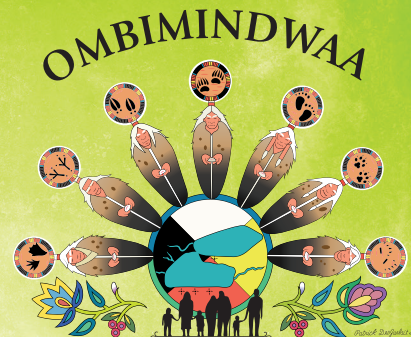


MENTAL HEALTH SUPPORT LINE FOR ADULTS AND CHILDREN

Boozhoo! Aaniin enamanji'oyang? (*Hello! How are we feeling?*)

- The COVID-19 pandemic has brought many changes to Red Lake and how you live your life, and with it uncertainty which may alter your daily routines, financial pressures, and social isolation.
- Mental Health Staff are ready to offer phone and telehealth support. If you or someone you care about is feeling overwhelmed with emotions or feel like you want to harm your-self or others, please reach out to the crisis response team for help.

Miigwech giinawaa! (*Thanks to you all!*)



GIDINAWEMAAGANINAADOG

(Uplifting our Relatives)

Expanding Crisis Response Services throughout the Red Lake Nation in collaboration with Red Lake Native Connections Program.

This magnet was developed, in part, under grant number SM081729 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

24/7 CALL LINE

218-679-1250

24/7 CALL/TEXT

218-368-4913

MENTAL HEALTH SUPPORT LINE FOR ADULTS AND CHILDREN



GIDINAWEMAAGANINAADOG
(Uplifting our Relatives)

Expanding Crisis Response Services
throughout the Red Lake Nation in
collaboration with Red Lake Native
Connections Program.

This magnet was developed, in part, under grant number SM081729 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

24/7 Call Line
218-679-1250

24/7 Call/Text
218-368-4913

Boozhoo Aaniin enamanji'oyang? (How are we feeling?)

Trained Qualified Staff

- The COVID-19 pandemic has brought many changes to Red Lake and how you live your life, and with it uncertainty which may alter your daily routines, financial pressures, and social isolation.
- During the COVID-19 pandemic you may experience stress, anxiety, fear, sadness and loneliness. This may include mental health disorders such as anxiety and depression.
- Mental Health Staff are ready to offer phone and telehealth support. If you or someone you care about is feeling overwhelmed with emotions or feel like you want to harm your-self or others, please reach out to the crisis response team for help.
- Our services are grounded in Anishinaabeg worldview and culture. The Seven Grandfather Teachings guide us to help you, our relatives.

Miigwech giinawaa! (Thanks to you all!)