ᐅᑯᐊ ᓱᓕᔪᓂᒃ ᑐᑭᓯᑎᑦᓯᒋᐊᕈᑏᑦ ᖃᐅᔨᒪᑎᑦᑎᒋᐊᕈᑕᐅᕗᑦ

ᑕᐃᒃᑯᓂᖓ ᐊᐅᐸᓗᖕᓂᕋᖅᑕᐅᔪᓂᒃ ᐅᓗᕆᐊᓇᖅᑐᓕᕆᓂᕐᒧᑦ

ᒪᓕᒐᕐᓂᒃ ᖁᑭᐅᑎᖃᕈᓐᓇᕐᓂᕐᒥᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ, ᐊᒻᒪᓗ ᓄᑖᓂᒃ ᐋᓐᓂᖅᑕᐅᒌᒃᑯᑕᐅᒋᐊᖅᑐᓂᒃ ᐱᓂᕐᓗᒃᑕᐅᑎᑦᓯᑕᐃᓕᒪᓂᕐᒧᑦ ᖁᑭᐅᑎᓕᔭᖅᑐᓄᑦ ᐋᓐᓂᖅᑕᐅᔪᓐᓇᕐᓂᕐᒥᒃ ᐅᕝᕙᓗᓐᓃᑦ ᐃᖕᒥᓂᒃ ᐋᓂᖅᓯᔾᔪᑕᐅᔪᓐᓇᕐᓂᕐᒥᒃ.

ᑕᒪᒃᑯᐊ ᒪᓕᒐᐃᑦ ᐱᔪᓐᓇᐅᑕᐅᕙᒃᑐᑦ ᐃᓄᖕᓄᑦ ᑐᒃᓯᕋᖃᑕᕈᓐᓇᕐᓂᖅ
ᑎᒍᓯᖁᔨᓂᖅ ᖁᑭᐅᑎᓂᒃ ᑭᓇᒃᑯᑐᐃᓐᓇᕐᓂᕐᒥᒃ ᐅᓗᕆᐊᓇᕈᓐᓇᖅᑐᓂᒃ
ᐃᖕᒥᓄᑦ ᐊᓯᖏᓄᓪᓗᓐᓃᑦ. ᑕᒪᒃᑯᐊ ᑐᑭᓯᑎᑦᓯᒋᐊᕈᑏᑦ ᐃᑲᔫᑕᐅᕗᑦ
ᐅᓗᕆᐊᓇᕐᓂᖃᖁᔨᖏᓐᓂ ᓄᓇᓕᖕᓂ, ᐱᔪᓐᓇᐅᑕᐅᓂᖏᓄᓪᓗ
ᐃᓄᖕᓄᑦ ᐱᓂᕐᓗᒌᑯᑎᒃᓴᖃᖅᑕᐃᓕᒪᑎᑦᓯᓂᖅ
ᐊᑐᕐᓂᕐᓗᒃᑕᐅᔪᓐᓇᕐᓂᖏᓐᓂ ᖁᑭᐅᑏᑦ.

ᐊᐅᐸᓗᒃᑐᑦ ᐅᓗᕆᐊᓇᖅᑐᓕᕆᓂᕐᒧᑦ ᒪᓕᒐᕆᔭᐅᔪᑦ ᐱᔾᔪᑎᓖᑦ ᖁᑭᐅᓯᕆᓂᕐᒥᒃ ᑲᓇᑕᒥ:

ᓱᓕᔪᓂᒃ ᐅᓂᒃᑳᕈᑏᑦ

ᖃᓄᖅ ᑕᒪᓐᓇ ᐱᕙᓪᓕᐊᓚᐅᕐᒪᖔᑦ

ᑲᓇᑕᒥ, ᖁᑭᐅᑎᖃᕐᓂᕐᒥᒃ ᐋᓐᓂᖅᓯᔾᔪᑕᐅᕙᓐᓂᖅ ᓲᕐᓗ ᐊᖑᑎᓄᑦ ᐊᕐᓇᐃᑦ
ᐋᓃᖅᑕᐅᕙᓐᓂᖏᓐᓂ GBV−ᑯᑦ, ᐊᒻᒪᓗ ᓇᖕᒥᓂᖅ ᐊᐃᑉᐸᕇᒃᑐᓂ ᐋᓐᓂᖅᓯᖃᑕᕐᓂᕐᒧᑦ
IPV−ᑯᑦ ᐊᑯᓂᐊᓗᒃ ᐱᐅᖏᑦᑐᓂᒃ ᑭᖑᕙᕇᒃᑐᓄᓪᓗ ᐊᒃᑐᐃᓂᖃᓲᖑᕗᑦ.

