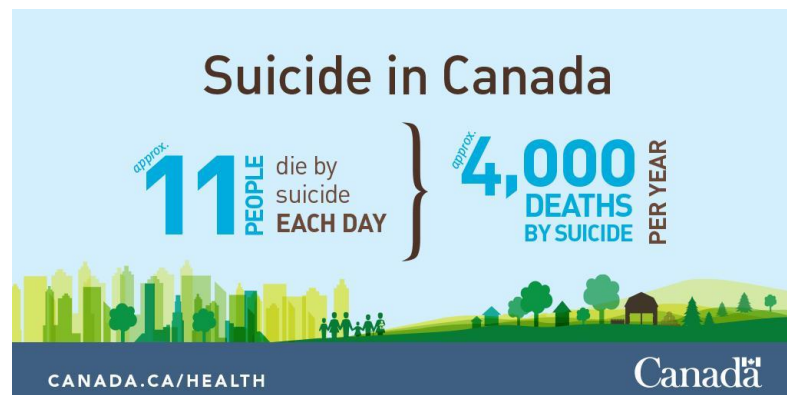


A New Year: Be kind to one another, and yourself!

January can be a very difficult month for some. It can be very daunting to look ahead to a new year, and even more so for those who struggle with their mental health. A Northern Health (NH) employee reminds us that while the challenges and stigma associated with anxiety, depression, and suicide are long-lasting, there is help available.

A NH nurse who lost a father to suicide describes, “I could not help but feel so ashamed about what had happened. The people in my small community all knew what had happened to my father, but they would not talk to me or make eye contact whenever they saw me. There was a real stigma attached to depression and suicide. I always find January to be my least favourite month of the year.”



It is so important to raise awareness about suicide and learn about mental health literacy and resiliency so we can remove the stigma and help prevent suicide from happening to others in our communities.

There are resources in this month’s E-Brief including help lines from the [Crisis Centre for Northern BC](#) and education on [Mental Health Literacy](#) and [Mental Health Literacy for Educators and Leaders](#). We would like to dedicate this E-Brief to this nurse’s late father.

For Your Information

- Results released from expanded [First Nations Health and Wellness Survey](#)
- Results of [First Nations Regional Health Survey Phase 3 2015-2017 – Northern Region](#)

Resources

Crisis Centre for Northern BC

Distress lines open 24/7 – [Crisis Prevention, Intervention & Information Centre](#).

Youth Crisis Line: 250-564-8336 (text) or 1-888-564-8336.

A confidential, anonymous peer support service operated by trained youth answering calls from other youth.

Northern BC Crisis Line: 250-563-1214 or 1-888-562-1214.

A safe, confidential and non judgmental crisis line to discuss anything troubling you. We are here to help.

BC Suicide Line: 1-800-SUICIDE (1-800-784-2433).

Please call if you are considering suicide or are concerned about someone who may be.

Early Years Indigenous Cultural Safety Resource Guide

BC Ministry of Children and Family Development released the [Early Years Indigenous Cultural Safety Resource Guide](#) to help Early Childhood Educators who work with Indigenous children, families, and communities find appropriate and meaningful resources that will increase their ability to provide culturally safe and respectful care.

PlanH Healthy Community Engagement Guide

The latest in a series of Local Government Action Guides for Healthy Communities, [Healthy Community Engagement](#) is for local governments of rural and urban communities across BC who want to receive community input in a way that is authentic and meaningful.

Funding Opportunities

Age Friendly Community Grants

Deadline: January 17, 2020

Local governments and First Nations communities may apply for up to [\\$25,000 for age-friendly assessments and action plans](#). After developing an action plan, communities may apply for subsequent grants of up to \$15,000 to support age-friendly projects.

Physical Literacy for Communities BC Initiative

Deadline: January 31, 2020

Supported by the Province of British Columbia, the Sport for Life Society will be delivering the [Physical Literacy for Communities BC Initiative](#) (PL4C-BC) in selected communities across the province. The purpose of the PL4C-BC Initiative is to improve the development of physical literacy through a multi-sector community approach, leading to increased physical activity which positively impacts the health and well being

of British Columbians. For more information, please attend the informational [webinar below](#).

Community Child Care Planning Program

Deadline: January 31, 2020

Local governments can apply for [funding](#) to the development of a community childcare space creation action plan. These plans collect information on child care needs, existing spaces, space creation targets and necessary actions.

Investing in Green Infrastructure Program

Deadline: February 28, 2020

The Canadian and BC governments have committed up to \$150 million to support [cost-sharing of public infrastructure projects](#) across the province. Projects must increase capacity to treat/manage waste or storm water, increase access to potable water, and/or increase capacity to reduce or remediate soil or air pollutants.

