



FEMMES AUTOCHTONES DU QUÉBEC INC.  
QUEBEC NATIVE WOMEN INC.

↔  
*#MyIndigenousCulture*  
CAMPAIGN  
↔

We're here.



You're not alone.



Talk to a trusted adult.



Talk to an elder, or a teacher.



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GETTING WELL AND STAYING WELL MENTALLY ARE PART OF OUR CULTURE.

DEPRESSION IS SERIOUS.

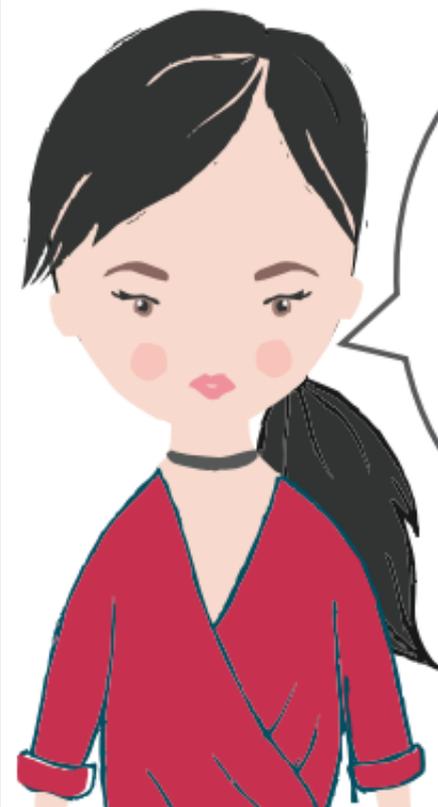
IT'S ALWAYS OK TO ASK FOR HELP.

YOU ARE NOT ALONE.

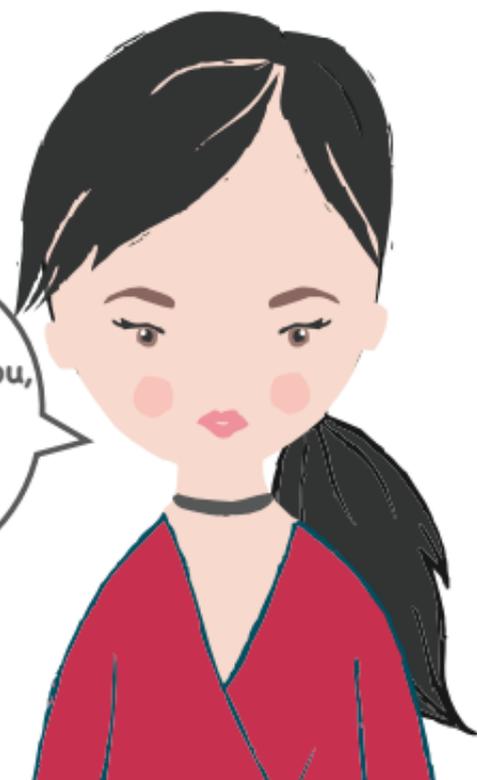
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It's natural to feel sad sometimes. It's natural to want to be by yourself sometimes. It's natural to want to take a break from your usual activities.



But, if you feel sad all the time, if you always just want to be by yourself or if you no longer enjoy the things you usually enjoy, that's different. And there is someone who can help.



If you think this is happening to you, tell someone: an elder, a teacher, a trusted adult.



## DEPRESSION

### WHAT DOES IT LOOK LIKE?



#### **Depression Signs and Symptoms**

Feelings of helplessness and hopelessness.

*“Nothing will ever get better and there’s nothing I can do to improve my situation.”*

#### **Loss of interest in daily activities**

*“I don’t care anymore about my hobbies, pastimes, social activities.”*

#### **Appetite or weight changes**

Significant weight loss or weight gain—a change of more than 5% of body weight in one month.

#### **Sleep changes**

Either insomnia, especially waking in the early hours of the morning, or oversleeping.

#### **Anger or irritability**

Feeling agitated, restless, or even violent. Your tolerance level is low, your temper short, and everything and everyone gets on your nerves.

#### **Feeling tired**

Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.

#### **Self-loathing**

Strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes.

#### **Reckless behavior**

You engage in escapist behavior such as substance abuse, compulsive gambling, reckless driving, or dangerous sports.

#### **Concentration problems**

Trouble focusing, making decisions, or remembering things.

#### **Unexplained aches and pains**

Increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain.





## ANXIETY

### WHAT DOES IT LOOK LIKE?



#### **Anxiety Signs and Symptoms**

Excessive, exaggerated anxiety and worry about everyday life events with or without known stressors.

#### **Feeling of impending disaster**

Always expecting disaster and can't stop worrying about health, money, family, work, or school. The worry is often unrealistic or out of proportion for the situation. Daily life becomes a constant state of worry, fear, and dread.

Eventually, the anxiety dominates your daily functioning, including work, school, social activities, and relationships.

