

HOW TO ACCESS SUPPORT

FOR AFTER HOURS EMOTIONAL SUPPORT

“Seeking support takes a lot of courage and is a wise choice to care for your mental wellness”

Our services are offered to all Abegweit Mi'kmaq First Nation Community Members.

If you or someone you know would like to access our services and you are not already connected with a team member, please contact:

**Abegweit Care Facilitation
Coordinator:**

Shannis Gray,MSW,RSW

Phone: (902) 676-3007

Fax: (902)676-2958

Email: sgray@abegweithealth.ca

**In case of emergency,
please contact 911**

**For after hour
emotional support,
please contact the following:**

**First Nation & Inuit Hope -
Wellness Help Line #
1-855-242-3310**

**The Island Helpline #
1-800-218-2885**

**NIHB (Short-term Crisis
Intervention) #
1-800-565-3294**



**ABEGWEIT FIRST NATION
CARE FACILITATION
TEAM**

Information Pamphlet



WHO WE ARE

The Abegweit Care Facilitation Team is made up of professionals from various agencies who work together to best meet the needs of the community they serve.

The team is made up of the following agencies:

- **MCPEI's Pride Program (Director of Pride, Family Therapist)**
- **Abegweit Social Development Program (Director of Social Development)**
- **Abegweit Mi'kmaq First Nation Wellness Centre (Nurse Supervisor, Mental Health & Addictions Clinician, Nurse)**
- **Health PEI (Mental Health & Addictions Complex Case Coordinator)**

PLEASE NOTE: The team's membership can expand as needed and may include other partners in the event of a crisis or under exceptional circumstances. New members must be approved by the existing membership as well as the with the consent of the client.

WHAT WE DO

Our team works with the community in providing the following supports:

- **Aid community members with their mental health and/or addiction concerns**
- **Crisis intervention**
- **Referrals & resources**
- **Advocacy**
- **Holistic and culturally relevant support**



VALUES

Our values are rooted in the "Seven Sacred Grandfather Teachings" which guide all decisions and actions made within the Abegweit Care Facilitation Team:



- **Love**
- **Respect**
- **Courage**
- **Honesty**
- **Wisdom**
- **Humility**
- **Truth**