

Sekwe'ha: A Community Based Research Approach to Virtual Mental Health Supports for Indigenous Youth





"The commonality with [youth] is that they don't have any sense of the future. They [have] no connectivity to anything... no understanding of any kind of future to look forward to"

"People turn to addictions to heal, to cope because there's nothing out here for them"

[Community member, June 2021)

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"It is not somebody from outside that will bring that solution. It has to be developed by the local people, so they feel ownership of what's happening"

[Clinician, June 2021)

