

HEALTH CONTACTS

VICTIM LINK

24 HOUR SERVICE FOR VICTIMS OF SEXUAL ABUSE AND VIOLENCE
1-800-563-0808

24 HOUR DISTRESS LINE CRISIS SERVICE
CRISIS SUPPORT AND REFERRALS FOR ALL AGES
1-866-661-3311

24 HOUR SUICIDE CRISIS CENTRE FOR CANADA
1-800-SUICIDE (1-800-784-2433)

SAFER (VANCOUVER)
SUICIDE ATTEMPT FOLLOW-UP, EDUCATION AND REFERRAL
604-879-9251



ALCOHOL & DRUG CRISIS LINE
24 HOUR CRISIS SERVICE FOR ALCOHOL AND DRUG ABUSE
1-800-663-1441

BC MENTAL HEALTH INFORMATION
PERSON AVAILABLE 9 AM - 4 PM / 24 HOUR RECORDED INFORMATION ON
RESOURCES & REFERRALS
1-800-661-2121

BC NURSE LINE
24 HOUR HEALTH INFORMATION - TALK TO A NURSE - REFERRALS TO HOSPI-
TALS
1-866-215-4700

DIAL-A-DIETITIAN
INFORMATION ON DIETARY NEEDS MON - FRI 9 AM-5 PM
1-800-667-3438

EATING DISORDER HELP LINE
INFORMATION & REFERRAL SERVICE FOR EATING DISORDERS - OPERATOR AVAIL-
ABLE 9 AM - 5 PM
1-800-665-1822

TUPPER MINI SCHOOL (VANCOUVER)
FLEXIBLE SCHOOL PROGRAM DESIGNED TO HELP TEEN PARENTS FINISH HIGH
SCHOOL - CHILDCARE PROVIDED
604-713-8232



STANDING TOGETHER

FEATURING

THE LAST HIT
STICKS N' STONES

YOUNG ACCOUNTABILITY
THROUGH A CHILD'S EYES

MY NAME IS CROW
MENTAL HEALTH

An Aboriginal youth comic



The Healthy Aboriginal Network

Non-profit promotion of Aboriginal Health, Literacy & Wellness

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BC incorporated non-profit Society no. S-48530

INSIDE

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Vancouver Coastal Health
Promoting wellness. Ensuring care.

HEALTH CONTACTS

URBAN NATIVE YOUTH ASSOCIATION (UNYA)
SAFE HOUSE FOR YOUTH 16 - 18 YEARS OLD LOCATED IN THE LOWER MAINLAND
1-877-223-4321

YOUTH DROP-IN CENTRE, COUNSELLING AND REFERRAL SERVICES (UNYA)
604-254-7732

YOUNG BEARS LODGE (UNYA)
OFFERS A 16 WEEK ALCOHOL AND DRUG EMPOWERMENT PROGRAM FOR ABORIGINAL YOUTH 13 TO 18 YEARS OLD LOCATED IN VANCOUVER
604-322-7577

UNITED NATIVE NATIONS
WORKING TOGETHER FOR OUR CHILDREN
1-800-555-9756

NATIVE COURTWORKER AND COUNSELLING ASSOCIATION OF BRITISH COLUMBIA
NATIVE YOUTH AND FAMILY ADVOCATE WORKER IN VANCOUVER, ALSO ASSISTS PEOPLE IN CONFLICT WITH THE LAW, PROVIDES COUNSELLING RELATED TO DRUG AND ALCOHOL ISSUES
604-687-0281 OR 1-877-771-9444

HEALTHIEST BABIES POSSIBLE (VANCOUVER)
ABORIGINAL SUPPORT WORKER PROVIDES NUTRITION AND LIFESTYLE COUNSELLING DURING PREGNANCY. OFFERS A YOUTH PREGNANCY AND PARENTING GROUP.
604-877-4673

