

MÉTIS NATION BC HEALTH & WELLNESS

Issue 58 Up-To-Date Information as of May 7, 2021



Health & Wellness

By Ministry of Health

"Every vaccine helps protect you and those around you. We encourage everyone to get immunized with any of the COVID-19 vaccines as soon as you are eligible"

- Dr. Bonnie Henry

If you or someone you know is isolated or in need of assistance, please email health@mnbca.ca. MNBC's Ministry of Health team will help connect you to available Community supports.

MNBC will be updating our webpage as new information becomes available. Follow our COVID-19 page at www.mnbca.ca

Please click on this [link](#) to previous issues of our COVID-19 newsletter for more information.

MÉTIS CRISIS LINE



1-833-MÉTIS-BC
(1-833-638-4722)

24 hour access to Crisis Programs

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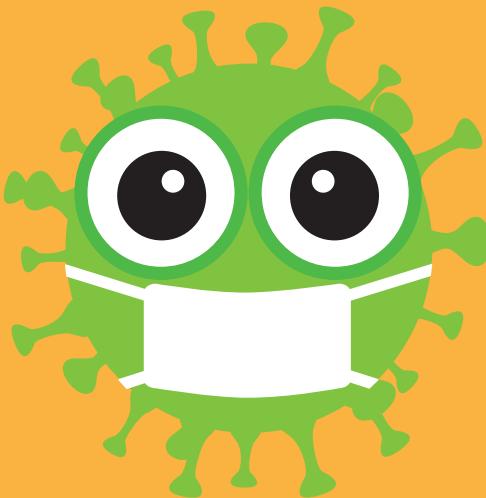
MÉTIS CRISIS LINE

MENTAL HEALTH WEEK

MÉTIS TB TESTIMONIAL CALL OUT

2,000,000

35% OF BC ARE
VACCINATED WITH
THE 1ST DOSE!!



COVID-19

UPDATE

Dr. Bonnie Henry Update

Dr. Bonnie Henry, B.C.'s provincial health officer, and Adrian Dix, Minister of Health, have issued the following joint statement regarding updates on the COVID-19 response in British Columbia:

1,995,496 doses of Pfizer-BioNTech, Moderna and AstraZeneca COVID-19 vaccines have been administered in B.C., 95,868 of which are second doses.

"Our immunizations are going up quickly, and the ages for those who are eligible are rapidly coming down. Today, anyone 49 and older can book their vaccine. That will continue to decrease in the coming days.

"Our B.C. immunization committee and public health teams are actively looking at how, where and when to best incorporate youth aged 12-17 into our age-based program. Details will be provided once plans are finalized.

To date, over 192,000 people in B.C. have completed the provincewide SPEAK survey, and we want to get that number up as high as possible. Please take a few minutes to complete the SPEAK survey before the May 9 deadline on the BC Centre for Disease Control's (BCCDC) website at:

www.bccdc.ca/covid19survey

"What we are doing in B.C. is working and bringing us closer to the end of this pandemic every day, so let's keep our momentum going. Let's continue to follow all of the public health measures, to get vaccinated when it is our turn and continue to push forward through this storm."



Indigenous COVID-19 Immunization Clinics

**Appointments are available for
self-identified Indigenous
(First Nations, Métis, Inuit)
individuals who are
18 years of age or older in 2021**

**To book a first dose appointment,
call 1-833-838-2323
or visit getvaccinated.gov.bc.ca**

Indigenous clinics with cultural supports are available for those who self-identify as Indigenous (First Nations, Métis, Inuit).

For information about the COVID-19 vaccine or support for appointment booking, please call the Aboriginal Health Liaison line at 1-866-766-6960 or the First Nations Health Authority Liaison line at 604-743-0635.

VACCINATION REGISTRATION SCHEDULE:

**Vaccines for
pregnant people
aged 16+**



COVID-19 IN BC

Pregnant people are now a priority population to get their vaccine. All Health Canada-approved vaccines are safe and effective, including for people who are pregnant. If you are pregnant, you can get vaccinated quickly following these two steps: 1. Register, if you haven't already, at <http://gov.bc.ca/getvaccinated> 2.

Then phone 1-833-838-2323 to book — tell them you are pregnant.

THE SECOND VACCINE DOSE:

Why we all need to get it!

MANY PEOPLE ARE WONDERING WHY DO WE NEED TO GET THE SECOND DOSE

The two doses make up what's known as one "primary series" that will provide the strongest – and longest – possible protection, including against new, more vaccine-resistant variants that are circulating the globe.

Most of the COVID-19 vaccines in Canada require two doses as part of the primary series. These include Pfizer, Moderna and AstraZeneca. (The Janssen vaccine reaches maximum protection after just one dose.)