ᓄᓇᓕᑐᖃᐃᑦ ᐊᕐᓇᐃᑦ, ᓇᑭᑐᐃᓐᓇᕐᒥᐅᑦ ᐊᔾᔨᒌᖏᑦᑑᑎᐅᔪᓂ ᓄᓇᓕᖕᓂᒃ, ᓇᓕᖃᒌᖏᑦᓯᐊᖅᑐᓂᒃ ᑕᐃᒪᐃᓕᐅᖅᑕᐅᖃᑦᑕᖅᓯᒪᖕᒪᑕ ᐋᓐᓂᖅᑕᐅᕙᖕᓂᖏᓐᓂᒃ, ᑕᒫᓃᑐᒥᒃ 60% ᐳᓴᓐᑎᖏᓐᓂᒃ ᐅᖃᐅᓯᐅᓯᒪᒐᒥᒃ ᐃᓅᓯᕐᒥᓂᒃ ᐊᑐᖅᓯᒪᓂᖅ ᑕᐃᒪᐃᑕᐅᖃᑦᑕᖅᓱᑎᒃ ᐊᐃᑉᐸᕇᒃᑐᓂ ᐋᓐᓂᖅᑎᖅᑕᐅᓯᒪᓂᖏᓐᓄᑦ ᖁᑭᐅᓯᔭᖅᑐᒧᑦ IPV−ᑯᑦ.1

ᒪᓕᒃᑕᐅᓪᓗᑎᒃ ᓈᓴᐅᓯᕆᔨᕐᔪᐸᑦ ᑲᓇᑕᒥ,2 ᐊᑕᐅᓯᐅᕙᒃᐳᖅ ᑲᑎᓪᓗᒋᑦ ᐱᖓᓲᔪᖅᑐᓂᒃ (6-ᓂᒃ) ᐊᐃᑉᐸᕐᒥᓄᑦ ᐋᓐᓂᖅᑎᖅᑕᐅᓯᒪᒐᔪᒃᑐᑦ ᐊᕐᓇᐃᑦ IPV−ᑯᑦ (16% ᐳᓴᓐᑎᖏᓐᓂ) ᖁᑭᐅᓯᔭᖅᑐᒧᑦ. ᖁᑭᐅᓯᔭᖅᑐᒥᒃ ᐊᐃᑉᐸᕆᔭᐅᔪᑦ ᐋᓐᓂᖅᑕᐅᕙᖕᓂᖏᑦ IPV−ᑯᑦ ᑕᓪᓕᒪᐃᖅᑕᖅᓯᒪᑎᒋᔪᒥᒃ ᑐᖁᔾᔪᑕᐅᕙᒃᑐᑦ, ᓴᓂᐊᓂ ᐊᓯᖏᓐᓂᒃ ᐋᓐᓂᖅᑎᖅᑕᐅᕙᓐᓂᖏᓐᓂᒃ.3

ᒪᓕᒐᖅᓴᖅ ᓇᓗᓇᐃᒃᑯᑕᓕᒃ C-21 ᐱᖏᐊᖅᑎᑦᑎᓂᐊᓕᓵᖅᑐᖅ ᐊᒥᓱᒐᓴᓐᓂᒃ ᖃᓄᐃᓕᐅᕈᑎᒃᓴᓂᒃ ᐊᑐᖅᑕᐅᑎᑦᓯᑕᐃᓕᒪᒋᐊᕐᓂᖅ ᐊᖑᑎᓄᑦ ᐋᓐᓂᖅᑕᐅᕙᓂᖏᓐᓂᒃ ᐊᕐᓇᐃᑦ ᐊᒻᒪᓗ ᐊᐃᑉᐹᕇᒃᑐᓂ ᐊᕐᓇᐃᑦ ᐋᓐᓂᖅᑕᐅᕙᓐᓂᖏᓐᓄᑦ ᖁᑭᐅᓯᔭᖅᑐᒧᑦ,
ᓴᕿᑎᑕᐅᓂᐊᓕᖅᓱᑎᒡᓗ ᓴᐸᓐᓂᐊᕈᑎᒃᓴᐃᑦ ᐊᐅᐸᓗᒃᑐᓂᒃ ᐅᓗᕆᐊᓇᖅᑐᓕᕆᓂᕐᒥᒃ ᒪᓕᒐᓕᐊᕆᔭᐅᓂᐊᖅᑐᑦ.

