

Agezhi aasgaabiwitwod gdo binoojiinim mina inendamowin epiichi temigag maziwe kiing gichi aakoziwin.

Epiichi temgag ninda yaanjisemigag miinwaa myaanendaagwog ayaawong, gnimaa gda zinagendam owi gdo binoojiinim maage eshkiniigid ado minwendamowin miinwaa mina yaawin, memdage gwa maziwe kiing gichi akooziwin aabaji semigag ani bimisemigag. Niibna binoojiinig miinwaa eskiniigijig wiikaji tonaa-aa awii n'gadendamowaad ninda kina e-aanjisemigag agaa zhiwebak a'gaani bimiseg giizison owi onji COVID-19. Dash gdaa maaminanaamidaan aanigodinang gdo binoojiinim maage eshkiniigid gnimaa adaa znagendiminaagozi, osidaawendam, nibodewendam, maage gwiiniwizhayaa. Gnimaa adaa gwiinwinendamog maage nishkaadiziwog newen gagwej e'nankiwaad aabaji nashkwechigaadenon maage giisaadendamog awii bininamowaad gego agaa baabiitowaad gichi gnesh. Niibna e'skonwijig zinagendamog gnimaa adaagii bashiginaanaa-aa gechi piitendaagwog gikinomaadiwin miinwaa ojaanimendamog owi awaa zhiwebak maanda gikinomaadiwin biboon. Kina gwa ninda zhayaawinan dinenjigaadenon maanda apii gwiiniwinendaagwog.

Miinwaa gagii kendaanaa aanin ekinomaagaazijig miinwaa inozeziwinan/nyaagdowenjigejig agii ayaanaa-aa gichi zinagiziwin miinwaa naajitaasowin epiichi temigag owi maziwe kamig gichi aakoziwin. Gnimaa gdo binoojiinim maage eshkiniigid woshme agii yaanaa-aa bemandimowaad apiich gewe bekaanzijig, miinwaa gwiinwendam endagwen aji mina zhayaawaad.

Aaniish agezhi naadamowad gdo binoojiinim maage eshkiniigid awii abaji mina inendang epiich anjiseemigag owi mazise kamig gichi aakoziwin. Aaniish agezhi gikendaman gdo binoojiinim maage eshkiniigid e'yaang inendamowin maanaaji zhayaawin nendowendaagwog woshme aasgaabiwitaagewin. Ngii zhitonaanin aanin nakwetamowinan ninda gagwedwewinan maampii niisaa-iing ezhibiigaadeg.

[Giishpin gichi niizaani zhiwebak](#)

Gnimaa angodinang gdaa minezin naadmaagewin. Giishpin giin maage gwaya gekenimad ayaang inendamowin mina yaawin maage maji mashkiki nikaazang niizaani zhiwebak, giigidan odi niizaanendaagwog giigido biiwaabikons, gigidan aakozing daabaan bimidaabaangowin, maage zhaan odi aakoziwin niizaanizing aajikinogan odi gdo akooziigamig. Aanwi agwa ninda gwiiniwi zhiwebak, gichi piitendaagwod wewiib awii debinaman naadmaagewin meneziyin. Yaawog bemaadizijig e'giizhiitaajig miinwaa e'yaajig awii naadmaagewaad.



Makwendan: Giishpin zhaawin aakoziwin neniizaanag aajikinigan, gdaa zhiitaa awii wijiyaawin zhiwe “ndagikenimogowin” owi COVID-19 yaawang owi gagwech zhichigewin maanda apii. Aga gagwejimigwo awii biiskaman gabiingwegan. Gajitooon awii bekaadendaman gikendaman maanda aawang aabaji zhichigewin, miinwaa gikinwaabmjigan owi nikiiyaa gechinenjigejig negijitojig ezhi miigwewaad aasgaabiwitaagewin.

Giishpin bwaa gagwekwendaman endogwen aawang aakoziwin neniizaanag, maage goweta ndowendam gwaya awii dibaatan ezhiwebiziiwin, dibiwegendan meshkwod giigidawin Telehealth Ontario odi 1-866-797-0000, maage owi godagitowin giigido biiwaabikons maage bembizijig gichi niizaanag waaji nakiindijig endinakiwin. Gnowaabmdan niisawiing ezhibiigaadeg newen aanke giigido biiwaabikonsan gindaasowinan.

