Mental Health Commission of Canada | Commission de la santé mentale du Canada

# ᐃᓱᒪᒥᔪᑦ ᐊᓐᓂᐊᖅᑎᓂᕐᒧᑦ ᑲᒥᓱᓐ ᑲᓇᑕᒥ ᓱᓕᔾᔪᑎᒃᓯᒪᓐᓂᖅᑐᑦ

ᐃᓱᒪᒥᔪᑦ ᐊᓐᓂᐊᖅᑎᓂᕐᒧᑦ ᑲᒥᓱᓐ ᑲᓇᑕ ᑐᖏᖅᑐᖅ ᐱᐅᓱᓭᓕᓂᖅᑎᑦᓯᓕᕐᓂᑦ ᐊᑕᐃᑦ ᐃᓱᒪᒧᑦ ᐊᓐᓂᐊᖅᑎᖅᑐᓄᑦ ᓱᓇᐃᖏᑎᐊᓕᖅᓯᓕᕐᓂᑦ ᓄᓇᖅᑐᑐᑦ ᑲᓇᑕᒥ, ᐊᖏᓪᓗ ᑭᓚᖅᑐᑦᓯᓕᕐᓂᑦ ᑲᓇᑕᒥ ᐃᑲᔪᖅᑎᑦ ᐃᓱᒪᒧᑦ ᐊᓐᓂᐊᖅᑎᓂᓐᓄᑦ ᐱᓕᕐᓂᐊᕐᓯᓄ. ᐱᓕᐊᖅᑐᒥᑎᑦ, ᓂᓪᓕᐅᑎᑎᓪᓗᑦ ᑕᑯᐊᐊ ᖃᓄᐃᖏᑎᐊᕆᐊᖅᑎᓂᕐᒧᑦ ᑭᖑᒻᒪᕆᖏᑎᑦ ᐊᓪᓕᐊᓂᐃᑦ, ᐃᓄᐃᑦ ᐊᖏᓗᓂ ᐊᓪᓕᐊᓂᖏᓐᓂᒃ ᐃᓕᓴᕐᓂᑦ ᐊᓪᓕᐊᓂᖏᓐᓂᒃ ᐊᓪᓕᐊᓂᖏᓐᓂᒃ ᖃᓄᐃᓕᓴᐅᑎᒃᓯᒪᓂᖅ, ᐊᖏᓗᓂ ᐃᓕᓐᓂᐊᕆᐊᖅᑎᓂᕐᒧᑦ ᑕᑯᐊᐊ ᐃᓕᓴᕐᓂᑦ ᐊᓪᓕᐊᓂᖏᓐᓂᒃ ᐊᓪᓕᐊᓂᖏᓐᓂᒃᑐᓂᒃᓯᒪᓂᖅ, ᐊᖏᓗᓂ ᐃᓕᓐᓂᐊᕆᐊᖅᑎᓂᕐᒧᑦ ᑕᑯᐊᐊ ᐃᓕᓴᕐᓂᑦ ᐊᓪᓕᐊᓂᖏᓐᓂᒃ ᐊᓪᓕᐊᓂᖏᓐᓂᒃᑐᓂᒃᓯᒪᓂᖅ ᐃᓱᒪᒥᔪᑦ ᐊᓪᓕᐊᓂᖏᓐᓂᒃ.

ᐱᓵᓱᑎᐊᖅᑐᐊᖅᑕᐅᓕᑦ ᑕᒪᓐᓇ ᐊᐅᓪᓗᓂᒪᓂᑦ ᓴᓇᓵᖅᓴᓕᑦ ᑕᐃᒪᒃ ᓱᓐᓂᑭᑎᑎᓂᐊᖅᑐᖅᓄᑦ ᐅᔨᔪᓂᑦ:

- ᖃᐅᔨᒪᓴᐅᓪᓚᑎᐊᖅᑎᓪᓗᒍ ᐊᑐᖅᑕᐅᑎᓪᓗᒍ ᐃᓱᒪᒧᑦ ᐊᓐᓂᐊᖅᑎᖅᑐᓄᑦ ᐱᓪᓚᕆᔨᕕᐅᔪᖅ ᐅᓇᓗ ᒪᓪᓚᑐᖅ ᓂᐱᖃᑎᖅᓯᓂᖅ ᐱᓪᓚᕆᔨᕕᐅᔪᖅ ᐊᖏᓗᓂ ᐱᓪᓚᕆᔨᕕᐅᔪᖅ ᐊᓐᓂᐊᖅᑎᖅᑐᓄᑦ ᐊᓐᓂᐊᖅᑎᖅᑐᓄᑦ ᐊᓐᓂᐊᖅᑎᖅᑐᓄᑦᑐᖅᑐᓂᒃ ᐊᓐᓂᐊᖅᑎᖅᑐᓄᑦ

