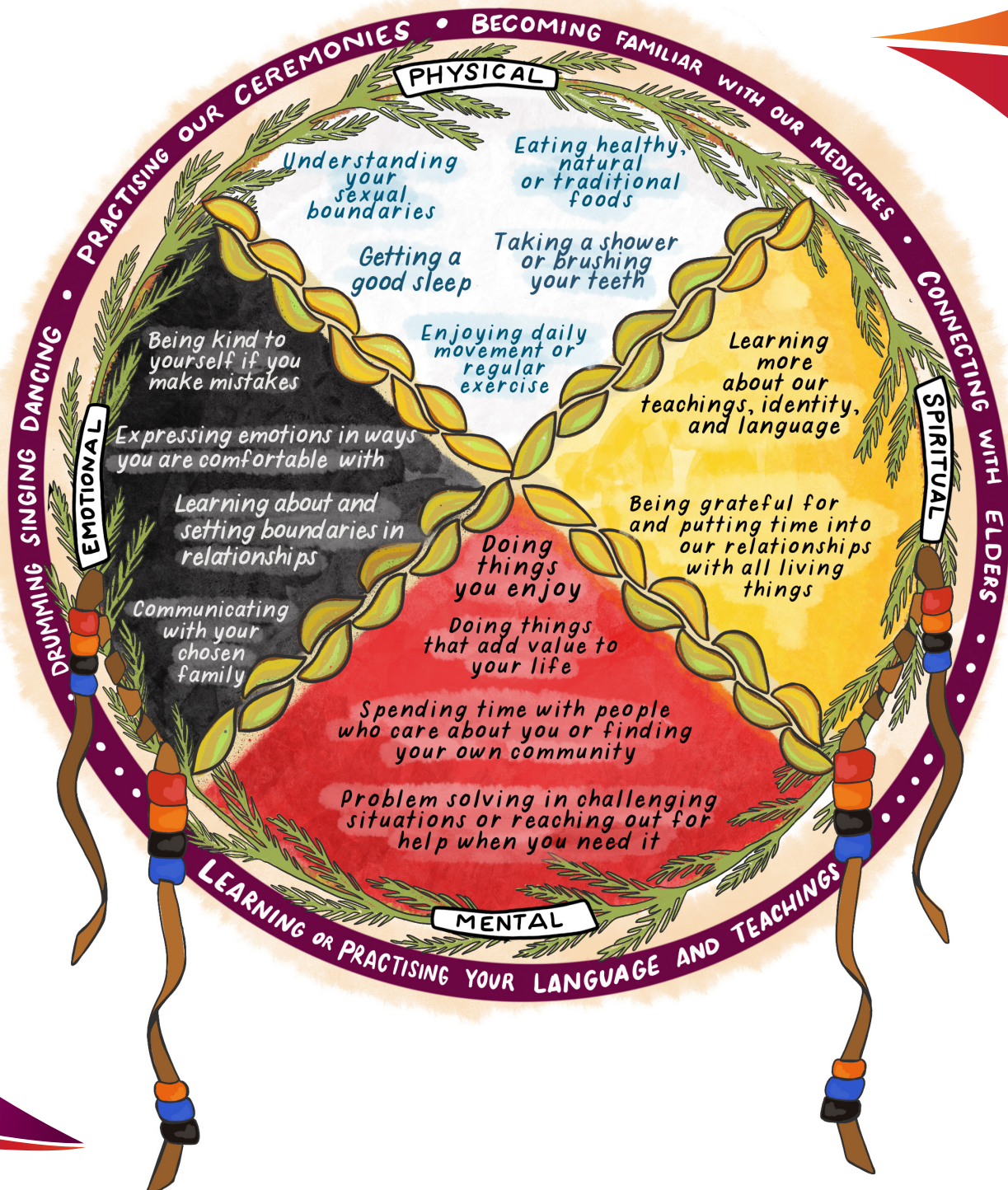


# Building your medicine bundle: Understanding your mental health journey

Our teachings can be helpful in understanding our well-being. Some communities use the Medicine Wheel to show how **different areas of our well-being are connected and are equally important**. If one area needs more attention from us, it can cause imbalance and can affect other parts of our health.



**Choose your own path** and what is good for your well-being.

Here are some examples of different experiences that people have. Everyone's experience can look different, and that is okay.

It can be hard to know when you may need more help. If you notice you're experiencing more lows, try to reach out and talk to someone you trust. Share how you're feeling or what you're struggling with. Even when we have difficult feelings, our pride may sometimes make us feel like we can't reach out. We may also be nervous or scared about being judged, or about what treatment might look like. This is normal.

Whatever challenges you are going through, **you deserve help.**



**Remember that we carry intergenerational strength with us. We're still here, staying tenacious!**

This resource was developed by a team of experts, including young people and a Knowledge Keeper, with support from Indspire, the Margaret and Wallace McCain Centre for Child, Youth & Family Mental Health and Sunnybrook Research Institute.

If you are experiencing thoughts of suicide, you are deserving of help.

Please explore resources at [www.camh.ca/gethelp](http://www.camh.ca/gethelp)

If you feel safe in the moment, follow up with your family physician or care team.

If you require immediate, in-person emergency care, call 911, or go to your nearest emergency department.



Indigenous education, Canada's future. | L'éducation des autochtones, L'avenir du Canada.



[indspire.ca](http://indspire.ca)

[camh](http://camh.ca) | The Margaret and Wallace McCain Centre for Child, Youth & Family Mental Health