ᐊᐅᐸᓗᒃᑐᓂᒃ ᐅᓗᕆᐊᓇᖅᑐᓕᕆᓂᕐᒧᑦ ᒪᓕᒐᐃᑦ ᐱᔪᓐᓇᐅᑕᐅᕙᒃᑐᑦ ᐃᓄᖕᓄᑦ ᐆᒃᑐᕈᓐᓇᖃᑦᑕᕐᓂᖅ ᐃᖃᖅᑐᐃᕕᒃᑯᓐᓄᑦ ᑕᒡᕙᑲᐅᑎᒋ ᑎᒍᔭᐅᖁᔨᔪᓐᓇᕐᓂᖅ ᖁᑭᐅᑎᒋᔭᐅᔪᓂᒃ ᐱᖁᑎᒋᔭᐅᔪᓂᒃ.4

ᓱᓇᐅᖕᒪᑕ ᐊᐅᐸᓗᒃᑐᓂᒃ

ᐅᓗᕆᐊᓇᖅᑐᓕᕆᓂᕐᒧᑦ

ᒪᓕᒐᐃᑦ?

ᐊᐅᐸᓗᒃᑐᓂᒃ
ᐅᓗᕆᐊᓇᖅᑐᓕᕆᓂᕐᒧᑦ ᒪᓕᒐᐃᑦ
ᐱᔪᓐᓇᐅᑕᐅᕙᒃᑐᑦ
ᐃᖃᖅᑐᐃᕕᒃᑯᓐᓄᑦ
ᓴᕿᑎᑦᑎᔪᓐᓇᕐᓂᖅ
ᑐᐊᕕᕐᓇᖅᑐᓂᒃ ᒪᓕᒐᕐᓂᒃ
ᐊᑯᓂᐅᓂᐊᖏᑦᑐᒥᒃ ᐃᓄᖕᒥᒃ
ᐊᔪᖅᑎᑦᑎᔪᓐᓇᕐᓂᖅ
ᖁᑭᐅᑎᖃᕈᓐᓇᕐᓂᖓᓂᒃ,
ᐱᓗᐊᖅᑐᒥᒃ ᐅᓗᕆᐊᓇᕐᓂᖃᕈᑎᒃ
ᐃᖕᒥᓄᑦ, ᐊᓯᖏᓄᓪᓗᓐᓃᑦ.4

ᑭᓇᑐᐃᓐᓇᖅ ᐆᒃᑐᖃᑕᕈᓐᓇᖅᑐᑦ
ᑐᐊᕕᕐᓇᖅᑐᒃᑯᑦ ᐊᔪᖅᑎᑦᓯᖁᔨᓂᖅ
ᒪᓕᒐᓕᐅᖁᔨᓗᑎᒃ ᐊᑐᕐᓗᑎᒃ
ᑲᓇᑕᐅᑉ ᐊᕕᒃᑐᖅᓯᒪᓂᖓᓂ
ᐅᑭᐅᖅᑕᖅᑑᑉᓗᓐᓃᑦ
ᐊᕕᒃᑐᖅᓯᒪᓂᖓᓂ
ᐃᖃᖅᑐᐃᕕᒃᑯᑦ.

ᐃᖃᖅᑐᐃᕕᑦ ᑎᒍᓯᔪᓐᓇᖅᐳᑦ
ᖁᑭᐅᑎᖏᓐᓂᒃ
ᐊᑯᓂᐅᑎᒋᔪᓐᓇᖅᑐᓂᒃ 30−ᓂ
ᐅᓪᓗᓂᒃ ᐊᒻᒪᓗ/ᐅᕝᕙᓗᓐᓃᑦ
ᐃᓱᖃᖅᑎᑕᐅᓗᑎᒃ ᐃᓅᑉ
ᖁᑭᐅᓯᔭᕈᓐᓇᕐᓂᖓᓂᒃ.