Eshkiniigijig memdage ginwaabijigaadeg inendamowin mina yaawin nikaaziwinan

Ngwiji nakiimaanaanig Jack.org miinwaa Kids Help Phone awii zhitowin [online hub of COVID-19 youth-focused mental health resources](#) awii naadmaagaaziwaad eshkiniigijig awii naagdowendiziwaad miinwaa naagodowendiwaad. Maadokiin waasa gewe eshkiniigijig waaji yaajig gdo bimaadiziwin.

Gagwedwewinan miinwa naakwetamowinan.

[Aaniish agezhi gnowenimag ndo binoojiinim maage eshkiniigid awii minayaamigadinig indendamowin epiichi temigag owi COVID-19 maziwe kamig gichi aakoziwin.](#)

Aawing egitiziingejig/nyaagdownimigejig miinwaa inodewiziwin waajii-ejig, memaanji nishing age zhichigengiba aawan awii dibaajimatodwaa gdo binoojiinimag miinwaa eshkiniigijig miinwaa awii zhiibendaman miinwaa awii nisastaman.

Ngii zhitonaanin ninda eni zhibiigaadeg bakwenimaagewinan awii miingowin aanin nendamowinan awaa makwendaman. Aabdeg gwa, giin giikenimaa woshme weweni gdo binoojiinim, makwendan dash ninda bakwenimaagewinan gnowaabmdaman gdo inodewiziwin/endaawin ezhiwebak.



Woshme egaachiinjig binoojiinig

- **Bizaanendan.** Binoojiinig ginowaabmiginaanik waazhi gikendamowaad nikweshkamowaad zengendaagwog zhiwebak. Makwenden giin bizaanendaman, naadmaagwan gdo binoojiinim awii bizaanendang. Nda makwenden newen nikiiyaa agezhi bimondaman znagendamowinan gnimaa bemiwidowin (dibaajimatod gwijikiwen maage gechi piitizid, bibaamseyin, memdage gnowaabmdaman miiwechiwendamowin, miinwaa age) awii ishpi mina aawiyin awii aasgaabiwitodwaa gdo binoojiinimag. Giishpin nishinaadendaman maage gichi zinagendaman, kwe bizaaniyaan miinwaa kwe nesen jibwaa ginonad gdo binoojiinim.
- **Wenipanad'toon.** Owi masiwe kamig gichi aakoziwin, e'nowendaagwog bemaadizijig mina bimaadiziwin nigaasijigewinan, miinwaa bkaan inenimigowin, dibasi bigidinigowin miinwaa naajitaasang adaa zaamendaagwo miinwaa nowonj zhinaagwag. Aapaji gwa niibna gikendamowin geskana gdebinaanaa. Gdaa wiindamowaa gdo binoojiinim biisibidowin woshme geshkichigaadeg awii naagidowendamang miinwaa gnowaabmdaman newen goweta wiinwaa woshme gechi piitendamowaad. Dibishko gonaa, mikowaamad waankiid, nisastamonad newen negaasijigaadegin zhiwebadon awii naadmaagemigad naagdowenjigaazad miinwaa gewe bkaan bemaadizijig zhiwe odenwining waankiwaad owi onji aakoziwin manijooshens, wiindamodwaa owi gziibiigininjiwaad wewiiba miinwaa biiskamiwaad bagiingwegan, kina gwayaa naadmowaa-aan, miinwaa yaa-aabi. Yaamong aanin kidiwinan awii naadmodwaa nisastamiwaad ezhiwebak, age aanji kidiyimba bizaani nikiiyaa, ada naadmaagwon.
- **Bazindan.** Bagidish gdo binoojiinim awii dibaatang ezhi ayaad. Nisastan ado zhayaawinan miinwaa naadamo awii waawiindamowaad newen. Gdaa akid, *"Enh, ndwaamdaan agwa zinagendaman" maage "gaawiin agwa gego aawizina nishkaadendamang" maage "gaawii maamda awii waabmad agookimis nongo megwaa."* Aanin binoojiinig gaawii adaa wenpanizisiwog awii dibaatamiwaad ezhi manjiwaad maage daa-aanziinaa-aa kidiwinan awii waabmdamiwaad miinwaa awii waawiindamowaad bkaan dnowaa zhayaawinan. Giishpin maaminaamdaman bkaan dodimowaad, gdaa akid. *"Ndo inendam endagwen gnimaa gdaa zinagendam, maage sidaawendam?"* miinwaa, *"wegnesh age naadmaagemigagba gnimaa woshme awii mina zhayaawin?"*
- **Ginowendan gikendamowin epiitizid maagsemigag.** Nakwetan gdo binoojiinim gagwedwewinan owi maziwe kamig gichi aakoziwin miinwaa e'nowendaagwog bemaadizijig mina bimaadiziwin nigaabijigewinan epiichi gagwek debwemigag dash wiigwa gdo nakwetamowinan makwenden epiitizid miigsemigag. Gnowaabmdan owi [Additional resources section](#) maampii niisawiing newen e'dikobidegin newen gagwek debiwemigag gikendamowinan temigag owi COVID-19. Dibaamdan gdo gikinomaage gamig naagaanzijig dibaajimowinan awii



