



CONNECTING CULTURE *with* MENTAL HEALTH

CULTURAL STRENGTH FOR MENTAL WELLNESS

- Indigenous cultural practices and traditions provide a sense of belonging and purpose, which can build resilience against mental health challenges.

- Embrace ancestral knowledge, engage in storytelling, and participate in traditions like dancing to improve emotional and psychological well-being.

COMMUNITY SUPPORT

- Indigenous communities often offer a supportive network that values interdependence and shared responsibility. Reach out to your community for help when you need it.
- Participate in cultural ceremonies and healing practices, like Powwows, to find unity and healing.

FACING HISTORICAL TRAUMA

- Acknowledge the impact of historical trauma and its effects on your mental health. Seeking help is a sign of strength, not weakness.
- It's okay to combine Western therapeutic approaches with Indigenous healing methods to address your mental health challenges.

PRACTICAL TIPS FOR MENTAL WELLNESS

- If you're struggling with mental health, don't hesitate to talk to someone you trust. Sharing your feelings can be a great relief.
- Seek out mental health professionals who understand your cultural background. They can provide culturally responsive support.
- Take time for self-care, whether through cultural activities, meditation, or exercise.
- Build a support system of friends and family who can provide emotional support during tough times.
- Remember, it's okay to ask for help and seek counseling or therapy if needed.

HELP IS AVAILABLE:

**StrongHearts
Native Helpline**
(844) 762-8483

Morningstar Counseling
(402) 327-9711
www.morningstar-counseling.com

NOVEMBER IS INDIGENOUS PEOPLES MONTH

This is a wonderful time to honor and celebrate the culture, traditional practices, and customs of Indigenous Peoples.

Mental health is a vital aspect of overall well-being, and it's deeply intertwined with one's cultural identity. For Indigenous populations maintaining a strong connection to our cultural heritage can be a powerful tool for promoting mental wellness.

By embracing traditional healing practices and seeking support for your mental health, you can build resilience, find a supportive community, and address the impact of historical trauma on your mental wellness.

Remember, it's okay to reach out when you're struggling, and know that you're not alone in your journey to better mental health.

Check out these tips for suggestions on how to support your mental health with traditional indigenous healing practices!