Native Women’s
Association of Canada

L’Association des femmes
autochtones du Canada

ᐊᐅᐸᓗᒃᑐᓂᒃ ᐅᓗᕆᐊᓇᖅᑐᓕᕆᓂᕐᒧᑦ ᒪᓕᒐᐃᑦ. ᐱᔪᓐᓇᐅᑕᐅᕗᑦ ᐸᓖᓯᒃᑯᓐᓄᑦ ᒪᓕᒐᓕᕆᔨᓄᓪᓗ ᐊᑯᓂᐅᖏᑦᑐᒧᑦ ᐊᖅᓵᖅᑕᐅᓯᒪᔪᓐᓇᕐᓂᖏᓐᓂᒃ ᐃᓄᐃᑦ ᐅᓗᕆᐊᓇᕐᓂᖃᕋᓱᒋᔭᐅᔪᓂᒃ ᑕᒪᒃᑯᓇᖓ. ᑐᑭᓯᐅᒪᓂᖅ ᖃᓄᖅ ᐆᒃᑐᕈᓐᓇᕐᓂᖅ ᐊᒻᒪᓗ ᐊᑐᖅᑕᐅᔪᓐᓇᕐᓂᖏᑦ ᖃᓄᐃᓕᐅᕈᑎᒃᓴᐃᑦ ᐱᒻᒪᕆᐅᕗᑦ ᐅᓗᕆᐊᓇᖅᑐᖃᖅᑎᑦᓯᑕᐃᓕᒪᔪᓐᓇᕐᓂᕐᒧᑦ.

ᖃᓄᖅ ᑕᒪᒃᑯᐊ ᐊᐅᐸᓗᒃᑐᓂᒃ ᐅᓗᕆᐊᓇᖅᑐᓕᕆᓂᕐᒧᑦ ᒪᓕᒐᐃᑦ ᐊᑐᖅᑕᐅᕙᖕᒪᑕ?

ᐃᖃᖅᑐᐃᔨᐅᔪᖅ ᑐᓴᖅᑎᑕᐅᔭᕆᐊᖃᖅᑐᖅ ᑐᑭᓕᐅᕐᓂᐊᕐᒪᑦ ᑐᐊᕕᕐᓇᖅᑐᒥᒃ ᖁᑭᐅᓴᕈᓐᓇᖏᓐᓂᕐᒧᑦ ᒪᓕᒐᓕᐅᕈᓐᓇᕐᓂᕐᒥᓂᒃ.

ᒪᓕᒐᓕᐊᕆᔭᐅᓚᐅᖅᑐᖅ ᑎᑭᐅᑎᒍᓂ
ᓈᕕᖓᓄᑦ ᐊᑐᕈᓐᓃᕐᕕᖓᑕ, ᖁᑭᐅᑎᖏᑦ
ᐊᖅᓴᖅᑕᐅᓚᐅᖅᑐᑦ ᑕᐃᔅᓱᒪᖓᑦ ᐃᓄᖕᒧᑦ
ᐅᑎᖅᑎᑕᐅᔪᓐᓇᖅᓯᕗᑦ.

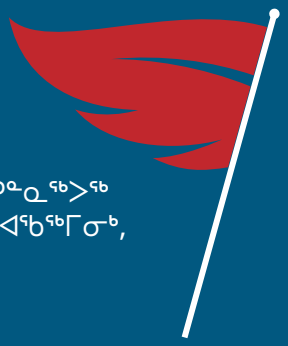
ᐸᓯᔭᒃᓴᐅᒍᓂ, ᐃᖃᖅᑐᐃᔨᐅᔪᖅ
ᒪᓕᒐᓕᕈᓐᓇᖅᐳᖅ, ᐊᑐᕐᓂᐊᓕᖅᑐᒥᒃ 30−ᓄᑦ ᐅᓪᓗᓄᑦ ᐊᑯᓂᐅᓂᓕᖕᒥᒃ. ᐃᓄᒃ ᑕᐃᓐᓇ ᐱᔾᔪᑕᐅᔪᖅ ᒪᓕᒐᓕᐅᕈᑕᐅᓂᕐᒧᑦ
ᖃᐅᔨᑎᑕᐅᓂᐊᖅᑐᖅ, ᖁᑭᐅᑎᖏᓪᓗ ᑎᒍᔭᐅᓂᐊᖅᑐᑦ. ᒪᓕᒐᖅ ᐊᑐᕐᓂᖓᓂ ᑕᐃᓐᓇ ᐃᓄᒃ ᐊᖅᓵᖅᑕᐅᓯᒪᔪᖅ ᐆᒃᑐᕈᓐᓇᖅᐳᖅ ᐊᑐᕈᓃᖅᑎᑦᑎᓇᓱᒍᓐᓇᕐᓂᕐᒥᒃ
ᒪᓕᒐᓕᐊᖓᓂᒃ ᐃᖃᖅᑐᐃᔨᐅᑉ.