gikendaman wiingeziwin naagijigewinan miinwaa eshichigeng zhiwe gikinomaage gamig.

- **Naazhinan minik genwaabmdaman.** Miiwishkan bazindaman maage ginowaabmdaman enkamigag dibaachigaadeg owi maziwe kamig gichi aakoziwin gaataawiing yaawaad binoojiinig. Miiwishkan yaaman netaawigijig dibaajimataadiwinan gdo zinagendamowinan niigaan binoojiinig yaawaad. Gagaandin woshme epiitizijig binoojiinig awii gikenindoziwaad ado wiijiindiwin dibaajimataadiwin mazinibiigesemigag miinwaa daapinamiwaad niwebiwin owi. Naadamo awii naanaagadowendamowaad owi e'gindamowaad waasamo biiwaabikonsing, bakesidon aansokewin miinwaa debwewinan.
- **Gajitooon awii yaaman age aanjichigaadegiba zhichigewin owi gdo binoojiinim.** Epiichi skooniwiwaad endaawaad, niibna inodewiziwinan nikaazanaa-aa naasaab apii, dash wiigwa azhesewin, epiichaag apii gashkozing miinwaa nibaang, miinwaa gnimaa apii waasining miinwaa bangii wiisining. Gnimaa gdaa agii maajiishkaatoon menbideg miinwaa gnisidowendaan owi e'nakiimigag gdo inodewiziwin maage endaawin, miinwaa owi agaa nakiimigasinaag. Maanda gikonomaading biboon, gdaa nikaazinan ninda agaa makaman weweni awii zhichigewin wegdogwen agwa abi temigag.
- **Zhiibendan miinwaa nisidwendan.** Gnimaa gdaa maaminanaamdaan endodamowaad aanjisemigag owa gdo binoojiinim epiichi temigag woshme e'zinagendamowemigag e'digobideg owi maziwe kamig gichi aakoziwin maage bkaan gego. Binoojiinig bkaan nikiyaa izhayaawog newen aanjisemigag gagwej eshichigeng miinwaa zinagendamowin. Gnimaa woshme wewiib adaa miskwiigidewendamog, maage adaa maanaadendamog, maage maajitaawog zhichigewaad agaa dodamowaad woshme bangii agii piitiziwaad. Gajitooon woshme awii nisidawendaman owa gdo binoojiinim, zaam gnimaa goweta woshme adaa dowendaanaa aangwaamzowemiwin miinwaa bekaadendamowin maanda apii.

Gewe Eshkiniigijig, miinwaa aanke newen aanin ishping ezhibiigaadegin bakwenimaagewinan, ninda eni zhibiigaadegin gnimaa daa naadmaagemigadinon:

- **Zhiibendan miinwaa nisidwendan.** Ne-aab makwendan agii shkiniigiwin miinwaa agaazhi gichi piitendaagwog gdo wiijiindiwin agaa aawang (miinwaa gwa megwaach yaa-aabi yaawong!). Eshkiniigijig bamiikaanaa-aa woshme bangii wiijiindiwin miinwaa nigaasijigaadeg dinakmowinan. Maanda adaa nishkendaagwog. Gajitooon awii zhiibendaman miinwaa nisidwendaman – gajitooon awii bwaa dibasendaman ezhiyaawaad. Meshkwod, bazindan, debwetan, miinwaa waabmdowen zhiwenjigewin.
- **Gagaandan dibaabijigan.** Aanin eshkiniigijig gnimaa adaa zhaawog aabajibideg mazinaatesijiganan, wiijiindiwin dibaajimataading



