

ONTARIO REGION UPDATE



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For newsletter questions, ou pour demander une version française, please email Ontario Region Communications: ontario-communications@sac-isc.gc.ca



Staying Connected, Keeping Well

To help support staying connected and keeping well this winter, there are a number of new mental wellness resources on the [OneHealth Portal](#) that can be posted on social media, websites, or printed out. This includes resources from ISC and other organizations:

- **New activity pages for children and families** (ISC): includes a word search, colour pages, a land-based scavenger hunt, and more that can be done together – [PDF](#)
- **Unbranded social media graphics: mental health resources for kids and adults** (ISC)– [Youth PNG 1](#) / [Youth PNG 2](#) | [Adult PNG 1](#) / [Adult PNG 2](#)
- **Unbranded social media graphic** (ISC): **Remember to look after one another** – [PNG](#)
- **Unbranded social media graphics** (ISC package of 2): **We're never truly alone** – [PNG 1](#) / [PNG 2](#)
- **Graphic from Grand Council Treaty #3: [Ideas for self-care](#)** (Instagram)
- **Graphic from Grand Council Treaty #3: [Ways to be kind to your mind](#)** (Instagram)
- **Graphics from Anishinabek Nation: [Thoughtful Thursdays](#)** (Facebook). Weekly thoughts in Ojibwe that can be helpful reminders to people struggling, or act as conversation starters when checking in on someone.

Help is Here Whenever You Need It

Support is available 24/7 for all First Nations, Inuit, and Métis peoples. Please find a list of mental health helplines below, able to provide culturally relevant support. To find more services and resources, [click here to go to the Indigenous mental health page](#).



Hope for Wellness Helpline

Phone: 1-855-242-3310

Online chat: www.hopeforwellness.ca

Missing and Murdered Indigenous Women and Girls Support Line

Phone: 1-844-413-6649

Indian Residential Schools Crisis Line

Phone: 1-866-925-4419

Mental Health and Suicide Prevention Services

Phone: 9-8-8 (call or text)

This Winter, Stay Healthy!

New resources have been added to the “What’s New” section on the [OneHealth Portal](#) about staying healthy this winter. The following is an example of social media messaging that could be posted with the graphic below ([click here to download](#)), or one of your own.

[Personal protective measures](#) reduce your risk of getting or spreading respiratory infectious diseases. Before heading out for holidays or winter celebrations, think about:

- staying home when you’re sick
- wearing a well-constructed, well-fitting mask
- cleaning your hands regularly
- getting vaccinated

Help reduce the spread of respiratory infections, such as the flu, COVID-19 and RSV in your community. For the latest information on how, visit Canada.ca/respiratory-diseases.





Resource: First Nations Communications Toolkit

Indigenous Services Canada has a communications toolkit to support First Nations leadership and organizations with communications planning, activities and tools. It can be accessed here: [PDF version](#) / [web version](#).

The toolkit was developed specifically for First Nations communicators of all experience levels. It is based on input from First Nations communicators and administrators working for First Nations organizations. Originally developed in 2007, the toolkit continues to provide a good basic overview of common communications practices, including communications planning, publications, events and media relations, from a First Nations' perspective.

Call for Proposals: Reducing Substance Use-related Harms

The Public Health Agency of Canada's new Youth Substance Use Prevention Program is accepting funding proposals until **January 15, 2024 at 12:30 p.m. EST**. Applicants may request a maximum of \$125,000 of funding.

This program supports communities to implement and adapt the Icelandic Prevention Model, which is based on the principle that the whole community needs to be involved in order to impact youth behaviours.

For more information, please visit the [call for proposals webpage](#) or [news release](#).

TOGETHER
★ in ★
RECOVERY



*****TRIGGER WARNING*****

Some of the content on this page may be distressing.
Please prioritize your mental health before proceeding.

The National Indian Residential School Crisis Line is open to Survivors and their family members for toll-free, 24/7 support at 1-866-925-4419

Indian Residential School Survivors' Storybase

Indigenous and non-Indigenous librarians from the University of Toronto created the [Indian Residential School Survivors' \(IRSS\) Storybase](#), empowering people to learn from residential school Survivors and be a witness to their stories. This database includes videos, audio recordings, and written records like news articles from a variety of sources, such as the National Centre for Truth and Reconciliation. It may be a helpful tool for community members who teach, as well as those who are looking for records of loved ones (e.g., there is a [classroom collection](#) for younger students). To learn more about this resource, please visit the [IRSS Storybase website](#). Some links may require users to log into a YouTube account to view video content.

Indian Residential School Interactive Map

Indigenous Services Canada's Indian Residential School Interactive Map is now available online: <https://geo.sac-isc.gc.ca/ACPI-IRSMA/>. The goal is to make data held by the Government of Canada more accessible to Survivors, families and communities, including relevant departmental datasets and historic air photos. The application is mobile friendly and offers a table to accommodate screen readers.

Please note that the map is still under development. Users can view the locations of former residential school sites, available historic air photos, information about each residential school, and comparisons between historical and present-day satellite imagery. [Please click here](#) for a more detailed description of the new map and how to provide feedback.