KIDS HELP PHONE (AGES UP TO 20)
24 HOUR PROFESSIONAL PHONE COUNSELLING NATION WIDE
1-800-668-6868

YOUTH AGAINST VIOLENCE
24 HOUR INFORMATION AND SERVICES ABOUT BULLYING, VIOLENCE AND GANGS
1-800-680-4264

KUU-US CRISIS LINE
24 HOUR PROBLEM SOLVING AND COUNSELING FOR ALL PEOPLE
1-800-588-8717

FACTS OF LIFE LINE
OPERATOR AVAILABLE 9 AM - 9 PM FOR INFORMATION & RESOURCES ON SEXUAL HEALTH
1-800-SEX-SENSE (1-800-739-7367)



The Last Hit

WRITTEN BY BRANDON MITCHELL

ILLUSTRATED BY JEAN-FRANCOIS BEAULIEU

DON'T DO IT...

YOU GOT THE MONEY?

I THINK I HAVE ENOUGH.

HE MAKES THE PAIN GO AWAY, HE PROMISED TO HELP ME.

YOU'RE SHORT

YOU PROMISED...







WHY DO I LET THEM IN? THEY'RE GONE NOW. GOOD. I JUST WANT THEM TO LEAVE ME ALONE. YOU KNOW, IT WASN'T ALWAYS LIKE THIS.

YES IT WAS.

NO.

THEY CAME FOR ME. ALWAYS FOLLOWING ME. THEY TOOK HER. THEY WANTED ME.

I FOUND A WAY TO GET RID OF THEM. IT WORKS.

NO IT DIDN'T. THEY KEPT COMING.

I HAD TO KEEP THEM AWAY FROM ME. MY FRIENDS HELPED ME, THEY TOOK ME IN. THEY TOOK CARE OF ME.

THEY LIED TO YOU.

NO THEY DIDN'T.

YOU FORGOT ABOUT HER. SHE TOOK CARE OF YOU. SHE WAS YOUR PROTECTOR. IT WAS AN ACCIDENT.

SHE TAUGHT YOU HOW TO BE STRONG.



I MISS YOU SO MUCH.



I'M SORRY I COULD NOT BE STRONGER.

I WANT TO GO HOME.

HI MY NAME IS CROW. YOU MAY KNOW ME FROM SUCH STORIES AS, "CROW STEALS THE LIGHT" AND, "CROW RELEASES THE TIDES".



(THIS IS A PICTURE OF ME WITH THE LIGHT.)



(THIS IS A PICTURE OF ME AFTER I RELEASED THE TIDES.)



THIS STORY IS ABOUT MY DIABETES

THE YEAR IS 1977

I'D BEEN LIVING IN MY PLACE WHERE THE TWO RIVERS MEET FOR, SAY, A LONG TIME. BUT I WASN'T GETTING OUT MUCH.

IN FACT...I WASN'T
GETTING OUT AT ALL.

God,
I love this
show.



MY MOM THOUGHT SOMETHING
WAS WRONG...PLUS THERE
WERE OTHER
THINGS.

I've been
thirsty a lot
lately, and,
since my
girl friend
left I don't
really feel
like doing
anything and
even going outside
seems like a chore
and...and...and...
and...and...



I'D LOST A LOT OF WEIGHT,
AND NEEDED TO PEE ALL THE
TIME NOT TO MENTION FEELING
TIRED AND LACKING ENERGY
AND GETTING SICK ALL THE
TIME.

I think
you should
move
home!

Noway
Never!
Nope!
NADA!
Not going
to move
home
mom



...AFTER A WHILE...I DECIDE
MAYBE MY MOM WAS RIGHT
...AFTER A WHILE.



HOMESWEETREZ

I STILL WASN'T GETTING OUT
MUCH.

HEY ARE
WE GOING
TO HAVE
PIZZA?

What
times
is it?

I love
pizza.

HEY
WHY DON'T
YOU GO
DO
SOMETHING

It looks
like
you're
gaining
weight!

This carried
over a bit
4 months...



THEN IT HAPPEN...I FAINTED...
(I THOUGHT I WAS OKAY).

HiLE-
Lee
are you
okay?