mazinibiigesemigag, maage waasamo biiwaabikonsing daminowin aawang awii nashkwewendamowaad bebezhiig giizhigad owi debwemigag maziwe kamig gichi aakoziwin-dinenjigaade gwa maanda awii zhiwebak miinwaa gnimaa gegii gdaa dowaabmdanaan nashkwewendamowinan. Eshkiniigijig age gnimaa adaa zinagendamog ezhi maajiishkaawaad skoniwiwaad miinwaa gnimaa woshme ada dizhiikaanaa masinatebiigeseg onji skoniwiwaad maage giizhiikamowaad nakiiwin. Dash wiigwa, zaam niibna gnowaabmdamang mazinaatesijigan gnimaa adaa madookdaagemigad owi inendamowin mina yaawin. Jejina kwe nwebing naadmaagemigad. Gajitoo awii gagaandinaman naasaab apii nibewin, weweni wiisining, miinwaa agojiin bibaayaan apii zhisemigag. Gda wiikijinaa gdo shkiniigkwe/ish agojiing awii bibaamse-eg, gagaandinan daminowinan, maage maamowi jiibaakweg. Dibaabiishkodiman mazinaatesijigan genwaamdaman minik miinwaa bkaan aanin nankiiwin naadmaagemigad awii mina yaang. Aga bigosenimigo awii ginowaabmdaman gikendamowin mazinigan [Helping Your Child Manage Digital Technology](#) woshme gego awii gikendaman.

- **Bekaa okwe yaan jibwaa giigidawin.** Owi gichi niibna wiindamaagemin dibaachigaadeg miinwaa dibaatemigag owi COVID-19, miinwaa aanin bkaan nishinaadikamig ezhiwebak waajii-emigag bkaan inendiwin miinwaa dibashi bigidinigowin abi mogshkaamgag zenigag inendamowinan, zaam niibna waabmjigaadeg gwa adaa zhiwebad. Gdaa miinaa eshkiniigid niwebiwin bwaa dizhingaman owi ezhiwebak niigaan yaawaad. Miinwaa age naasaab apii, gichi piitendaagwog awii zhitowin zhisewinan awii naanaagdowendamang miinwaa nisidwendaman ezhi webak gaatiiwiing yaawaad. Dibishko gonaa, niibna inodewizinaag/waaji gendaadijig agii daapinaanaa-aa gmaaming awii maamidondamowaad gikinwaajibiigaadesinag nigwakaan geewe binoojiing agojiing agii maamowidaawaad e'kinomaagazijig gikonamaage gamigon maampii Gaananda, miinwaa owi gichi wiisgendamowin miinwaa sidaawendamowin maanda onji. Apii owa gdo shkiniigkwe/ish dibaatang zengendang, zhisidon owi temgag apiichaag awii nda-gikendang ado indendamowin miinwaa e'zhiyaawaad, miinwaa miigwen kidiwinan aasgaabiwitwod nisidwaabmdaman e'zhayaawaad.
- **Bazindan miinwaa miigwen aangwaamzowemiwin apii gashkitowin** Aanin eshkiniigijig gnimaa adaa zinagendamog owi mina yaawin geewe wiijikiwenin miinwaa inodewiziwin waajii-ejig, owi sweshkaamigag maziwe kamig gichi aakoziwin beshaa yaawaad miinwaa maziwe kamig, maage owi naajitowaad gikinomaadiwin miinwaa ado gashkiweziwiniwaa awii giishtowaad ezhi skoonwiwaad. Giishpin wiindamaag ado znagendamowiniwaa, bazindan ado znagendamowinwaa miinwaa gajitoo awii miindwaa aangwaamsowemiwin. Gdaa dibaataan newen zhichigewinan etemigag awii waankiwaad bemaadizijig, agaazhi zhiitaawin aawiyeg inodewiziwin/waaji gendaadijig, miinwaa bimaadiziwin agezhi biskaabiimigag shkiwii nikiiyaa ezhinaagwog.



Gewe eshkiniigjig e'zinagendamajig owi naajitowaad gikinomaadiwin miinwaa giishitowaad ezhi skoonwiwaad, aangwaamzowenim gewe gikinomaadii gamig enji nakiijig nistataanaa-aa miinwaa gichinendaanaa-aa gdo zinagendamowin. Wiindamo woshme gikendamowin ada abi temigad miinwaa maamowi aga nakiitaanaa-aa.

