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Addictions and Mental Health Navigator Page

Together with community we will work towards:

- Addressing the stigma of addictions and mental health
- Provide awareness and prevention of addictions and mental health
- Provide on-going resources and information to meet the needs

On-Line Resources for Addictions and Mental Health and Co-vid 2019:

- <https://www.albertahealthservices.ca/amh/page16759.aspx>
- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html>
- Register for on-line supports and resources: <https://ca.portal.gs/>

Addictions and Mental Health Navigator for Paddle Prairie, East Prairie, Peavine, and Gift Lake Metis Settlements.

Goal is to work with Settlement peoples and agencies to support, develop and deliver culturally appropriate services to continue building healthy communities and families.

How can you benefit from this work?

- A safe place to reach out for help yourself or for a loved one
- A safe place to learn about the opioid crisis, street drugs, and other addictive drugs
- A safe place to explore options for treatment and/or healing
- A safe place to access and receive resources and services
- A safe place to open doors for you and your family
- A safe place to ask question
- A safe place to access professional services



“its not our differences that divide us. It is our inability to recognize, accept and celebrate those differences.” (unknown)



