

Understanding & Addressing Depression

Among Indigenous Communities

September 16, 2024

10:00-11:00am MDT

This presentation explores the issue of depression among Indigenous communities, delving into the unique cultural, historical, and socio-economic factors that contribute to mental health disparities. We will examine the prevalence of depression in these communities, and the role of intergenerational trauma. By understanding these complexities, we aim to foster a more empathetic and informed approach to addressing mental health needs within Indigenous populations.



Learning Outcomes:

- A deeper understanding of depression (what it is and is not, including debunking myths about depression)
- Insights into the unique cultural, historical, and socio-economic factors that contribute to mental health disparities, particularly within Indigenous communities.
- Explore what healing may look like within Indigenous communities.
- A robust list of resources for support and education

Speakers:

Nicole Donovan, Registered Provisional Psychologist based in Alberta. She works with children, teens, and adults, addressing issues such as anxiety, depression, and trauma. Her Métis heritage influences her therapeutic approach, guiding her to honor and integrate diverse backgrounds and experiences into the healing process. As the Indigenous Supervision Practice Lead at Insight, Nicole also supports fellow therapists in understanding and addressing the impacts of colonization on the mental health of Indigenous peoples.

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Target Audience:

Individuals who may struggle with depression and those who wish to support them, taking the unique cultural, historical, and socio-economic factors present within Indigenous communities into account.

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