- **Noomikwetaan gdo binoojiinim e'zhayaad.** Meshkod dash wewiib zhichigewin awii gajitowin awii naawitowin owi zengendaagwog, kwe baabiitooon gwa bizindaman dash gdo binoojiinim wiinge adaa dibaajimaa eshayaad. Bazindan miinwaa naadimo awii zhitowaad kidiwinan newen e'zhayaawaad. Dibishko gonaa, giishpin gdo eshkiniigid makang kidiwinan awii kidad sidaawendang, miinwaa gashkitowaad bangii awii kidwaad owi e'niiskaadendimigowaad, gnimaa gdaa nakwetaan kidwin gego maanda nikiiyaa, *"Enh, eshiwaadendaagwog ago owi, aabdeg gwa gdo sidawendam nongo megwaa, zaam gaawii gdo gashkitosiin awii wiiji yaawidwaa gwiiikiwenig zhaazhigwa nikiiyaa agaa zhichigewin, miinwaa zaam gdo inendam baataashinan endaawin, miinwaa zaam niibna agii bininaan owi gichi niibna agaa maamiikwendaman awaa zhiwebak."* Waabmdowewin gegeti agii nisastaman gdo naadmaagon niigaan awii ani zhaaweg maamowi yaaweg.

[Wegnesh newen nyaagwog gdo binoojiinim maage e'shkiniigid gnimaa adaa wiikwaji naagdownendang ado inendamowin mina yaawin?](#)

Aangwodinang anjisemigag endodamowaad maage eshiyaawaad aawinon waabmdogewinan gewe e'skoniwijig woshme minezinaa-aa aasgaabiwitaagewin owi ado inendamowin mina yaawin.

Ninda aanin age naagwog awaa kowaabmdaman:

- Aanjisemigag endodamowaad maage e'zhayaawaad gaawii gagwek yaawizinag aanwi agwa megwaa ezhiwebak (dibishko gonaa nishkaadi dodamowaad, nibodenwendamowaad, inendamowaad zegendaagwog).
- Ninda aanjise zhayaawinan gabe giizhig tenon, ensa giizhigag.
- Ninda aanjise zhayaawinan gnesh temigadoon (dibishko gonaa, woshme nigo namegiizhik).
- Ninda yaanjisegin nendaagwodon awii nashkwechigaadeg gdo binoojiinim maage eshkiniigid indendamowin, ezhayaawaad, maage ensa giishigag bimaadiziwaad – dibishko gonaa, gaawii gnimaa adaa zhichigesiiwog inankiiwin gagwech gwa beshigendamowaad, woshme mawiwog, maage gaawii gdaa ginonigosiig naasaab minik gagwech minik agaa zhichigewaad.
- Gdo binoojiinim maage eshkiniigid gwindimaag sidaawendamowaad maage aanimendamog niibna minik.
- Giishpin gdo binoojiinim dibaatang inendang awii wiisgaapinadizad maage awii nisidizad dodamowin, dowaabmdan naadmaagewin owa inendamowin mina



yaawin negijitod wewiib agwa (gnowaabmdan gichi niizaanag naagijigewinan maampii ishpiming miinwaa niisaawiing).

- Gnima gda dowendaan awii anji gnowaabmdaman owi gikendamowin mazinigan owi [Noticing Mental Health Concerns for Your Child](#) maage [WITH CARE – How do you know if you should be concerned about your child/teen’s mental health and well-being?](#)

[Aaniish ageshi aasgaabiwitwog niijaanis ado inendamowin mina yaawin?](#)

Giishpin zinagendamowin owi gdo binoojiinim ado inendamowin mina yaawin, owi ntam agezhi zhichigewin aawan awii gininonad gdo binoojiinim maage eshkiniigid. Ninda aanin bakwenimaagewinan owi [how to talk to your child or teen](#) owi apii zinagendamowin gnima adaa miigaadaanaa-aa inendamowin mina yaawin zinagag.

Giishpin wiindamaag wegwen gwa e’zinagendamowin (dibishko gonaa, nendamowaad awii nisidiziwaad, zaam gichi animendamowaad, wiisgaapinidizaowaad dibishko gonaa giizhkondiziwaad) aangwaamzowenim gdo binoojiinim gichi nendamowin agii wiindamaag miinwaa age aga naadmowaag awii makwaawaad gagwek yaawid negijitod awii ginonaawaad, miinwaa aga wiijiyaawaa eni zhaawaad.

