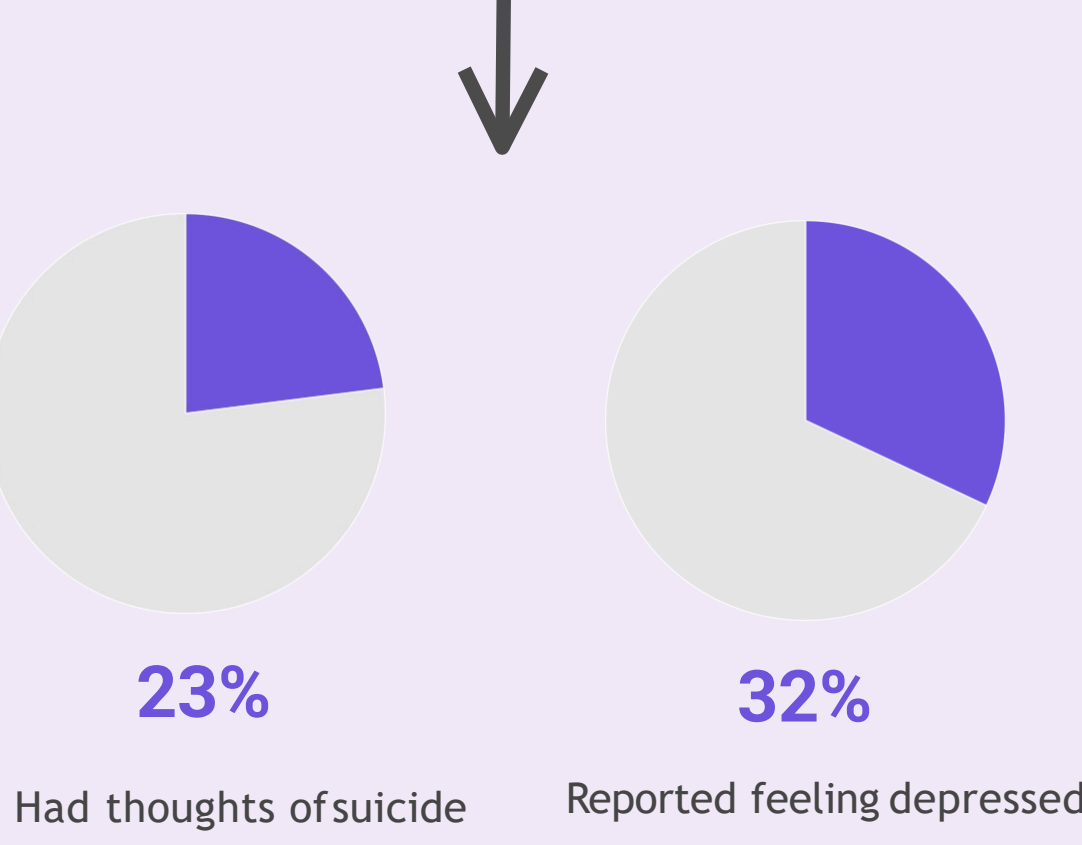


Barriers Experienced by Indigenous Youth Accessing Mental Healthcare Services



History 101

- Cultural identity damaged from Colonization
- The Indian Act resulted in loss of land and autonomy
- Creation of the Reserve System
- Historical removal of Indigenous children from family into residential schools

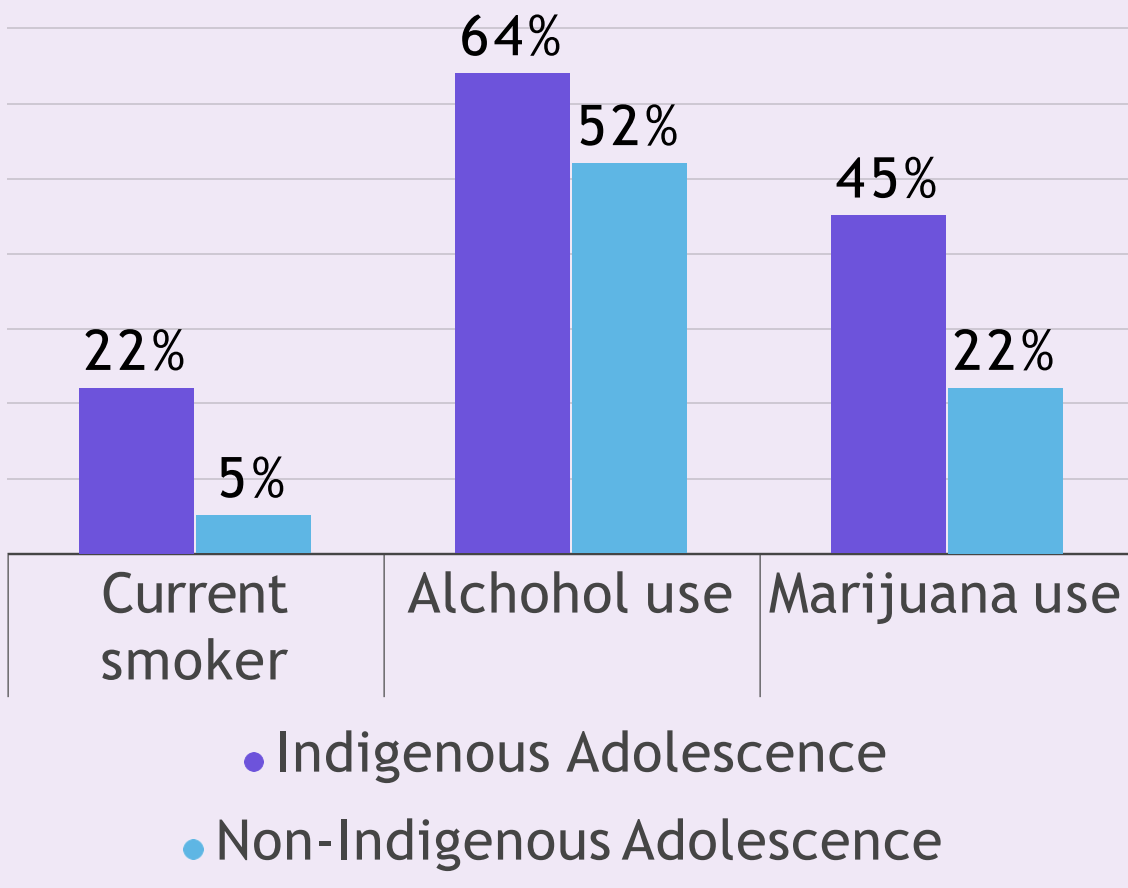


A combination of both schools of thought is the best approach to improving the mental health of Indigenous Youth

	+	
<p>Traditional Healing Methods</p> <ul style="list-style-type: none"> - Treating the person as a whole - Sweat Lodge Ceremonies - Reclaiming of traditional language and culture through storytelling, songs, and drumming - Herbal Medicines 		<p>Western Medicine</p> <ul style="list-style-type: none"> - Treating the symptoms of a disease or illness - Medication or the use of molecular drugs - Radiation and surgery



Substance use Among Students in Grades 9-12



Sources:

- <https://www.nativeconnections.org/behavioral-health/traditional-healing>
- <https://thunderbirdpf.org/napf-document-library/>
- <https://www.canada.ca/content/dam/phac-aspc/documents/services/reports-publications/health-promotion-chronic-disease-prevention-canada-research-policy-practice/vol-39-no-6-2019/01-vol-39-no-6-7-eng.pdf>
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- <https://www.youtube.com/watch?v=K5mxUEJWmHA&feature=youtu.be>
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