



Keeping **YOU**th Connected

SEPTEMBER 2020 // WEEK 4 // PAGE 1

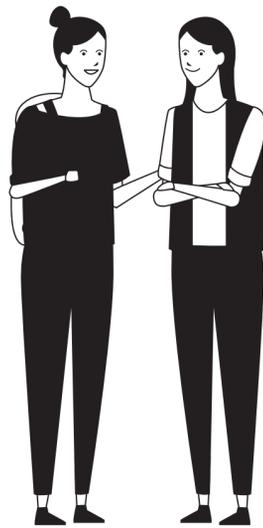
How To Help A Depressed Friend

If you have a friend you suspect may be travelling a rocky road, here are ways you can offer support and show that they don't have to go through it alone.

<https://www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm>

Get your friend to talk to you.

Starting a conversation about depression can be daunting, but you can say something simple: "You seem like you are really down, and not yourself. I really want to help you. Is there anything I can do?"



You don't need to have the answers.

Someone to listen and be supportive is likely just what your friend needs. By listening and responding in a non-judgmental and reassuring manner, you are helping in a major way. You can show your friend you are listening and caring with an open-stance body language and reassurances like "I hear you."

Encourage your friend to get help.

Urge your depressed friend to talk to a parent, teacher, or counselor. It might be scary for your friend to admit to an authority figure that they have a problem. Having you there might help, so offer to go along for support.

Stick with your friend through the hard times.

Depression can make people do and say things that are hurtful or strange. But your friend is going through a very difficult time, so try not to take it personally. Once your friend gets help, they will go back to being the person you know and love. In the meantime, make sure you have other friends or family taking care of you. Your feelings are important and need to be respected, too.



Speak up if your friend is suicidal.

If your friend is joking or talking about suicide, giving possessions away, or saying goodbye, tell a trusted adult immediately. Your only responsibility at this point is to get your friend help, and get it fast. Even if you promised not to tell, your friend needs your help. It's better to have a friend who is temporarily angry at you than one who is no longer alive.

Priscilla's Corner

Tansi,

September is Suicide Awareness Month and I have been busy with providing training to help others as well as passing information along about how to help someone who might be having thoughts of suicide.

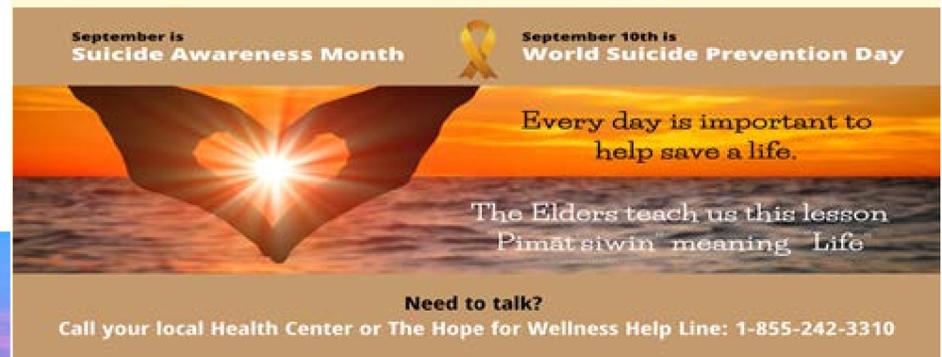
Talking about suicide is a difficult but necessary conversation. These articles in this newsletter is a part of what I can do to make a difference. I believe that we are part of a "ripple effect". That means what we say and do will go out and affect other people. How we talk about hard topics also make a big difference and it has a ripple effect.

Suicide Prevention activities are within our abilities, it may be one small step, like a kindness to others, but it is a step that will make a difference. Talking about suicide or reaching out to others can also be a suicide prevention activity, telling your friends and family that you love them, that you care about what happens to them and that you will help them to be safe.

Let's all challenge ourselves to create a "ripple effect" in our communities. Let's remove the stigma and taboo about talking about suicide. Let's reach out and be a helper to our communities.

If you have time check out the website <https://wemattercampaign.org/>. They have a Youth toolkit that might be very helpful for you to take care of yourself and how you make an impact on others. Watch the WeMatter videos, there might be someone in there that you recognize and above all, know that you can make a difference!

Ekosi Maka, Ay Hiy



September is Suicide Awareness Month

September 10th is World Suicide Prevention Day

Every day is important to help save a life.

The Elders teach us this lesson
Pimatsiwin meaning Life

Need to talk?
Call your local Health Center or The Hope for Wellness Help Line: 1-855-242-3310

Someone is always here for you!

