

Building your bundle, supporting your healing journey

**Free, culturally safe mental
health support for Indigenous
adults (18+) in Ontario.**



To learn more visit
[OSPcarepointinhealth.ca](https://ospcarepointinhealth.ca)





Tobacco

Flexible
session
length



Sage

Cultural
support through
The Indigenous
Network



Cedar

Access to
traditional
medicines



Sweetgrass

Guided by
Indigenous
healthcare
professionals

We can help if you:

- feel anxious, stressed or worried
- feel low and hopeless
- experience panic attacks
- have obsessive thoughts or behaviours
- struggle with flashbacks & nightmares
- struggle with traumatic memories