I THOUGHT I WAS FINE, EVEN THOUGH I'D GAINED WEIGHT, HAD DIZZY SPELLS, WAS THIRSTY ALL THE TIME AND NEEDED TO PEE ALL THE TIME.



EVENTUALLY SHE MADE ME GO...



AND, SHE DID MOST OF THE TALKING.

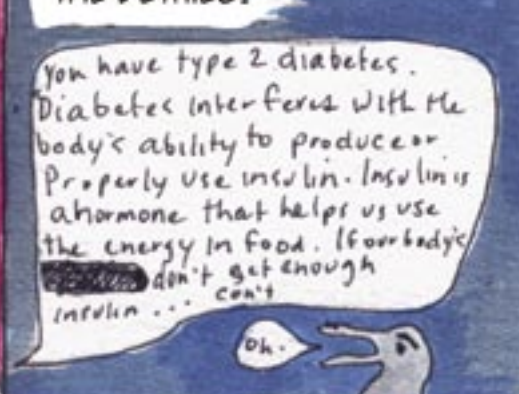


SO THEY TOOK A LOT OF BLOOD.



SOME TIME LATER...
THE TEST RESULTS
CAME BACK...

THE DOCTOR WAS VERY
UPFRONT WITH ME ABOUT
THE DETAILS.



Our bodies produce excess amounts of glucose ... This can cause kidney and heart disease, strokes, blindness, impotence in men, pregnancy complications, amputation. In order to avoid this you have to change a lot of things in your life ... You can start by changing your diet, staying away from sugar, fat, start exercising, get off the couch ... etc.

Don't become obese and visit the clinic regularly
* For more information contact your Doctor



Gee, that's a lot Doc.

BUT I KNEW I HAD TO TAKE HIM SERIOUSLY... I'VE KNOWN PEOPLE WHO HAVE LOST LIMBS TO THIS DIABETES. I'VE HAD RELATIVES WHO'VE DIED FROM THIS DIABETES.



THE YEAR IS NOW 2006. I'VE LIVED A WHILE WITH THIS DIABETES. IT'S BEEN HARD, HARDER THAN ANYTHING I'VE EVER DONE. I CHANGED MY LIFE, IMPROVED MY DIET, EXERCISE REGULAR AND MONITOR MY BLOOD ON TIME. ALSO IF I NEED HELP I ASK. IT COULD MEAN MY LIFE.



* AMONG INDIANS, THE DIABETES RATE IS GENERALLY HIGHER FOR FEMALES.

* MOST PEOPLE (90%) WITH DIABETES HAVE TYPE 2 DIABETES.

DIABETES IS ONE OF THE LEADING CAUSES OF ILLNESS AND DISABILITY AMONG FIRST NATIONS.

91% OF ALL LOWER LIMB AMPUTATIONS AMONG FIRST NATIONS OCCUR IN ADULTS WITH DIABETES.

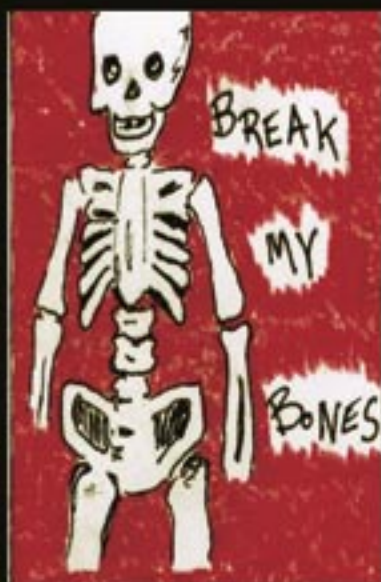
*** ABORIGINAL INCREASE OF DIABETES IS ATTRIBUTED TO A COMBINATION OF GENETIC SUSCEPTIBILITY AND A RAPID TRANSITION FROM A PHYSICALLY ACTIVE LIFESTYLE WITH A 'LAND' FOOD BASED DIET TO A SEDENTARY LIFESTYLE AND A DIET HIGH IN FATS, SUGAR AND SALT.