AHS Mental Health Line: 1-877-303-2642

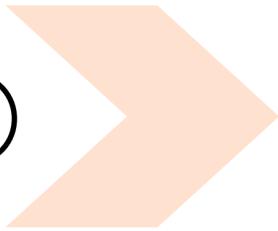
KTC Counselling Services: Contact Health Centre

First Nations Inuit Hope for Wellness: 1-855-242-3310 (24 hours)



NEED TO TALK? SUPPORT IS AVAILABLE!
Contact your health centre for counselling supports.

Cree WORD OF THE WEEK



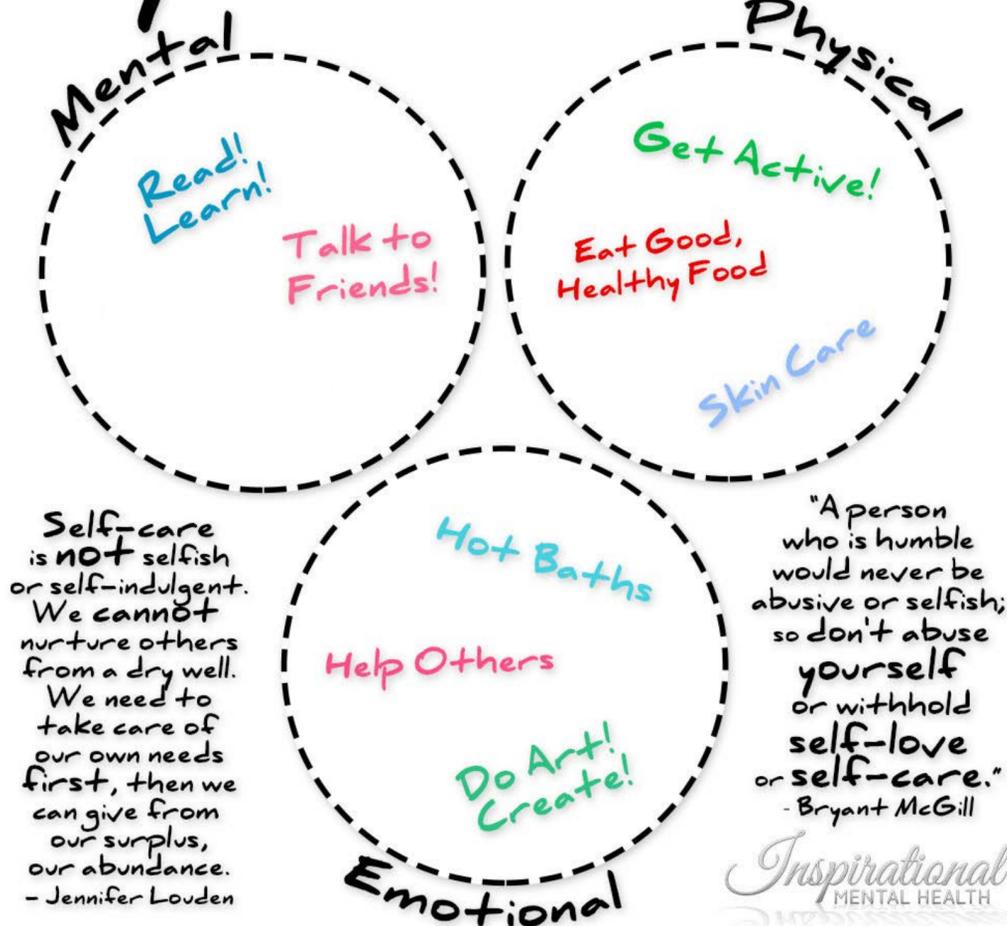
i-wastipakak ka-takwakik
Leaves are changing color in the fall

CHALLENGE OF THE WEEK

Get Active!

Maybe you already have an activity you like to do to stay active. Or maybe it's time to try something new? Whatever it is, stay active and challenge yourself to do a physical activity that get's your body moving.

My Self Care Plan



Source: https://madechoes.files.wordpress.com/2014/10/self_care_plan.jpg

Create a self care plan for yourself!

GAME OF THE WEEK

Fall Word Unscramble

1. thsearv
2. numtau
3. agnllif saeelv
4. Serbeetpm
5. hclyi
6. srfto
7. pelsap
8. ncaosr
9. inmpkup
10. tfolobla
11. gnngcia lruscoo
12. leapp ipse
13. wteeasr
14. nocrzeam
15. lfonaessa

Answers: 1. harvest 2. autumn 3. falling leaves 4. september 5. chilly 6. frost 7. apples 8. acorns 9. pumpkin 10. football 11. changing colours 12. apple pies 13. sweater 14. corn maze 15. fall season

"YOU ARE ONE OF A KIND AND YOU HAVE SOMETHING GREAT TO OFFER"



NEED TO TALK? SUPPORT IS AVAILABLE!
Contact your health centre for counselling supports.