#### **Symptoms include:**

- Irrational and excessive fear.
- Apprehensive and tense feelings.
- Difficulty managing daily tasks or distress related to these tasks.
- Restlessness.
- Irritability.

- Muscle tension.
- Headaches.
- Sweating.
- Difficulty concentrating.
- Nausea.
- Need to go to the bathroom frequently.
- Tiredness.
- Trouble falling or staying asleep.
- Trembling.
- Being easily startled.

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SPEAKING OUT IS PART OF OUR CULTURE.

BULLYING IS SERIOUS.

TELL SOMEONE.

YOU ARE NOT ALONE.

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It's natural for friends to tease one another when it's done in a playful, funny and mutual way.



But when teasing becomes hurtful, unkind and constant, it crosses the line into bullying and it needs to stop.

If you think this is happening to you, tell someone: an elder, a teacher, a trusted adult.





## BULLYING

### WHAT DOES IT LOOK LIKE?



#### **Bullying Signs and Symptoms**

##### **Imbalance of Power**

Young people who bully use their power (physical strength, access to embarrassing information, or popularity) to control or harm others.

##### **Repetition**

Bullying behaviours happen more than once or have the potential to happen more than once.

Three types of bullying:

##### **Verbal bullying**

- Saying or writing mean things.
- Name-calling.
- Inappropriate comments.
- Taunting.
- Threatening to cause harm.

##### **Cyber and social bullying**

- Involves hurting someone's reputation or relationships using social media.
- Leaving someone out on purpose.
- Telling other people not to be friends with someone.
- Spreading rumors about someone using social media.
- Embarrassing someone in public or through social media.

##### **Physical bullying**

- Involves hurting a person's body or possessions.
- Hitting, kicking, pinching.
- Spitting.
- Tripping, pushing.
- Taking or breaking someone's things.
- Making mean or rude hand gestures.



RESPECT IS PART OF OUR CULTURE.

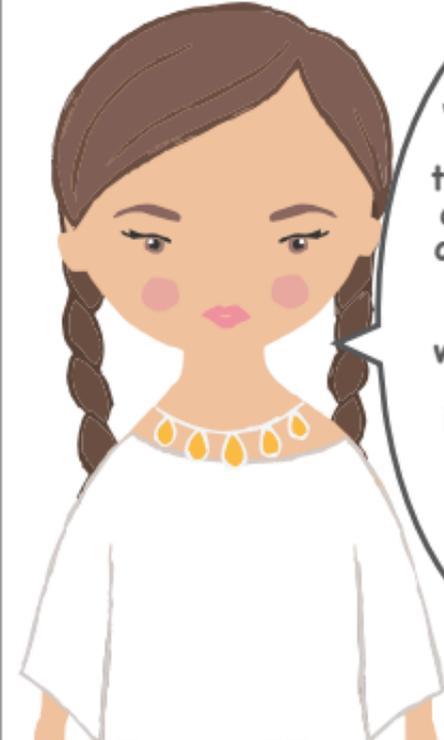
VIOLENCE IN A RELATIONSHIP IS SERIOUS.

TELL SOMEONE.

YOU ARE NOT ALONE.

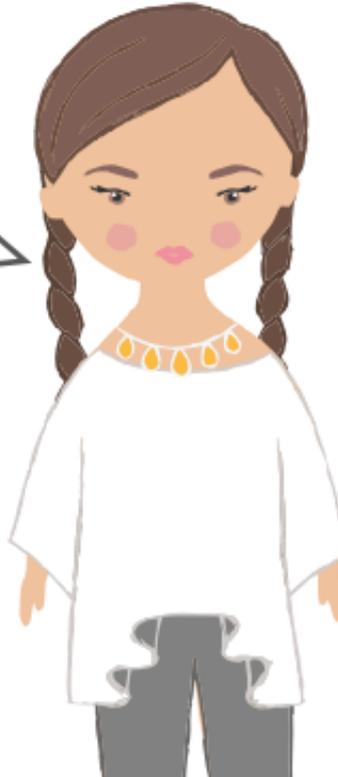


Everyone argues at some point. Disagreeing with a partner or friend is natural, and even healthy, when it's done while respecting each other's values, boundaries and individuality.



It's unhealthy when one partner makes fun of the other's opinions or interests; when one partner makes all the decisions, tells the other what to do, who to spend time with, isolates the other from his/her friends or family or becomes physically violent.

If you think this is happening to you, tell someone: an elder, a teacher, a trusted adult.





## UNHEALTHY RELATIONSHIP

### WHAT DOES IT LOOK LIKE?



#### **Unhealthy Relationships**

Some characteristics of unhealthy relationships include:

##### **Control**

One partner makes all the decisions and tells the other what to do, what to wear, or who to spend time with. He or she is unreasonably jealous, and/or tries to isolate the other partner from his or her friends and family.

##### **Hostility**

One partner picks a fight with or antagonizes the other partner. This may lead to one partner changing his or her behaviour in order to avoid upsetting the other.

##### **Dishonesty**

One partner lies to or keeps information from the other. One partner steals from the other.

