we were trying to think of a way to show people around us how we cope and all the different methods out there to make sure people can get the help that they may or may not want to move forward in the journey of finding themselves.

NTM: What did you learn from taking part?

Morrigan Caldwell: There were so many things that I learned in the process of filming the film. When trying new things, it can be hard to put yourself out there. I learned you need to be open to trying the new things but also be open to being able to meet new people to share these experiences with. Having a group of people you trust and enjoy the company of makes you want to try new things more often.



MAKING THE MOVIE



WHEN YOU NEED ASSISTANCE

Contact The Distress Centre for 24-hour crisis support, they are here to listen.



Phone Support:
403-266-HELP
(4357)



Text Support:
403-266-HELP
(4357)



Go to their website
distresscentre.com
to chat to someone now

If you or someone you know is in crisis, text or phone the Distress Centre 24-Hour Crisis Line 403-266-HELP (4357) or 911 for emergencies.

MEET THE USAY *Creative Team*



The USAY Creative Team is comprised of Indigenous and non-Indigenous youth. Sage, Elena, Imajyn, Genna, Summer, Tosia, Kalina and Morrigan have met most Sundays through the year to discuss topics, create content themes and help to guide the voice of New Tribe Magazine. This group has also engaged in experiences that have helped them further understand social justice issues facing Indigenous youth in our community and they have worked together to help support each other and USAY.



By: Lazaya Villeneuve



THE BRACELET PROJECT

A recent trend on TikTok sheds light on mental health issues and aims to create a space where online users feel supported and understood. The Bracelet Project's goal is to start online conversations in hopes of destigmatizing and normalizing discussions pertaining to mental health. It allows for those suffering from similar issues to connect and create a community where everyone feels acknowledged. The Bracelet Project has also been known as the Butterfly Project.

Today's trend includes bracelets of varying colours, each colour has its own corresponding mental health issue or eating disorder. People then identify each other's mental health issues through the colour of their bracelets. White beads on someone's bracelet signifies the current process of recovery or desire for recovery. Schizophrenia is gold, bipolar disorder is silver, anorexia is red and bulimia is purple. EDNOS (eating disorder not otherwise specified) is pink, blue corresponds with

depression, self-harm can be either orange or black, fasting at the time is green, suicidal is yellow, overweight/obese is turquoise. Anxiety, panic disorders and OCD all fall under teal. Those who have suffered sexual abuse use the colour magenta on their bracelets.

This project is a subtle way to help people connect with one another and recognize they are not alone.

MUSIC THERAPY



Listening Suggestions from sisters Amar'e and Tamia Spotted Bull

It has been proven that listening to music triggers the release of several neurochemicals that play a role in brain function and mental health. Amar'e (ASB) and Tamia (TSB) share their go to tunes that help lift them up when they're feeling down.



There Is a Light That Never Goes Out

The Smiths

The chorus is probably the best part of the song. It brings comfort and joy to most people I've listened to it with. It's such a beautiful song it's been one of my favorites for a year or so now.

-TSB



It Was a Good Day (explicit)

Ice Cube

It Was A Good Day gives off happy vibes with a hip-hop twist. The beat instantly makes anyone happy and this song is iconic to hip-hop history, one of the best songs ever!

-ASB



Everlong

Foo Fighters

I find this song amazing; it was one of my favourite Foo Fighters songs a few years ago and I have it on vinyl. This song is helpful when I'm sad or down because the way the drums and guitars are played satisfies my brain, the way Dave Grohl sings along to the instruments also satisfies my brain.

-TSB



Party in the U.S.A.

Miley Cyrus

Party in the U.S.A is a nostalgic song. It could bring so much joy to a person. It shows how comforting music is.

-ASB

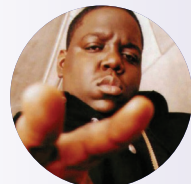


Just Like Heaven

The Cure

Just Like Heaven is a more romantic song by The Cure. This song is full of metaphors and similes which are used to show how the protagonist of the song is in love.

-TSB



Mo Money Mo Problems (explicit)

The Notorious B.I.G, Mase, Diddy

Released 1997 the intro and chorus are what really makes this song amazing. I don't think I could ever get tired of listening to it, it's the type of song that makes you want to get up and dance.

-ASB



1979

The Smashing Pumpkins

This song was written about nostalgia, the lyrics are meant to describe the feeling of not knowing what the future holds.

-TSB

CLICK OR CALL TO ACCESS LOCAL SUPPORTS

When you find yourself or someone you care about having difficulty coping with mental health, there are resources to reach out to within Alberta Health Services without having to have a Family Doctor.

Search Addiction and Mental Health | Alberta Health Services to find patient resources based on where you live in Alberta.

In Calgary, **Access Mental Health** can be found online by searching Access Mental Health | Alberta Health Services

Those in need can call 403-943-1500 to talk to someone about accessing mental health supports within Alberta Health Services. This is a non-urgent phone service to connect you with community care providers.

Calling 811 will connect you to a public health nurse who can support you navigate supports within the system.

The mental health helpline is a 24/7 connection when you feel you need immediate support, call 1-877-303-2642.

For the youth in your life there are additional supports for their needs.

InformAlberta.ca
- View Combo List: Child and Adolescent Addiction and Mental Health Services - Calgary Zone

Inform Alberta provides you with a directory of services for youth in various levels of urgency and situations. For urgent care and crisis situations, you can always take the youth you care about to any emergency room and seek support for mental health there.

