



## A MENTAL HEALTH GUIDE TO:

# ANXIETY



**NORMAL ANXIETY** tends to be present a short time and you can link it with some stressful event, such as public speaking.



If anxiety is present in your daily life, lasts longer and is not linked to any particular event and it affects your life, you might need **HELP TO LEARN STRATEGIES ON MANAGING ANXIETY.**

## COMMON SYMPTOMS OF ANXIETY



Anger



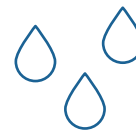
Insomnia



Tired



Chest Pain



Sweating



Feeling Tense



Dizziness



Racing Thoughts



Avoiding Social Situations



Fear

**WORRIES DO NOT GO AWAY ON THEIR OWN ALL THE TIME;  
YOU MIGHT NEED SOME HELP FROM:**



Health Professionals



Spiritual Leaders



Youth Outreach Workers



People you trust

To get help call **Wiichihiwaauiwin** (Mental Health) Helpline - 24/7 at:

**1-833-632-4357**



For more information visit our website:

**CREEHEALTH.ORG**



## A MENTAL HEALTH GUIDE TO:

# DEPRESSION



**DEPRESSION** can take different forms for people, but there are some common signs and symptoms.



The more symptoms you have, the stronger they are, the longer they have been present, the more likely it is that you are **DEALING WITH DEPRESSION.**

## COMMON SIGNS OF DEPRESSION



Withdrawing from family and friends



Suicidal thoughts, or feelings



Overwhelmed headaches



Self-harm



Alcohol and/or drug misuse



Anger, frustration, irritability



Changes in eating habits



Sleep problems



Being confused, undecided



Changes in weight

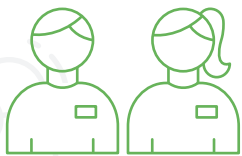


Sad, unhappy



Low energy

**THESE SIGNS CAN APPEAR FROM TIME TO TIME, BUT IF THEY LAST FOR TWO WEEKS OR MORE YOU SHOULD REACH OUT TO:**



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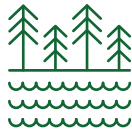
# COPING SKILLS

**A COPING SKILL** is something that we decide to do for ourselves to make us feel better, to help us deal with stress, conflicts or to clear our minds to be better at solving your problems. **EVERYONE HAS DIFFERENT ACTIVITIES OR THINGS THAT THEY USE TO FEEL BETTER.**

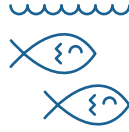
## HERE ARE SOME IDEAS OF COPING SKILLS



Exercise



Go in the bush



Fishing



Hunting



Trapping



Journaling



Spend time with family and friends



Take a bath



Take care of a pet



Break from social media



Skidooing



Snowshoeing



Visit Gookum or Joomshum



Cooking, baking



Create art



Listen to music



Ask for help



Drink water



Eat healthy



Talk about your feelings

## WHAT ARE YOUR COPING SKILLS?

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