ᐸᓯᔭᒃᓴᐅᖏᓐᓂᖅᕋᖅᑕᐅᒍᓂ,
ᒪᓕᒐᓕᐅᕈᑕᐅᔾᔮᖏᑦᑐᖅ,
ᖃᓄᐃᓕᐅᕐᕕᐅᑲᓂᕈᓐᓇᐃᓕᓗᓂᓗ.

ᐆᒃᑑᕐᓗᑎᒃ ᑲᓇᑕᐅᑉ ᐅᑭᐅᖅᑕᖅᑑᑉᓗᓐᓃᑦ ᐊᕕᒃᑐᖅᓯᒪᓂᖏᓐᓂ ᐃᖃᖅᑐᐃᕕᖕᓄᑦ ᒪᓕᒐᓕᐅᖁᔨᓂᕐᒧᑦ ᑐᐊᕕᕐᓇᖅᑐᓂᒃ ᐊᔪᓕᖅᑎᑦᓯᔪᒪᓂᖅ ᖁᑭᐅᓯᔭᕈᓐᓇᕐᓂᖓᓂᒃ.

ᐃᓱᒪᖃᕈᕕᑦ ᓱᓕ ᐅᓗᕆᐊᓇᖅᑐᖃᕋᓱᒋᑦᑎᓂᕐᒥᒃ, ᐆᒃᑐᑲᓐᓂᕈᓐᓇᖅᑐᑎᑦ ᑐᐊᕕᕐᓇᖅᑐᒃᑯᑦ ᒪᓕᒐᓕᐅᖁᔨᓂᖅ ᖁᑭᐅᑎᓂᒃ ᐊᖅᓵᖅᑕᐅᖁᓗᒍ.

ᐊᑖᓂ ᑭᖑᓕᕇᒃᑐᓂᒃ ᐊᑐᖅᑕᐅᔪᓐᓇᕐᓂᖏᑦ ᐃᒪᐃᓕᖓᕙᒃᐳᑦ :5



ᖃᓄᐃᑦᑐᓂᒃ ᑎᑎᖃᓂᒃ
ᐱᓯᒪᔭᕆᐊᖃᕐᓂᐊᖅᐳᖓ
ᑐᓂᔭᕆᐊᓕᖕᓂᒃ?

ᐃᖅᑲᖅᑐᐃᔨᐅᔪᖅ ᐊᓱᒪᒃᓴᖅᓯᐅᕈᑎᖃᕈᓐᓇᖅᐳᖅ

ᐊᒥᓱᓂᒃ ᐊᔾᔨᒌᖏᑦᑑᑎᓂᒃ ᖃᐅᔨᒪᔭᕆᐊᖃᖅᒥᓂᒃ, ᐃᓱᒪᓕᐅᕈᑎᒋᓂᐊᓕᕈᓂᒋᑦ, ᒪᑯᓂᖓ
ᐃᓚᖃᕈᓐᓇᖅᑐᓂᒃ:

ᑭᓇᑐᐃᓐᓇᖅ ᐆᒃᑐᕈᓐᓇᖅᐸᑦ ᐊᐅᐸᓗᒃᑐᓂᒃ ᐅᓗᕆᐊᓇᖅᑐᓕᕆᓂᕐᒧᑦ

ᒪᓕᒐᓕᐅᖁᔨᓂᖅ, ᐆᒃᑐᓚᐅᕐᓂᖓᑕ
ᑭᖑᓂᐊᒍᑦ ᐱᑲᓐᓂᕐᓗᓂ?

