

	Open to all Dalhousie students, the Indigenous Student Centre offers drop in spaces to study, traditional	
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		+1 902 893 6300 or +1 902 893 6369 Halifax - Sexton Campus Room A109, A/B Building 1360 Barrington Street Halifax, NS B3H 4R2
	Dalhousie Multifaith Services offers an open door to all Dalhousie and King's students, staff, and faculty — no matter what their faith, philosophy, or doubt may be. They support the spiritual wellness of students and staff and the creation of safe space on campus. They do this by providing private counseling and immediate crisis response; promoting opportunities for inter-faith dialogue and spiritual development; working cooperatively with partners on and off campus; offering programs and events designed to develop respect and understanding between and among people of diverse spiritual and religious backgrounds.	George Doyle-Bedwell, Mi'kmaw Pipe Carrier, Mi'kmaw Tradition Indigenous Student Centre 902-471-3487 georgedoylebedwell@gmail.com
	Students, staff or faculty member can access the service of the elders at the Indigenous Student Centre, online virtually, or/and by individual appointment when required.	Students Elder Ann LaBillois Indigenous Student Centre jy668853@dal.ca Cathy Martin Director, Indigenous Community Engagement Office for Equity and Inclusion Staff/Faculty Member Elders@dal.ca

The Eskasoni Health Centre provides the following health services: primary care including family physicians, a nurse practitioner, support staff, visiting specialist and a Pharmacy staffed by two full time pharmacists and two Pharmacy technicians. The following health programs and services are

	NADACA programming is designed to deal with all aspects of substance abuse, i.e., alcohol abuse, illicit drug abuse, prescription drug abuse, and solvent abuse. Our mandate is to provide accredited certified Indigenous addictions prevention, education, outreach, community, and in patient wellness programming to the First Nation population.	70 Gabriel Street, Eskasoni (902) 379 2262
	The Native Council of Nova Scotia is the self-governing authority for the large community of Mi'kmaq/Aboriginal peoples residing off reserve in Nova Scotia throughout traditional Mi'kmaq territory. Their goal is to operate and administer a strong and effective Aboriginal Peoples Representative Organization that serves, advocates, and represents the community.	235 Charlotte Street, Unit 1, Sydney (902) 567 1240
	Dedicated and caring staff at the Paqtnkek Health Centre supports a variety of community health promotion, education, and prevention programs. The centre provides primary health care services for adults and children, such as immunizations, home health care and prenatal instruction to anyone in need. Additional professional service personnel visit the Paqtnkek Health Centre regularly offering services such as foot care, family support, legal aid, women's supportive services, social and family support workers and a field worker from NADACA are available.	128 Saqamaw Road, Afton Station (902) 386 2048
	The Potlotek Health Centre provides the following health services: referrals, addiction services, travel assistance for medical appointments, journey to healing program, diabetes prevention worker, NADACA field counsellor, home care, once a week doctor service, foot care nurse, and case management.	264 Sitmuk Road, Chapel Island (902) 535 2961

	Acadia First Nations Health mission is to provide health programs and services to assist communities and its members to achieve physical, mental, emotional, and spiritual health through health promotion, traditional teachings, education, disease prevention activities, partnerships, and health services.	24 Reserve, Yarmouth (902) 742 4337
	The Annapolis Valley First Nation Health Centre is made up of a Community Health Nurse, NADACA Prevention Counselor, Community Based Water Monitor and a Receptionist.	640 Ratchford Road, Cambridge (902) 538 1444
	Programs offered include Aboriginal Head Start, home and community care, Brighter Futures, health promotion, Community Health Promotion and Injury/Illness Prevention, Building Health Communities and Mental Health Management, Canadian Prenatal Program, Aboriginal Diabetes Initiative, Maternal Child Health, Mi'kmaq Physical Activity Leadership Program.	157 Smith Road, Hantsport (902) 684 0165

	Alsusuti Aboriginal Crisis & Counselling Services offers mental health support and counseling services to aboriginals by aboriginals.	1-844-694-1382
	Fyre Jean, who manages this service, is a Holistic, Strength-Oriented, Trauma-Informed therapist.	902-889-7469

	Richard Wagamese shares a collection of meditations and reflections that can provide comfort and guidance for Indigenous readers seeking mental peace.
	This book explores Indigenous healing traditions and their role in promoting mental health.

_____	Learn how culture and spirituality affect the mental health of Aboriginal and Torres Strait Islander people.	https://www.youtube.com/watch?v=t2bHrykf_Cw
_____ _____	The importance of family and community in overcoming traumatic experience.	https://www.youtube.com/watch?v=GDVwebiri_Ao
_____	This documentary offers a moving exploration of the experiences of survivors of the Canadian residential school system and the intergenerational trauma they faced.	https://www.youtube.com/watch?v=xPZyPk9n_q8
_____	This radio show discusses various topics relevant to Indigenous communities, including mental health, cultural revitalization, and resilience.	https://www.cbc.ca/listen/live-radio/1-105-unreserved
_____ _____	The Centre for Addiction and Mental Health (CAMH) has a playlist of videos that address mental health in Indigenous communities, featuring discussions and interviews with experts.	https://www.nll.com/news/nll-features-mental-health-in-indigenous-communities/
_____	The "We Matter" campaign features videos created by Indigenous youth to address mental health challenges and provide messages of hope and support.	https://www.youtube.com/@wemattercampaign6394/about
_____ _____	As an artist, Lisa invokes the Indigenous tradition of image making to disseminate knowledge through generations. For thousands of years, images were used to impart knowledge of tradition, law and ceremony.	https://www.youtube.com/watch?v=GX_TIFeVx

Visual communication continues to play an important