Scientists are still studying how long the primary series of COVID-19 vaccines remain effective in preventing COVID-19 and whether we will need "booster" doses later to keep this protection high. They are also studying whether additional shots will be needed to provide better protection against emerging variants, similar to getting an influenza shot each year.

We do know for certain that protection is higher after a second dose for the Pfizer, Moderna and AstraZeneca vaccines: A study from the Centers for Disease Control and Prevention (CDC) found that a single dose of Pfizer or Moderna vaccine was 80 per cent effective at preventing the spread of COVID-19. That protection rose to 90 per cent after the second dose. This is a significant increase in protection when dealing with a potentially deadly disease.



More information on booking 2nd doses will be announced soon. Please check the [Government of BC](#) website for updated information.



MÉTIS CRISIS LINE

Help is just a call away

MENTAL WELLNESS

ABUSE

RELATIONSHIPS

BULLYING

ADDICTIONS

SUICIDE & IDEATION

DEPRESSION

GRIEF & LOSS

SELF-HARM

PEER PRESSURE

ANXIETY

FINANCIAL ISSUES

CULTURE

**24 HOURS A DAY
7 DAYS PER WEEK**

A place where you can talk,
trust and feel safe!

SERVICES:

24 hr phone support

Risk assessment

Safety monitoring

Community engagement



MÉTIS CRISIS LINE



1-833-MÉTIS-BC

(1-833-638-4722)

24 hour access to Crisis Programs

1-833-MÉTISBC

(1 - 8 3 3 - 6 3 8 - 4 7 2 2)



MÉTIS NATION
BRITISH COLUMBIA

in collaboration with KUU-US Crisis Line Society



RESILIENT ROOTS ISSUE TWO

MNBC's Métis Youth Mental Health and Wellness Initiative is so excited to be able to share with you the second issue of Resilient Roots: Métis Mental Health and Wellness Magazine!

May 3rd through May 9th marks Mental Health Week 2021 (<https://mentalhealthweek.ca/>).

Today, we **#getreal** by shining a light on resilience. We proudly highlight the stories of Métis individuals across the province who have chosen share their wisdoms and experiences of their journeys with mental health.

To connect to more stories of Métis resilience, check out issue two of Resilient Roots: Métis Mental Health and Wellness Magazine at:

<https://www.mnbc.ca/news/2021/resilient-roots-metis-mental-health-and-wellness-magazine-issue-2-out-now/>.

If you would like to receive a free hard copy of Resilient Roots, visit:

<https://www.surveymonkey.com/r/resilientroots>

If you are in need of crisis support, please reach out to the 24 hour/7 days a week Métis Crisis line at 1-833-Metis-BC (1-833-638-4722).

To learn more about mental health supports in your area, please contact Jillian (jjones@mnbc.ca) to get connected with your Regional Health Coordinator.



Please note completing this form does not guarantee that you will receive a copy of Resilient Roots (issue two), as copies will be mailed on a first come, first serve basis.



#mentalhealthweek2021 #getreal

I have now started to see how valuable life and mental health is when you give it a chance. Please, when you feel down and out remember you are NOT alone. Vulnerability is a two-way street. Do not feel trapped on your life journey, we are all resilient human beings.

**Adam Gauthier - "Shaakiyyishoo la Michin"
RESILIENT ROOTS, ISSUE TWO**

Métis Tuberculosis Testimonials



MÉTIS NATION
BRITISH COLUMBIA



Are You a Métis
Nation Citizen who
has had tuberculosis ?
We would like to tell
your story!

**The Métis National Council is
producing a series of videos to tell the
story of Métis Nation Citizens who
have had tuberculosis.**

This is part of a larger series about Indigenous People with tuberculosis (that will be used to provide health care workers with important background information and provide them first-hand experiences before going to Indigenous lands to work in TB or those non-Indigenous health workers working with Canadian Indigenous peoples with TB)

We would like to record (remotely- via Zoom) the personal story of each person's experiences , discussing their journey and their experiences navigating this illness in their own words.

There will be an honorarium paid to all participants.
Interested ? or would like more information ?



Please contact :
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Census 2021

Every five years, Canadians are invited to participate in the census to help paint a portrait of Canada's diverse population and the places where we live. The Census forms should be sent to your home and can be done online! If you happen to be randomly chosen to complete the long-form census, don't forget to identify as Métis and share that you belong to Métis Nation BC



Statistics
Canada

Statistique
Canada



**MÉTIS NATION
BRITISH COLUMBIA**



THANK YOU

TO OUR HEALTHCARE WORKERS,
FIRST RESPONDERS, FRONTLINE
STAFF, AND ESSENTIAL SERVICE
WORKERS - AS ALWAYS, WE THANK
YOU FROM THE BOTTOM OF OUR
HEARTS.