##### **Disrespect**

One partner makes fun of the opinions and interests of the other partner or

destroys something that belongs to the partner.

##### **Dependence**

One partner feels that he or she “cannot live without” the other. He or she may threaten to do something drastic if the relationship ends.

##### **Intimidation**

One partner tries to control aspects of the other’s life by making the other partner fearful or timid. One partner may attempt to keep his or her partner

from friends and family or threaten violence or a break-up.

##### **Physical violence**

One partner uses force to get his or her way (such as hitting, slapping, grabbing, or shoving).

##### **Sexual violence**

One partner pressures or forces the other into sexual activity against his or her will or without consent.



SHARING AND SUPPORTING ONE ANOTHER IS PART OF OUR CULTURE.

BE AWARE.

IF YOU THINK SOMEONE NEEDS HELP YOU CAN SAY:

"TALK TO ME." "YOU ARE NOT ALONE." "THERE IS HELP."



Asking for help is hard.

Accepting help is even harder.



But asking for help and accepting help are the most important steps to getting better.



Sharing and talking about what you're going through are powerful healing tools.



WHAT WILL YOU TELL YOURSELF?

WHAT WILL YOU SAY TO A FRIEND IN NEED?

WRITE OR ILLUSTRATE YOUR STORY HERE.





## A TRUSTED ADULT

## WHAT DOES IT LOOK LIKE?



### **A Trusted Adult can be...**

#### **A Relative**

Aunt, uncle, cousin, someone in your family you feel you can confide in who will listen to you.

#### **A Friend**

Classmate, teammate, friend, you feel you can talk to.

#### **An Elder**

An older person in your family circle who can guide you and be attentive to you.

#### **A Teacher**

Someone at school you feel you can open up to and share your feelings with. Teacher, social worker, guidance counselor, secretary, coach, therapist, nurse.

#### **A Doctor**

Talk to your doctor. He or she is well positioned to establish a diagnosis, refer you to appropriate resources and follow-up with you.

#### **A Police Officer**

#### **Ask for Help.**

There is a community who is there to help you, to listen to you without judging you.

Getting better is not a solo journey.

You are not alone.

#### **How to Ask for Help?**

##### **Start the conversation by saying:**

*"I'm not sure what's happening to me."*

*"Something is going on with me that I don't understand."*

*"I need to talk to you about what's going on with me."*

*"Can I talk to you?"*

*"Do you know someone who can help me?"*

*"I need help."*



## READY TO TALK?



### Emergency

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911

To contact emergency services.

Toll-free. Open 24/7.

### Info-Santé

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811

Confidential telephone consultation service puts you in contact with a nurse in case of a **non-urgent** health issue.

Toll-free telephone consultation open 24/7.

**First Nations and Inuit Hope for Wellness Help Line**

**1-855-242-3310**

If you are experiencing emotional distress and want to talk.

Toll-free telephone consultation open 24/7.

**Éducation coup de fil**

**(Toll Free) 1-866-329-4223**

**(Montréal) 514-525-2573**

Helpline with anonymous and free professional consultation.

Toll-free telephone consultation open:

Monday to Friday 9 am to 4:30 pm.

Wednesday and Thursday nights 6:30 pm to 9 pm.

[www.premiereressource.com](http://www.premiereressource.com)

**Interligne**

**514-866-0103 (Montréal)**

**1 888 505-1010 (Toll Free)**

Confidential helpline for people concerned with questions related to sexual orientation and gender identity.

Toll-free telephone consultation open from 8 am to 12 am, 7 days a week.

[www.interligne.co](http://www.interligne.co)

Email: [aide@interligne.co](mailto:aide@interligne.co)

### **Need Help Now**

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Information, resources and tools regarding cyberbullying in Canada.

[www.needhelpnow.ca](http://www.needhelpnow.ca)

### **Kids Help Phone**

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Toll-free helpline for youth.

Website: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

Toll-free telephone consultation open 24 hours a day, 7 days a week

**1-800-668-6868**

### **Tel-Jeunes**

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**(Toll Free) 1 800 263-2266**

**(Text Message) 514 600-1002**

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Helpline for youth.

Text message consultation open from 8 am to 10 pm, 7 days a week.

Toll-free telephone consultation open 24/7.

[www.teljeunes.com](http://www.teljeunes.com)

**SOS Suicide Jeunesse**

**1-888-595-5580**

Helpline for suicide crisis and support for youth.

Toll-free telephone consultation open from 8 am to 12 am, 7 days a week.

1-888-595-5580

[www.sos-suicide.org](http://www.sos-suicide.org)

For more information please contact:

**Quebec Native Women Inc.**

450-632-0088

Toll Free: 1-800-363-0322

[www.faq-qnw.org](http://www.faq-qnw.org)



FEMMES AUTOCHTONES DU QUÉBEC INC.  
QUEBEC NATIVE WOMEN INC.

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Condition féminine  
Canada

Status of Women  
Canada

Canada