



**Keewatinohk Inniniw
Minoayawin Inc.**

Yat'he Hot'sj Dene ʔ Edenakane[nj] | Northern Peoples' Wellness

Mental Health & Wellness

Fear, worry, and even anger are natural in crisis, but you don't have to carry them alone. Talking, resting, and reaching out for support are medicine too.



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During wildfire season, the stress of uncertainty, loss, and disruption can weigh heavily on our minds and spirits. These feelings are valid, and they're common. Whether you're supporting others or trying to hold yourself together, your mental health matters. Taking small steps to care for yourself and others can make a big difference:

- **Reach out to someone you trust; talking helps lighten the burden.**
- **Make time for rest, even in unfamiliar or crowded places.**
- **Maintain small routines for comfort and grounding, especially for children.**
- **Watch for signs of stress or withdrawal in yourself and loved ones.**
- **Support is available; don't hesitate to use mental health or crisis services.**