You will likely be connected to **Acute at Home**. The youth will be connected to mental health support specific to their needs within 72 hours. You can find the details by searching Acute at Home - Child and Adolescent Mental Health - InformAlberta.ca

*Please call 911 in an emergency. Information shared in this section are suggestions and not meant to be exhaustive.

EMERGENCY PSYCHIATRY CARE FOR EVERYONE:

Foothills Medical Centre
1403 29 Street NW, Calgary

Peter Lougheed Centre
3500 26 Avenue NE, Calgary

Rockyview General Hospital
7007 14 Street SW, Calgary

South Health Campus
4448 Front Street SE, Calgary

**Please call 911 in an emergency. **
Resources found here are suggestions.

Sheldon M. Chumir, 1213 4th Street SW, Calgary, has an Indigenous Mental Health Center. You can call 403-955-6645 for your own intake.

Please remember you are worthy of care and compassion regardless of your current mental state. In most hospitals there is a designated Indigenous liaison who can support you, your friend, your child or your parent as you access hospital services.

CLICK OR CALL TO ACCESS LOCAL SUPPORTS

ALYCIA TWO BEARS, NEW TRIBE STAFF WRITER
AND LOCAL CONNECTOR SHARES HER BEST
ADVICE ON SOURCING MENTAL HEALTH
SUPPORT FOR YOURSELF OR THOSE YOU LOVE.

*We would like to remind all those trying to access support and experiencing current wait times to please be persistent.

NON-INSURED HEALTH BENEFITS PROGRAM

You May be Eligible to Access Mental Health Counselling Through NIHB

Who is eligible?

To be eligible, a client must be a resident of Canada, and one of the following:

- a First Nations individual who is registered according to the Indian Act
- an Inuk recognized by one of the Inuit land claim organizations as outlined in Inuit client eligibility for NIHB
- a child less than 2 years old, whose parent is an NIHB-eligible client

** confirm eligibility prior to service provision

What is the NIHB?

NIHB stands for Non-Insured Health Benefits program, a national program that provides eligible First Nations and Inuit clients, residing in Canada with coverage for a range of medically necessary health benefits when these benefits are not otherwise covered through private or provincial health insurance plans or social programs.

What does it include?

NHIB program benefits include prescription drugs, over the counter medications, dental and vision care, medical supplies and equipment, mental health counselling and transportation to access medically required health services that are not available on reserve or in the community of residence.

To contact NIHB in Alberta see below. To learn more about accessing Mental Health support through NIHB please use the USAY IngiPRINTS app on this page and you will be taken to the Mental Health Counselling Benefits for First Nations and Inuit page of the Indigenous Services Canada website.

General NIHB inquiries in Alberta:

1-800-232-7301

**abnihbqa-qrssna@
sac-isc.gc.ca**



If you or someone you know is in crisis, text or phone the Distress Centre 24-Hour Crisis Line 403-266-HELP (4357) or 911 for emergencies.

WE
AS

Poetry

By: Morrigan Caldwell

A breath of fresh air

never seen but always felt, always
searching but never found.

Without looking you will never see,
without feeling you will never feel

Without love you will never love yourself

Find the love you need not the life you
want

Live life to the fullest but show the world
what is needed not given

Take a breath and look around perfection
was given in the form of life

Never perfect but always trying

Never happy but always smiling

Remember absolute perfection comes
from the slow deep breathing you take as
you come in contact with the pain that
We all call life

WHEN YOU NEED ASSISTANCE

Contact The Distress Centre
for 24-hour crisis support,
they are here to listen.



Phone Support:
403-266-HELP
(4357)



Text Support:
403-266-HELP
(4357)



Go to their website
distresscentre.com
to chat to someone
now

If you or someone you
know is in crisis, text
or phone the Distress
Centre 24-Hour Crisis
Line 403-266-HELP
(4357) or 911 for
emergencies.

KEEPING UP WITH THE BEAT AROUND MOHKINSTSIS

Introducing a new feature to New Tribe Magazine highlighting local community events and those individuals out there making a difference as captured through the lens of photographer Albert Woo.



Vigil in Solidarity with Winnipeg
December 4, 2022, Municipal Plaza
Sofia Eaglehead Baptiste performs a dance for healing during a vigil for four women murdered in Winnipeg: Rebecca Contois, 24, Morgan Beatrice Harris, 39, Mercedes Myran, 26, and "Buffalo Woman."



15th Annual Tiny Tots Pow Wow
"Honoring our Grandmother Turtle The Late Doreen Turning Robe"
Nov. 4, 2022, Marlborough Community Hall
A traditional gathering hosted by Awo Taan Healing Lodge Society to celebrate Indigenous children and culture.



Aboriginal Friendship Centre of Calgary Family Day Event
Feb. 20, 2023, Prairie Winds Park



17th Annual Miskanawah Friendship Round Dance
Feb. 25, 2023, Genesis Centre



Calgary's 15th Annual Valentines' Day Memorial March
Feb. 14, 2023, Scarboro United Church and 17th Ave SW.



Tribe Artist Society Monday Night Rap
Nov. 21, 2022, Arts Commons
Tribe Artist Society is an Indigenous-led Hip Hop and arts organization that hosts weekly sessions where emerging rap and Hip Hop artists can cypher and practice their skills.

MEET ALBERT WOO



Woo is a photographer who covers many community and cultural events throughout Calgary. He works with the urban Indigenous community to bring attention to social justice events, rallies and other powerful gatherings. He has become widely known for photographing the vibrancy and diversity of those who contribute to Calgary's unique cultural landscape. New Tribe Magazine is excited to welcome him to the team as he keeps up with the beat around Mohkinstsits.

COMING 2024



USAY'S YOUTH CENTRE