*** ALTHOUGH NO CURE EXISTS, DIABETES CAN BE PREVENTED AND TREATED THROUGH HEALTHY NUTRITION AND INCREASE OF PHYSICAL ACTIVITY.

2. 10. 2007

FACTS AND QUOTES FROM

ABORIGINAL YOUTH NETWORK HEALTH CENTRE.



DIDJA KNOW THAT OUR MINDS ARE PROGRAMED TO ADAPT UNCONCIOUSLY?? IF WE WERE TO PUT ON GLASSES THAT MADE US SEE UPSIDEDOWN, AFTER A WHILE OUR BRAIN WOULD FLIP THE IMAGE RIGHT SIDE UP. & WHEN WE TOOK THE GLASSES OFF, WE WOULD SEE UP SIDE DOWN UNTIL OUR BRAIN ADAPTED BACK TO REALITY TO SEE UPSIDE RIGHT AGAIN.

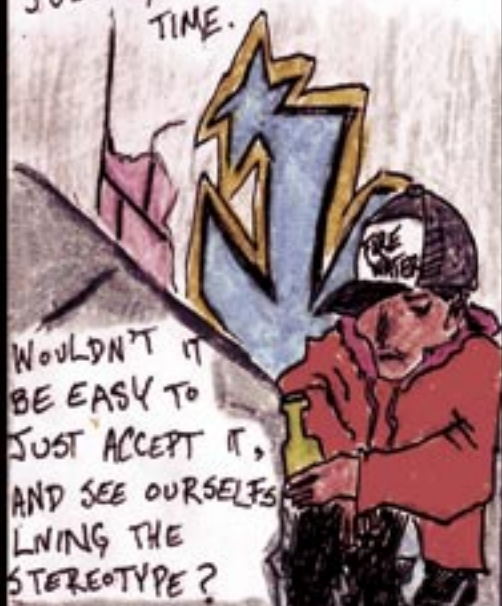


IF SOMEONE TOLD YOU, YOU WERE FAT ALL THE TIME,



DON'T YOU THINK AFTER A WHILE YOU WOULD ADAPT TO SEE YOURSELF AS FAT, EVEN IF YOU WEREN'T?

IF SOCIETY TELLS US WE'RE ALL LAZY BUMS, JUST GETTING DRUNK ALL THE TIME.



OUT OF 13,454 AMERICAN INDIANS:
41% FEEL OVERWEIGHT
50% ARE DISSATISFIED WITH THEIR WEIGHT
27% SELF-INDUCED VOMITING
11% USE DIET PILLS



WE ARE NOT MADE
OF THE SAME D.N.A



OUR
CULTURE
IS
DIFFERENT



SO WHY
WE GOTTA
LOOK LIKE
ALL THEM
SKINNY GIRLS
ON T.V.



ISN'T THAT
JUST REINFORCING
THE WHITE MAN'S
ASSIMILATION
PROCESS??



LIKE COMMON,
MOST NATIVE
KIDS,
KNOW HAVE
SKINNY LEGS,
A FLAT ASS
AND A ROUND
BELLY.



Through A Child's Eyes...



WHEN I WAS GROWING UP ON RESERVE IN THE LATE 70'S AND EARLY 80'S, IT WAS A TIME OF INDIAN ACTIVISM. MY OLDER COUSINS WOULD TEACH US PROTEST SONGS.

MY COUSINS TAUGHT US ABOUT ALL THINGS COOL, LIKE STAYING UP LATE AND WATCHING MUSIC VIDEOS



THERE WAS AN AWAKENING HAPPENING FOR OUR PEOPLE, OUR PARENTS AND THEIR PARENTS WERE STANDING UP TO INJUSTICE.



OUR PEOPLE WERE PROUD, WERE TRYING TO MAKE A BETTER FUTURE FOR THEIR CHILDREN.

