



Ginibi Ginoowaabajigan owi Eshkiniigijig Nisidizowaad

Gikendan awaa kowaabmdaman

Nisidizowin aawan ekwa niizhing memaanji niigaaniimigag enji nibowaad ezhkiniigijig miinwaa eshki nitaawigijig. Gechi piitendaagwog owi nigaasijigaadeg aawan gewe dabaadenimowaad gechi piitizijig awii gikendamowaad newen waabmijigewinan.

- bakewiziwaad gewe inodewiziwinan miinwaa wijiikiwenin
- banaadendamowaad owi niigaan ani aawang
- dibaatamiwaad maage zhibiimowaad owi nisidisowin maage dowendamowaad awii nibowaad
- waabmdowewaad inendamowaad nishiwanaadendamowaad, gwinawi-inendamowaad, maage naajitowaad gnowendiziwaad
- awii ani maajaad zhichigewinan, dibishko gonaa miigwed dibendaasowinan
- bkaan izhayaawin (naazhisemigag ezhi nakiwaad enji gikinomaading, wanashkiweziwin, iniwe diziwin zhichigeng, miinwaa aanin yaa-aabi)
- zngendaagowg maji mashkiki nikaaziwin
- bimaadendiziing awii naagdowendizang
- maanaaji zhayaawin maage naagwog maanaadendamowin (gashkendamowin, maanaaji'nendamowin, dibasaag minwendamowin newen agaa bashigendang zhichiged, zinagizid awii nibaad maage awii wiisinid)

Gikendamang awaa akidang

Ombinimang owi dinaangidoniwin owi nizidizowin gdo binoojinim adaa wenpanad owi gdo binoojinimim awii wiindamaag giishpin zngendamowaad owi zengendamaagwog. Nindaan aanin nikiiyaa agezhi nakweshkaman maanda zenigag awii dibaachigaadeg:

- **Maajitaatong ginondiwin:** Nangaaji maajitaan, gagwejimad g'niijaanis maage eshkiniigid ezhayaad. Gnima gda maajitaa nowonj gonaa ayomidaman miinwaa gagwedwewinan, dibishko gonaa "ngii maamananaamdaan aapaji gwa njike gdo iyaa gdo aajikinganing miinwaa gdo sidaa endiminaagos. Gdo mina yaa ana?"
- **Bazindan:** Gichi piitendaagwod awii bagidinad g'niijaanis maage gdo eshkiniigid zhisewin awii nakwetaag ntaam e'gagwejimad. Gnima gda akid, "Woshme wiindamoshin owi. Gichi piitendaagwod anitaagwod. Ndo maajitaa woshme weweni awii nisastamaa."
- **Gagwediwen:** Gagwek gagwediwen owi nisidizowin. Giishpin g'niijaanis kidad "gaawin", naagidoon gdo inamjiwin miinwaa giigidan giishpin ndowendaagowog.
- **Nakwetan:** Giishpin g'niijaanis kidad 'Enh', negaaji yaan miinwaa aangwaamiw awii naadamowad ani zhaabishkang maanda.

Gikendan awaa zhichigewin giishpin zinagendamaman

- Skoonwidizan newen etemigag naadmaagewin age naadimaagiyin: [ConnexOntario](#) 1-866-531-2600
[Children's Mental Health Ontario](#)
Maaginan owi aankosijigan awii mikaman owi nakiigamig endinakiwin
- Ginosh gdo inodewiziwin mashkikiinini, inaadiziwin/namenini, owi aanke aasgaabiwitaagewin
- Wiji nakiim owa gdo binoojinim gikinomaage gamig awii maajitaawin ensa giizhigag aasgaabiwitaagewin. Dabaadenimowaad negijitijig yaawog awii naadmaagewaad.
- Niigaansidoon gdo mina yaawin awii yaawin awii naadmowad g'niijaanis maage gdo eshkiniigid. Gnowaabmdan [Wellness Together Canada](#) newen inendamowinan miinwaa aasgaabiwitaagewin
- Gajitooon awii zhisewin newen wijiyaawin miinwaa dibasaag zngendamowin zhichigewinan wiidokwod gdo binoojinim maage eshkiniigid.
- Makwendan, nisidizang inendamowinan adaa temgad wegwen gwa bemaadizid miinwaa apii miigwewin, gagwek, dabaadenimowin aasgaabiwitaagewin gegeti gwa gdaa naadmowaa gdo binoojinim maage eshkiniigid

Gikendan awaa zhichigewin apii niizaanendaagwog

Giishpin gdo binoojinim maage eshkiniigid ayaang debwemigag nisidizang inaknigewin miinwaa nendang awii zhichiged wewiib agwa maage zhaashigwa agii gajitooon, aawan maanda inendamowin mina yaawin gichi niizaanag. Gaawii njike bagidinaake gdo binoojinim maage eshkiniigid njike awii ayaad. Wewiib gwa giigidan Crisis Services Canada 1.833.456.4566, azhaan aakoziigamig niizaanag, maage ginosh niizaanendaagwog aakozii daabaan.

Naadmaagewin temgad owi nisidizang niizaanendaagwog miinwaa nigaasijigaadeg:

Black Youth Helpline 1-833-294-8650 (9am-10pm)

[Crisis Services Canada](#)

1-833-456-4566 (24/7) or text 45645 (4pm-12am)

[Kids Help Phone](#)

1-800-668-6868 or text CONNECT to 686868

[First Nations Hope for Wellness Help Line](#) 1-855-242-3310
maagibidoon owi aankosijigan awii dinaangidonan.

Naseeha ([naseeha.org](#)) 1-866-627-3342

Trans Lifeline 1-877-330-6366

[Distress and Crisis Ontario](#) Maagibidoon owi aankosijigan awii dinaangidonan.

Maage giigidan owi giigido biiwaabikons zngendamowin zhiwe endinakiwin

E'gitzingejig, inodewizinan woshme awii gikendamang gdo gechi piitendaagwog inaangzhewin owi nisidizang

Giizhiitaan; Nigaasidon; Nakwetan: Owi nisidizang nigaasijigaadeg naagzowaabmijigan gewe e'gitzingejig.



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Mental Health
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www.smho-smso.ca