Baapinendimowin wenaabijigan aawan gaayii waa bizhiwebak
Happiness is a choice not a result.
Gaayii gegoo gdaa zhigwasiin wii gchinendiman baamaa kiin
nendiman wii gchinendiman.
Nothing can make you happy until you choose to be happy.
Gaayii gwaya gdaa kshkigwasii wii gchinendiman kiin aabidek
kwii nendam wii gchinendiman.
No person can make you happy, you have to decide to be happy.
Gaayii gchinendimowin ka bizhaamgwasiin kiin gwetigwa dabi
njibaamgat gchinendimowin.
Happiness will not come to you, happiness will only come from you.

If you or you know of someone who is suffering, please do not suffer in silence. You are not alone. You are worthy of help and happiness:

Hope for Wellness Help Line: 1-855-242-3310
Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada

Good2Talk Helpline: 1-866-925-5454 or text GOOD2TALKON to 686868

Mntddo Mnising Mental Wellness
Crisis Response Team
705-348-1937 24/7 Crisis Response Line

LGBT Youthline Ontario: 647-694-4275

Call Auntie: Indigenous COVID Pathways hotline
(GTA) 7 days a week, 437-703-8703

Mental Health Inspiration (Support and Awareness)
https://www.facebook.com/groups/53308730018918

KIDS HELP PHONE
1-800-668-6868 or text CONNECT to 686868

www.anishinabek.ca