

Mental Health Staff

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Mental Health Therapist

Dr. Janine Scott

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Registered Psychologist

Dr. Azaad Kassam

MD
Psychiatrist

Visit our
offices!



Kanonhkwa'tsheri:io Health Facility

31 Hilltop Drive
Akwasasne, QC

Satellite Office

55 Water Street, Suite 370
Cornwall, ON

Additional Resources & Support Lines

WHW ADDICTIONS SERVICES

613-575-2341 ext. 3113
Speak with Cultural Addictions
Specialist Joey David



MENTAL HEALTH CRISIS LINE

1-866-996-0991
Support available for ages 16+



TALK SUICIDE CANADA

1-833-456-4566

WELLNESS TOGETHER CANADA

Youth: 1-888-668-6810
Text WELLNESS to 686868

Adults: 1-866-585-0445
Text WELLNESS to 741741



HOPE FOR WELLNESS HELP LINE

1-855-242-3310
Support available for First Nations, Inuit,
and Métis peoples



NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE

1-866-925-4419



MISSING & MURDERED INDIGENOUS WOMEN & GIRLS CRISIS LINE

1-844-413-6649



KIDS HELP PHONE

1-800-668-6868
Text CONNECT to 686868
Support available for youth ages 5-29

IF YOU ARE IN IMMEDIATE DANGER OR
NEED URGENT MEDICAL SUPPORT,
PLEASE CONTACT AKWESASNE
EMERGENCY DISPATCH:

613-575-2000



WHOLISTIC HEALTH & WELLNESS
TEKANIKONRAHWA:KON



MENTAL HEALTH SERVICES

📞 613-575-2341 ext. 3115

✉️ mentalhealth@akwasasne.ca





What is mental health?

Mental health is the state of your psychological and emotional well-being. It is a necessary resource for living a healthy life and a main factor in overall health. It does not mean the same thing as mental illness. However, poor mental health can lead to mental and physical illness.

Good mental health allows you to feel, think and act in ways that help you enjoy life and cope with its challenges. This can be positively or negatively influenced by life experiences, relationships, physical health, work or school environment, and more.

How can you take care of your mental health?

Take care of your mental health in the same way you would take care of your physical health. It takes practice, patience and support.

You can maintain or improve your mental health by:

- *Know & accept that life can be challenging.*
- *Know & accept your strengths & weaknesses.*
- *Set realistic goals for yourself.*
- *Accept yourself & others. This is the basis of self-esteem.*
- *Learn to recognize & understand that you & others have both positive & negative feelings.*
- *Create a sense of meaning in your life by learning and trying new activities, like starting a hobby.*
- *Create healthy, trusting relationships with people who accept & support you.*



How does being mentally healthy benefit you?

Being mentally healthy can:

- ✓ *Increase coping skills*
- ✓ *Improve self-esteem*
- ✓ *Improve resiliency*

Increasing coping skills, self-esteem and resiliency encourages people to create healthy relationships, positively interact with their community, talk openly about their mental health, including their needs and wants.

Feeling confident and competent in these areas can improve emotional strength. In turn, this can help improve and maintain your level of mental health.