BUT THERE WERE STILL LOTS OF PROBLEMS AT HOME. OUR PEOPLE WERE AWAKENING POLITICALLY AND SPIRITUALLY BUT OUR COMMUNITIES WERE STILL FILLED WITH TRAUMA. THE TRAUMA OF GENERATIONS OF INJUSTICE.

WE DON'T NEED YOUR CONSTITUTION
HEY YA HO!



SASQUATCH,
WOW YOU
SEEN HIM.

TO ME MY COUSINS WERE THE COOLEST EVER, I WANTED TO BE LIKE THEM.

ONE COUSIN, HE WAS A GREAT SINGER AND DRUMMER, AND FUNNY AS HELL. HE WAS LIKE MAGIC TO ME.



HE WOULD TELL US INDIAN STORIES.

I WANTED TO BE LIKE HIM, TELL STORIES, SING AND DRUM-BE PROUD.





HE WAS SO
TALENTED
AND FUNNY-
AND I GUESS
HE MUST
HAVE ALSO
BEEN IN A
LOT OF PAIN.
DEPRESSION
ANGER,
CYCLES OF
ABUSE WERE
TOO MUCH
FOR HIM

I LOOKED UP TO HIM, HE
MADE BEING INDIAN COOL.



I DON'T KNOW WHY HE
KILLED HIMSELF BUT
PEOPLE LOVED HIM. HIS
LITTLE COUSINS LOOKED UP
TO HIM.



HE COMMITTED
SUICIDE. HE
SHOT HIMSELF
WITH A RIFLE.

IF YOU ARE DEPRESSED, THINKING OF SUICIDE PLEASE TALK TO SOMEONE. YOU HAVE SOMEONE WHO LOOKS UP TO YOU AND LOVES YOU- YOU MIGHT NOT EVEN KNOW IT BUT THEY WILL MISS YOU.



OUR VOICES
Will be
HEARD



US INDIANS WE GOT LOTS OF LITTLE ONES AROUND US AND WE HAVE TO THINK OF THEM. THINK ABOUT WHAT WE WANT THEM TO LEARN, TEACH THEM TO BE PROUD OF WHO THEY ARE.

I LOVE YOU



WE NEED ALL OF US TO STAND UP, TO WORK TOGETHER TO CHANGE THE CYCLES OF PAIN, ABUSE AND INJUSTICE. WE NEED YOU AND WE LOVE YOU- KNOW THAT.



BY TANIA WILLARD

Mental Health

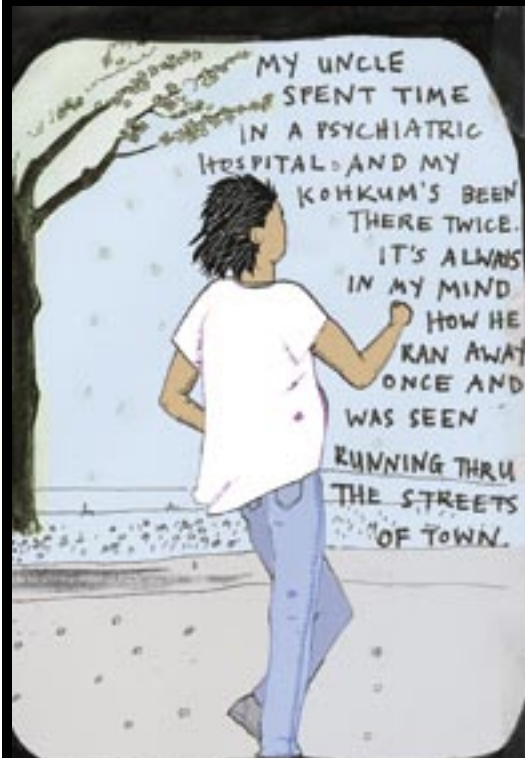
I COULD TELL YOU SOME FUNNY STORIES ABOUT MY CRAZY UNCLES, MY CRAZY WHOLE FAMILY.

HA HA HA HA HA HA!!



