

Putting the North in Focus: Importance of the Land for Inuit Mental Health



Mood Walks Summit February 2017

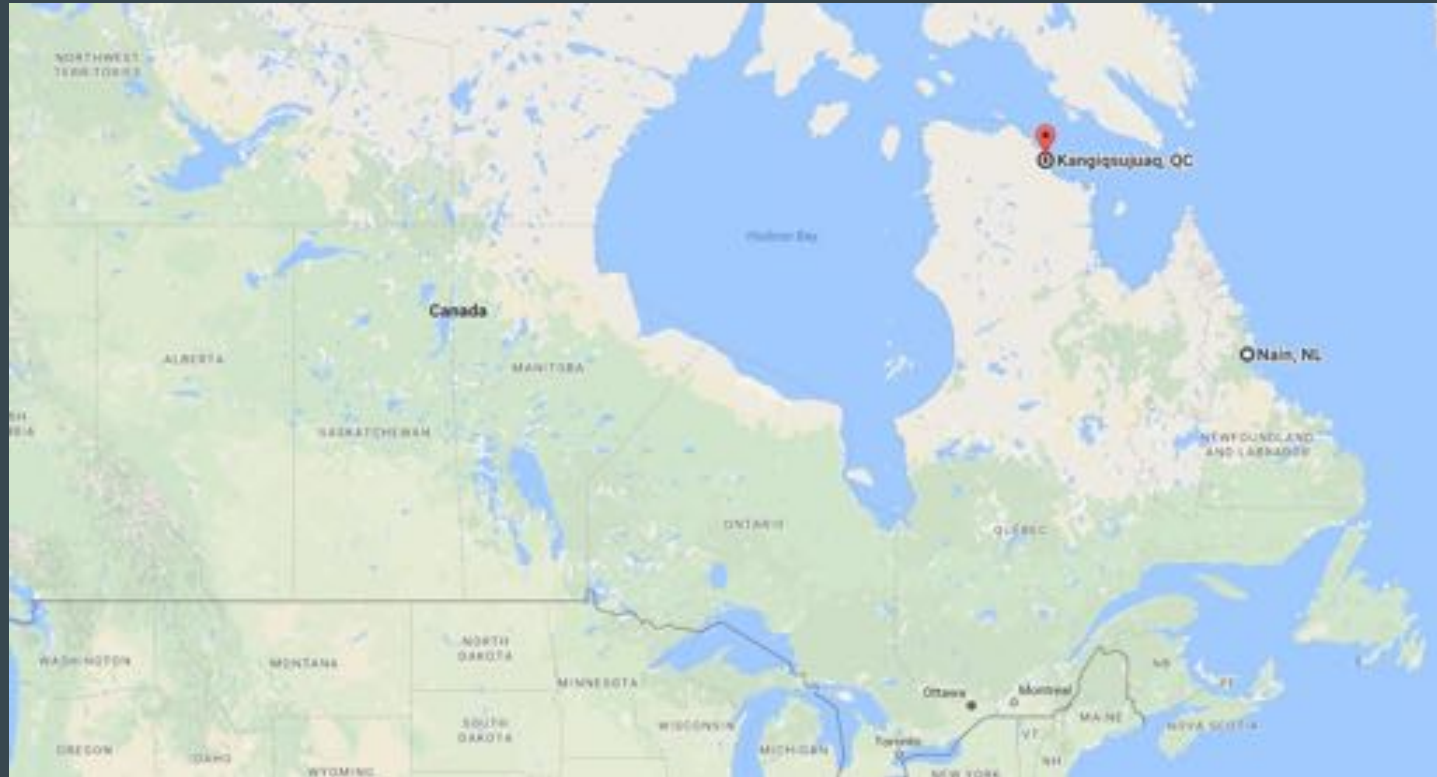
Who are we?



What is North in Focus?



Where has North in Focus been so far?



What have we done so far?



Kangiqsujaq, Nunavik (February 2016)



Nain, Nunatsiavut (October 2016)

Facts and Figures



1/5

1/3

70%

11x

28x

Northern Context



Opportunities

Land

Culture

People

Challenges

Intergenerational trauma

Poor access to resources/stigma

Environmental



Importance of Going Off

Connection to nature

Counters effects of intergenerational
trauma

Mindfulness and gratitude

Confidence and competence

Connecting youth to each other and other



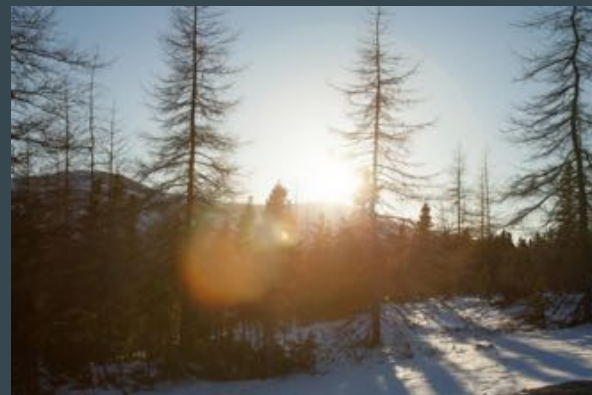
Photowalks in the NIF Program



Mindfulness

Positive perspective

Time with friends or alone





So what?



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