ᐄ, ᑭᓇᑐᐃᓐᓇᖅ ᐆᒃᑐᒃᑲᓂᕈᓐᓇᖅᐳᖅ ᓱᓕ ᐅᒃᐱᕈᓱᒃᑯᓂ
ᐊᑕᕐᓇᖅᑐᖃᕈᓇᕐᓂᖓᓂᒃ ᐅᓗᕆᐊᓇᖅᑐᖃᕈᓐᓇᕐᓂᕐᒧᑦ. ᐃᓱᖃᖅᑎᑕᐅᕙᓐᖏᒪᑕ ᖃᔅᓰᑦᑕᕈᓐᓇᕐᓂᖏᑦ ᐃᓄᐃᑦ ᑐᓂᓯᖃᑕᕈᓐᓇᖅᑐᑦ ᐆᒃᑐᕈᑎᒥᓂᒃ.

ᓇᖕᒥᓂᖅ
ᑎᑎᕋᖅᑕᐅᓯᒪᔪᕕᓂᕐᓂᒃ

ᐸᓖᓯᒃᑯᑦ
ᐅᓂᒃᑳᓕᐊᕕᑯᓂᖏᓐᓂᒃ
ᐅᕝᕙᓗᓐᓃᑦ
ᐅᖄᓚᕕᐅᓯᒪᓚᐅᕐᓂᖏᓐᓂᒃ
ᖃᐅᔨᑎᑕᐅᓪᓗᑎᒃ

ᓱᓕᔪᓂᒃ ᐅᖃᐅᓯᐅᓯᒪᓂᖏᓐᓂᒃ
ᑎᑎᕋᖅᓯᒪᔪᑦ
ᖃᐅᔨᖃᑕᐅᓚᐅᖅᑐᓂᒃ
(ᐃᓚᒋᔭᐅᓂᒃ,
ᐱᖃᑎᐊᓗᒋᔭᖏᓐᓂᒃ,
ᓴᓂᓕᕆᔭᖏᓐᓂᒃ,
ᐊᓯᖏᓐᓂᓗᓐᓂᑦ)

ᐃᑲᔫᑎᒃᓴᓂᒃᑕᐅᓯᒪᔪᑦ
ᑎᑎᕋᖅᓯᒪᔪᑦ

(ᖃᕆᑕᐅᔭᒃᑯᑦ ᑎᑎᖅᑲᖅᑖᕐᕕᒃᑯᑦ, ᑐᓴᖅᑕᐅᑲᐅᑎᔪᒃᓴᒫᓕᐊᑦᓱ,
ᐃᓄᓕᒫᓄᑦ ᑐᓴᖃᑕᐅᑎᕕᒃᑯᑦ
ᑐᓴᒐᒃᓴᓕᐊᑦ, ᐊᓯᖏᓪᓗ)

ᑕᕐᕆᔭᐅᑏᓪᓗᓐᓂᑦ
ᐅᖃᐅᓯᒃᑯᓪᓗᓐᓃᑦ
ᓴᕿᑎᑕᐅᓯᒪᔪᑦ ᓇᓗᓇᐃᒃᑯᑕᐃᑦ

ᐅᓗᕆᐊᓇᖅᓵᕐᓂᖓᓂᒃ,
ᐊᓐᓂᖅᑐᐃᖃᑕᕐᓂᖓᓂᒃ
ᐅᕝᕙᓗᓐᓃᑦ
ᐋᓐᓂᖅᑐᐃᓇᓱᒃᓯᒪᓂᖓᓂᒃ.6

ᖃᓄᕐᓕ ᑕᐃᒪ ᐃᖅᑲᖅᑐᐃᔨᐅᔪᖅ ᐊᖏᕈᑎᖃᖏᒃᑯᓂ ᐊᐅᐸᓗᒃᑐᒥᒃ

ᐅᓗᕆᐊᓇᖅᑐᓕᕆᓂᕐᒥᒃ ᐆᒃᑐᕈᑎᒋᔭᕋᓂᒃ ᒪᓕᒐᓕᐅᖁᔨᓂᕐᒥᒃ?