DENNIS THE MENACE STORIES WHERE THE STUFFY NEIGHBOUR ENDS UP MAD BUT EVERYONE ELSE IS LAUGHING. THAT'S HOW MY FAMILY DEALS WITH EVERYTHING, TELL A STORY AND LAUGH, LAUGH, LAUGH. UNDERNEATH IT ALL I FEEL LIKE THERE'S SOMETHING ELSE WE'RE NOT FACING, LIKE SHAME AND GRIEF AND ANGER.





RECENTLY A CLOSE RELATIVE TOLD ME HOW HE WAS STRUGGLING WITH DEPRESSION AND SEVERE ANXIETY. HE PUT IT ALL TOGETHER FOR ME, SHOWED ME OUR FAMILY CRAZINESS IN A DIFFERENT LIGHT. HE SAID IT WAS PART OF THE COLONIAL PROCESS



HE TOLD ME HE WAS SEEING A NATIVE THERAPIST, HE WAS GOING TO HAVE A BABY SOON AND WANTED TO BE STRONG FOR THAT BABY. I KNOW WE'LL ALWAYS BE A FAMILY THAT LOVES A GOOD STORY, LOVES TO LAUGH, BUT MAYBE WE CAN ALSO TALK SERIOUSLY, WITHOUT SHAME, AND GET THE SUPPORT WE NEED.



Young Accountability

WRITTEN BY
C. CLEARSKY
ILLUSTRATED BY
SHARIFAH MARSDEN

STEVIE, A YOUNG
N8TV' BROTHA,
IS IN THE NIGHT
LOOKING FOR A
VULNERABLE
VEHICLE THAT HE
CAN TAKE
ADVANTAGE OF.
HE IS IN LUCK. HE
FINDS JUST WHAT
HE'S LOOKING
FOR.

STEVIE USES A
SCREWDRIVER TO
BREAK INTO A CAR .



HE DRIVES THROUGH THE CITY
AT EXTREME SPEED NEARLY
HITTING PARKED CARS



...POLICE IN PURSUIT

STEVIE QUICKLY
PULLS INTO AN ALLEY



THE POLICE PASS BY.

STEVIE DRIVES OFF.

HE HIT SOMETHING. HE GETS OUT TO SEE THAT HE HAS HIT SOMEONE.



STEVIE LOOKS DOWN TO CHANGE THE CD

BANG!



WHAT HAVE I DONE

HE SPEEDS OFF



THE FAMILY OF THE VICTIM WAIT OUTSIDE THE HOSPITAL

WE HAVE TO FIND WHO DID THIS!

AND MESS HIM UP



SAMANTHA IS GOING TO BE OK.

SHE WILL HEAL IN TIME.



STEVIE CONFIDES TO HIS OLDER SISTER

IT'S GOING TO BE ALLRIGHT LIL' BRO.

I JUST WANT TO RUN AWAY.

I CAN'T BELIEVE THIS IS HAPPENING. I DON'T WANT TO GO TO JAIL.



WE CAN WORK THIS OUT. BUT YOU NEED TO TAKE SOME ACCOUNTABILITY. IT'S THE ONLY WAY.





LET'S
SMUDGE
AND DO
THIS THE
PROPER
WAY.

BRING IN THE MEDICINE



JUST GO
TO SLEEP
NOW.

TOMORROW I'LL
DEAL WITH IT.



HE SLEEPS AND DREAMS



GET HIM!

KILL HIM!

I NEED SOME
HELP OLD MAN,
HIDE ME.



AN ANGRY MOB
APPROACHES

IF YOU WANT
SAFETY, SIT
WITH ME AND
SMUDGE.



SIT, SON.

I
KNOW
WHAT
TO DO
NOW.

THE MOB MOVES CLOSER...
HE SITS... THEN WAKES UP

A HEALING CIRCLE



STEVIE TAKES ACCOUNTABILITY AND ASKS FOR FORGIVENESS. THE COMMUNITY GIVES HIM A CIRCLE SENTENCING. SAMANTHA AND FAMILY ARE FORGIVING. MANY TEARS ARE SHED. THEY ARE BLANKETED THEN HUG.