

 [What's Behind The Surge In Suicide Attempts Among Canada's Indigenous Population by Ajmarsella](#) by Louise S. [2016, Apr 23]

I was reading this article on Huffington Post, and I thought you might be interested in reading it, too.

What's Behind The Surge In Suicide Attempts Among Canada's Indigenous Population

[http://www.huffingtonpost.com/2016/04/13/canada-indigenous-suicide-crisis\\_n\\_9708490.html](http://www.huffingtonpost.com/2016/04/13/canada-indigenous-suicide-crisis_n_9708490.html)

DOWNLOAD\_HUFFPOST

Anthony J. Marsella, Ph.D., Professor Emeritus, University of Hawaii, Honolulu, Hawaii 96822.

Show, by your actions, that you choose peace over war, freedom over oppression, voice over silence, service over self-interest, respect over advantage, courage over fear, cooperation over competition, action over passivity, diversity over uniformity, and justice over all.

Hildegarde of Bingen (1098-1179)

Sacred Words: I am that supreme and fiery force that sends forth all living sparks. Death hath no part in me, yet I bestow death, wherefore I am girt about with wisdom as with wings. I am that living and fiery essence of the divine substance that glows in the beauty of the fields, and in the shining water, and in the burning sun and the moon and the stars, and in the force of the invisible wind, the breath of all living things, I breathe in green grass and in the flowers, and in the living waters. . . . All these live and do not die because I am in them. . . . I am the source of the thundered word by which all creatures were made, I permeate all things that they may not die. I am life!

 [Comment by Maureen O'Hara](#) by Louise S. [2016, Apr 23]

One comment: "It's going to be based on how fast the action will occur, how much the government will veer away from its old top-down approach and actually include us in discussions that will affect our lives."

Our colleagues in Scotland partner with NUKA, an Alaskan health care systems that does exactly that. <https://www.southcentralfoundation.com/My> colleagues in International Futures Forum have now introduced indigenous health

practices based in local culture to health care in Scotland.

Southcentral Foundation | Alaska Native People Shaping ...  
www.southcentralfoundation.com

Recipient of 2011 Malcolm Baldrige National Quality Award. The  
nation's only Presidential award for performance excellence

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PS.

Dan Coates on Crisis with Indigenous People

More insight on mental health crisis in Canada's Indigenous peoples  
from Dan Coates and his friend and colleague Rarihokwats

From: Coates  
Sent: Monday, April 18, 2016 3:01 AM  
To: Maureen O'Hara  
Cc: Rarihokwats  
Subject: Dan Coates on Crisis with Indigenous People

Thanks Maureen for this piece. A far more valuable picture is captured  
in my very dear friend's penultimate draft of his regular e-notes which  
he just provided late last night for me to circulate to you and Meridian  
colleagues. It will be released later this morning to several thousand  
readers. You know of Rari from our past exchanges on Canada's  
indigenous people and his selfless and remarkable work on behalf of  
indigenous people in both North and South America over half a Century.  
Perhaps you could circulate his E-Notes attachment to others.

Dan

----- Forwarded Message -----

Subject: 20160417 section I: More Northern Communities Declare Suicide  
Crisis, Health Crisis, House Fires Crisis  
Date: Sun, 17 Apr 2016 23:23:03 -0400  
From: Rarihokwats mailto:fourarrows2016@gmail.com

 [e-notes 20160413-3 section I](#)



<e-notes> from [fourarrows@outlook.com](mailto:fourarrows@outlook.com)  
17 April 2016 Edition



### **Section I**

## ***More Northern Communities Declare Suicide Crisis, Health Crisis, House Fires Crisis***

***A Four Arrows Summary of What's Happening,  
Prepared for Sharing With and By Treaty 8 Alberta First Nations***