ᐊᔪᖅᑎᑕᐅᕙᖏᑦᑐᑦ ᐆᒃᑐᑲᓂᕈᓐᓇᕐᓂᖅ ᑐᐊᕕᕐᓇᖅᑐᓂᒃ ᐊᖅᓵᖅᑕᐅᖁᔨᓂᖅ ᖁᑭᐅᑎᖏᓐᓂᒃ ᒪᓕᒐᓕᐅᖁᔨᓂᖅ. ᓱᓕ ᐅᒃᐱᕆᒍᕕᐅᒃ ᐅᓗᕆᐊᓇᕈᓐᓇᕐᓂᖓᓂᒃ ᐊᑕᕐᓇᕈᓐᓇᖅᑐᖃᕈᓐᓇᕐᓂᖓᓂᒃ,
ᐆᒃᑐᒃᑲᓐᓂᕈᓐᓇᖅᑐᑎᑦ, ᑭᓯᐊᓂᓕᑦᑕᐅᖅ, ᓂᕆᐅᒋᐊᖃᖅᑐᑎᑦ ᓄᑖᓂᒃ ᐅᕝᕙᓗᓐᓃᑦ ᐊᓯᖏᓐᓂᒃ ᓴᖏᓂᖅᓴᓂᒃ ᓴᕿᑎᑦᓯᖁᔭᐅᔪᓐᓇᕐᓂᖅ ᐅᓗᕆᐊᓇᖅᑐᖃᕈᓐᓇᕐᓂᖓᓂᒃ ᐆᒃᑐᒃᑲᓐᓂᕈᕕᑦ.

ᐄ. ᐃᓄᐃᑦ ᐊᒥᓱᒐᓴᖕᓂᒃ ᖃᓄᐃᓕᐅᕈᓐᓇᖅᑎᑕᐅᔪᑦ ᑭᓈᐅᓂᖓᓂᒃ ᖃᐅᔨᔭᐅᑎᑦᓯᑕᐃᓕᒪᔪᓐᓇᕐᓂᖏᓐᓄᑦ:

ᑭᓇᐅᖕᒪᖔᕐᒪᑦ

ᐅᖃᐅᓯᐅᑦᑕᐃᓕᒪᑎᑕᐅᔪᓐᓇᖅᐸᑦ, ᖃᐅᔨᔭᐅᑦᑕᐃᓕᒪᓗᓂ?

ᑕᐃᓐᓇ ᐃᓄᒃ ᐱᔾᔪᑕᐅᔪᖅ ᒪᓕᒐᓕᐅᖁᔨᓕᕐᓂᕐᒧᑦ ᖃᐅᔨᑎᑕᐅᕙᖏᑦᑐᖅ ᑭᓇᒧᑦ ᑐᒃᓯᕋᐅᑕᐅᖕᒪᖔᑕ ᐆᒃᑐᕈᑎᖓ ᐅᕝᕙᓗᓐᓃᑦ ᑐᓴᖅᑎᑕᐅᔭᕆᐊᖃᕐᓂᖓᓂᒃ ᐃᖃᖅᑐᐃᔨᐅᔪᖅ, ᖃᐅᔨᑎᑕᐅᓕᓵᕐᓂᐊᕐᒪᑦ ᑭᓯᐊᓂ ᒪᓕᒐᓕᐅᕈᑕᐅᒍᓂ.

ᐃᖅᖃᑐᐃᔨᐅᔪᖅ ᑐᓴᕐᕕᖃᕈᒪᔪᓐᓇᖅᐳᖅ ᑕᓕᖓᔪᒃᑯᑦ, ᑕᑯᔭᐅᑦᑕᐃᓕᒪᓗᑎᒃ ᐃᖃᖅᑐᐃᕕᒃᑯᓐᓄᑦ ᑐᓂᔭᐅᓯᒪᔪᓂᒃ ᑎᑎᖃᖁᑎᒋᔭᐅᔪᓐᓂᒃ ᐅᕝᕙᓗᓐᓃᑦ ᐲᔭᐃᔪᓐᓇᕐᒥᔪᑦ ᑭᓇᒃᑰᓂᖔᕐᒪᖔᑕ ᐆᒃᑐᖅᓯᒪᔪᖅ ᐊᖅᓴᖅᑕᐅᓯᒪᖁᔨᓂᖅ, ᖃᐅᔨᑎᑕᐅᑦᑕᐃᓕᒪᓗᓂ ᐃᖃᑐᖅᐃᕕᒃᑯᑦ ᑎᑎᖃᖁᑎᖏᓂᒃ.7

ᑐᐊᕕᕐᓇᖅᑐᖃᓕᕈᓂ, ᐅᖄᓚᓂᐊᖅᐳᑎᑦ 9-1-1 ᒧᑦ ᐅᕝᕙᓗᓐᓃᑦ ᓄᓇᔅᓯᓐᓂ ᐸᓖᓯᒃᑯᓐᓄᑦ.

