

# take time out for Aboriginal mental health



Connecting  
the  
Dots



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This card is one of the small legacies of **Connecting the Dots**, an innovative project which sought to promote the mental health of urban Aboriginal youth and families. The project was led provincially by the Canadian Mental Health Association (CMHA) BC Division and the BC Association of Aboriginal Friendship Centres and implemented locally through Friendship Centres and CMHA branches in three urban Aboriginal communities in British Columbia: Kelowna, Port Alberni and Quesnel.

For more resources, see provincial partner organizations

[www.cmha.bc.ca](http://www.cmha.bc.ca)  
[www.bcaafc.com](http://www.bcaafc.com)

Participating branches and friendship centres  
[www.kelowna.cmha.bc.ca](http://www.kelowna.cmha.bc.ca)  
[www.patfriendshipcenter.com](http://www.patfriendshipcenter.com)  
[www.quesnel-friendship.org](http://www.quesnel-friendship.org)

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As our awareness and knowledge of our traditions and culture increases, so does our honour and respect for these ways. This has not always been the case in our communities. It is important for everyone, especially young people, to learn about and use the sacred medicines. Tobacco is the first plant that the Creator gave to Native People. Tobacco is the main activator of all the plant spirits. Four other plants—sage, juniper, cedar and sweet grass—follow tobacco, and together they are referred to as the sacred medicines. It is said that tobacco sits in the Eastern door, sweet grass in the Southern door, sage or juniper in the West and cedar in the North. Elders say that the spirits like the aroma produced when we burn the sacred medicines.



## our 11 tips for mental health

1. Talk positively
  2. Eat right and keep fit
  3. Make time for family and friends
  4. Give and accept support
  5. Create a realistic budget and stick to it
  6. Volunteer and give of yourself
  7. Manage stress
  8. Find strength in relations
  9. Identify and deal with moods
  10. Learn to be at peace with yourself
- 11. Remember that practicing cultural traditions promotes good mental health**

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