Poverty Reduction Planning & Action Program

Deadline: February 28, 2020

[This program](#) supports local governments in developing local poverty reduction strategies that will lift people up, break the cycle of poverty, and build a better BC for everyone.

BC Council for International Cooperation (BCCIC) - Sustainable Development Goals Funding Program

Deadline: Open

This [program](#) provides grants of up to \$100,000 to support projects that advance the [2030 Agenda for Sustainable Development](#) – to eliminate poverty, protect the planet, and ensure prosperity.

Northern Housing Incentive

Deadline: Quarterly - contact the Northern Development Initiative Trust for more information.

[The Northern Housing Incentive](#) program provides grant funding to local governments to create a “Dollars to Door” program that will enhance and support economic development by incentivizing private sector housing development.

Education/Learning Opportunities

Mental Health Literacy – UBC Online Courses

Two freely accessible [online courses](#), LEARN and TEACH, provide a mental health literacy foundation for educators (with downloadable best-evidence-based curriculum resources).

**BC Alliance for Healthy Living: Healthy School Programs, Healthy Kids Webinar
January 16, 2020 9 a.m. to 10 a.m. PST**

Please join the BC Alliance for Healthy Living for our webinar featuring two exciting initiatives designed for healthier schools and kids. Learn about [BC Recreation and Parks Association's](#) (BCRPA) province-wide before- and-after school recreation program grants. These programs focus on physical activity, connecting to nature, outdoor play, and engaging in culture, sports and the arts. Momentum is building for a National Healthy School Food Program. The [BC Chapter of the Coalition for Healthy School Food](#) leads the way as the first provincial chapter of this national coalition seeking federal investment in a Universal Healthy School Food Program to support the health, well-being and education of all Canadian children. [Register here](#).

**Physical Literacy for Communities BC Initiative Informational Webinar
January 8, 2020 10 a.m. to 11 a.m. PST**

To support those applicant communities who are interested in submitting an application for the 2020 intake, Sport for Life will be hosting two informational webinars to review the project details and answer any questions. [Register here](#).

2020 Spring Institutes – Mental Health Literacy for Educators and Leaders

UBC Campus, Vancouver, BC

Developed as part of a province-wide professional development strategy, these institutes aim to increase mental health literacy leadership capacity in districts and schools.

Go-To Educator Institute February 3-4, 2020

[Supporting Student Mental Health](#) Develop mental health knowledge, identification and support as well as strategies for working with health providers, parents and families.

District Implementation Institute Feb. 5-6, 2020

[Mental Health Core Trainer](#) Focus on strategies for implementing a school- and/or district-wide Professional Development plan for building Mental Health Literacy.

17th Annual Air Quality and Health Workshop: Environmental Justice of Air Quality in the Era of Citizen Science

February 11, 2020 8:30 a.m. to 5 p.m. PST

The British Columbia Lung Association presents the [17th Annual Air Quality and Health Workshop "Environmental Justice of Air Quality in the Era of Citizen Science" February 11th, 2020](#). A live-streaming option is available for remote participation (in-person in Vancouver). Organized annually, the workshop brings together air quality and environmental health experts and policymakers to share new insights regarding priority public health issues. The theme will examine the topic of environmental justice, with a focus on issues related to air quality and health. [Register here](#).

Appetite to Play – Online Workshop Series

The instructor led live [interactive workshops](#) will enhance knowledge, skills and confidence in creating childcare settings that support physical literacy, healthy eating, and healthy child development. Planning tools, self-assessments, recipes, games and activities will be shared. An overview of the resource rich [Appetite to Play](#) website will be included. Take advantage of the New Year sale price on workshops from January to March.

Northern Health Stories

A special visitor for UHNBC's pediatric patients

Patients at the UHNBC Pediatric Unit in Prince George had a special visitor this week! The Man in the Big Red Suit saw some of the youngest patients in the hospital with the help of Pediatric staff...[continue reading](#).

Holiday Spirit

Did someone order some...Holiday Spirit?! Spirit is certainly excited about the holidays, are you? Whether you're in the snowy northeast or on the wavy west coast, we hope you all have a ...[continue reading](#).

99-year old Prince George resident shares Christmas cheer with the Canadian Armed Forces

Every year, Beth Coates, a resident at Rainbow Lodge in Prince George, writes Christmas cards to friends and family — but this year, she's branching out. "There's certain people over the year...[continue reading](#).

See the latest stories at stories.northernhealth.ca.

E-Brief information

The Healthier Northern Communities [E-Brief](#) is produced by [Northern Health's regional Population Health program](#).

- **To subscribe**, send a blank email to healthycommunities@northernhealth.ca with "subscribe" in the subject line.
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To share information, articles or resources of interest to northern BC communities, send an email to healthycommunities@northernhealth.ca.

If you have any questions about our list and your privacy, please phone 250-645-6568.