ᐊᓯᒃᑲᓐᓂᖏᑦ ᐃᑲᔪᖅᑎᐅᔪᓐᓇᕐᒥᔪᑦ

ᓂᕆᐅᖕᓂᖅ ᖃᓄᐃᖏᑐᓐᓇᕐᓂᕐᒧᑦ ᐃᑲᔪᖅᑕᐅᕕᐅᑉ ᐅᖄᓚᐅᑖ 1-855-242-3310

ᖃᓄᐃᖏᓐᓂᖅ ᐊᑕᐅᑎᒃᑯᑦ ᑲᓇᑕᒥ (ᐃᓐᓇᕐᓂ) 1-866-585-0045 (Adults)
Text WELLNESS to 741741

ᖃᓄᐃᖏᓐᓂᖅ ᐊᑕᐅᑎᒃᑯᑦ ᑲᓇᑕᒥ (ᒪᒃᑯᒃᑐᓂ) 1-888-668-6810 (Youth)
Text WELLNESS to 686868

ᓇᓂᔭᐅᔪᓐᓇᐃᓕᓯᒪᔪᑦ ᐃᓄᐊᖅᑕᐅᓯᒪᔪᓪᓗ

ᓄᓇᓕᑐᖃᐃᑦ ᐊᕐᓇᐃᑦ ᓂᕕᐊᖅᓯᐊᓪᓗ

ᑐᐊᕕᕐᓇᖅᑐᓕᕆᕝᕕᖕᒧᑦ ᐅᖄᓚᐅᑖ 1-844-413-6649

ᐃᓱᒪᒃᑯᑦ ᐊᒃᓱᕈᓐᓇᖅᑐᒃᑰᖅᑐᓄᑦ ᐃᑲᔪᖅᑏᑦ ᐅᖄᓚᐅᑖ 988

Talk4Healing ᐅᖃᓕᒪᓂᖅ ᒪᒥᓴᕐᓂᕐᒧᑦ 1-855-554-4325

ᐋᓐᓂᖅᑎᖅᑕᐅᓯᒪᔪᓄᑦ ᐊᕐᓇᓄᑦ ᐃᑲᔪᖅᑕᐅᕕᖓᑕ ᐅᖃᓚᐅᑖ 1-866-863-0511

ᐱᓂᕐᓗᒃᑕᐅᓯᒪᔪᓂᒃ ᐃᑲᔪᖅᑎᑦ ᐅᖃᓚᐅᑖ 1-866-579-2888

Kids Help Phone ᓱᕈᓰᑦ ᐅᕕᑲᐃᑦ (ᒪᒃᑯᒃᑐᓂ) 1-800-668-6868
Text CONNECT 686868

ᐸᓯᔭᒃᓴᐅᒌᑯᑦ: ᐅᑯᐊ ᓱᓕᔪᓂᒃ ᖃᐅᔨᒪᑎᑦᓯᒋᐊᕈᑕᐅᓂᕐᒧᑦ ᑐᕌᖓᕗᑦ ᑕᒪᐃᓐᓂᒃ ᐃᓄᖕᓂᒃ

ᖃᐅᔨᑎᑦᑎᒋᐊᕈᑕᐅᔪᒪᑐᐃᓐᓇᕐᓂᕐᒧᑦ, ᒪᓕᒐᓕᕆᓂᕐᒥᒃ ᐅᖃᐅᔾᔨᒋᐊᕈᑕᐅᓐᖏᑦᑐᑦ. ᑐᑭᓯᒋᐊᑦᓯᐊᕆᐊᖃᑐᐊᕈᕕᑦ

ᖃᓄᐃᓕᖓᓂᕐᓂᒃ, ᐊᑏᑐᖅ ᑐᑭᓯᓂᐊᕐᕕᒋᓂᐊᖅᐸᐃᑦ ᒪᓕᒐᓕᕆᔨᓪᓚᕆᐅᔪᖅ ᑎᑎᖃᖁᑎᓕᒃ.

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