

Giigidoodaa

Let's talk

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**

BELL LET'S TALK
<https://letstalk.bell.ca/en/get-help>

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

**Mnidoo 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**

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