ᑭᓇᐃᒪᒃᑯᐊᓂᖅ ᐊᑦᓯᐃᑦ, ᐃᓄᐃᑦ ᐊᒻᒪᓗ ᐊᑦᓯᐃᓇᖏᓐᓂᕐᒧᑦ, ᒪᓕᕐᓗᑎᒃ ᑐᓇᖏᑦᑐᐊᕐᓂᕐᒧᑦ ᐃᒻᒥᔪᑦ-ᐊᐅᓚᑦᑎᐊᓇᖅᓯᓐᓂᖅ.

- ᐱᓕᕆᔨᐊᓯᖅ
  - ᒪᓕᕐᑎᑭᑦᑎᐊᓕᖅᓯᒪᓗᑦ ᓯᓚᑦᓕᐅᑎᖅᑯᐅᐊᕐᓂ ᐊᐅᓚᑦᓯᔨᑦᑎᐊᓂᕐᒧᑦ ᑕᐃᒧᐊᒃ ᐊᑐᖅᓯᑦᑎᐊᖅᓯᓗᑎᒃ ᐱᐊᒪᖏᓐᓂᕐᒧᑦ ᐊᒻᒪᓗ ᓂᑦᓕᐅᑎᓗᑦ, ᐃᓄᐃᑦ ᐊᒻᒪᓗ ᐊᑦᓚᐃᖏᓐᓇᐊᕐᓂ, ᐊᒻᒪᓗ ᓂᑦᓕᑭᑎᓗᑦ ᓱᓪᒪᖏᓐᓂᕐᒧᑦ ᐱᓕᕆᔨᐅᑉᓂᕐᒧᑦ ᐊᑦᓯᐃᑦ, ᐃᓄᐃᑦ ᐊᒻᒪᓗ ᐊᑦᓚᐃᖏᓐᓇᐊᕐᓂ. ᐅᖃᐅᔨᔪᐃᔨᑎᐅᓗᑕ ᑕᑕᒥᓱᓗᐊᖅᑐᓄᑦ-ᑐᓴᕐᑎᑦᑎᔨᓯᖅ ᐸᖅᑦᓗᓂ ᐊᑕᔪᓂ ᐃᓅᑦ ᐃᓕᓴᖏᓐᓂᕐᒧᑦ ᐊᒻᒪᓗ ᐱᓕᕆᔨᐊᓯᖏᓐᓂᕐᒧᑦ ᐱᕐᑕᕐᓇᐃᓕᓴᕐᑎᑦ ᐊᑦᓯᐃᑦ, ᐃᓄᐃᑦ ᐊᒻᒪᓗ ᐊᑦᓚᐃᖏᓐᓇᐊᕐᓂ. ᐃᓕᓴᕐᓂᖅ ᐊᒻᒪᓗ ᐱᓕᕆᔨᐊᓯᖏᓐᓂᕐᒧᑦ ᐱᕐᓯᔪᑎᖅᑯᐊᓯᑦ ᐊᑦᑕᕐᓇᐃᓕᓴᕐᓂᕐᑎᑦ.

*"ᓄᓇᕗᑦ ᑲᑎᒪᔨᖅᑕᐅᓂᖓᓂᒃ ᑲᑎᒪᔨᓄᑦ. ᓯᓚᓂᖅᓴᖏᓐᓂᕐᒧᑦ ᐊᒻᒪᓗ ᖃᓄᐃᓇᕐᑎᑭᑦᑎᐊᖅᑐᑦᓯᐊᓕᓂᕐᒧᑦ ᑕᐃᒪᓐᓇᖅ ᓄᑕᖅᑐᑦ ᑕᐃᒪᓐᓇᖅᑐᓂᒃ ᐃᓕᑦᑎᐊᓯᖅᑎᑦᓯᐊᓕᓂᕐᒧᑦ ᐊᑭᐅᔨᓯᖅᑕᕐᓂᖓᓂᕐᒧᑦ ᐅᓪᓗᒥᑦ."*

ᐊᖏᓚᓯᖅᐲᖅ ᓄᓇᕗᖅ ᐅᓪᓗᓕᑦ ᓴᓗᐱ



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