Children’s Mental Health Ontario agii zhitonaa-aa [tips on talking to anxious children about COVID-19](#).

[Aaniish agezhi debinama naadmaagewin owi gdo binoojiinig maage eshkiniigid inendamowin mina yaawin?](#)

Giishpin giin maage gdo binoojiinim ayaang inendamowin mina yaawin gichi niizaanag, ginosh aakoziwin niizaanag bamidaabaanigong maage zhaan odi gdo niizaanag aakosiwin aajikinigan odi aakoziigamig.

Ensa bezhig gwa Ontario gikinomaage gamig naagaanzijig dowaa-aan inendamowin Miina Yaawin Naagaanwidod age miigwepa gikendamowin newen endinakiwin zhichigewinan gnima age temigag aba awii nikaaziwin. Gda mikan [makowad gdo Inendamowin Miina Yaawin Naagaanwidod maampii ndo asabi mazina-igan maampii](#) Ninda aanin bkaan makwendaagewinan:

- Binoojiinig miinwaa eshkiniigijig adaa ginonaa-aan ganoondigejig 24/7 agiigidowaad Kids Help Phone odi 1-800-668-6868 maage masinaateseg zhibiigewin odi CONNECT odi 686868.



- Nda gikendan gdo gikinomaage gamig naagaanzijig ado waasamo-asabii mazina-igan woshme awii gikendaman endogwen indendamowin mina yaawinan miigweng zhiwe nikiiyaa owi gikinomaage gamig naagaanzijig maanda apii.
- Ginosh gdo inodewiziwin mashkikiinini awii gagwedwewin endinaakiiwin zhichigewinan gnimaa age debinamiba.
- Binoojiinig Mina Inendamowin Ontario nakiiwinan nisaaksinon miinwaa miigwena-aa aasgaabwitaagewin gewe binoojiinig miinwaa eshkiniigijig mazinaatesing biiwaabikons miinwaa giigido biiwaabikonsing. Gaawii mashkikiinini gagaandibiigewin dowendaagosino miinwaa gaawii OHIP mazinigaans dowendaagoosisii awii debinigaadeg zhichigewinan. [Dowaabmdan Binoojiinig Mina Inendamowin Mina Yaawin Nakiigamig gdo odenwining.](#)
- [The Hope for Wellness Help Line](#) (1-855-242-3310) miigwemigad mina inendamowin ginondiwin miinwaa gichi niizaanag nigaasijigaadeg kina Giizhaa Aгаа Yaajig bemaadizijig kina maampii Gaanada.
- The Métis Nation of Ontario (MNO) miigwemigad [24-hour Mental Health and Addictions Crisis Line](#) owi inaadiziwin myaawong inendamowin mina yaawin miinwaa omamaanjigowin minikwewin maage maji mashkiki aasgaabiwitaagewin gewe netaawigijig, eshkiniigijig, miinwaa inodewiziwinag zhiwe Ontario neniish gwa zhaaginaazhiimiwin miinwaa wemtigozhimiwin, giigidan: 1-877-767-7572.
- Owi Anishinaabek Maamowi Daawin Gikinomaadii Gamgon Giiizhaakinigewin Mina Yaawin Aasgaabiwitaagewin Zhichigewin adaawaan National Indian Residential Schools Crisis Line (1-866-925-4419) maagwemigag wewiib azhayaawin aasgaabiwitaagewin gewe agaa aawijig Anishinaabek Maamowi Daawin Gikinomaadii Gamgon e'skoniwijig. Temigad 24 dibagiisiwaan ensa giizhigag, 7 minik giizhigad ensa namegiizhik.
- [The Black Youth Helpline](#) (416-285-9944 maage wepash giigidang 1-833-294-8650)
- [LGBT YouthLine](#) (zhibiigewin 647-694-4275) miigwemigag e'gashkiiwaag miinwaa gaawii dibaaknige wiiji piitiziiman aasgaabiwitaagewin giigido biiwaabikonsing, zhibiigesemigag ekodowin miinwaa dibaajimataadiwin zhichigewinan.
- [Trans Lifeline](#) (877-330-6366)
- Nikaazan [Ontario 211](#) awii ndwaabmdaman zhichigewinan etemigag endinakiiwin.
- Gajitoo owi [Kids' Help Phone Resources Around Me.](#)
- Aanke [Mental Health Supports for Indigenous Students](#)

