

The Silent Crisis: Indigenous Men's Mental Health in Alberta

March 26, 2026

1:30-3:00pm MT

This session explores the unique experience of deep hopelessness faced by Indigenous men in Alberta. Moving beyond Western diagnostic labels, we will address the root causes of distress, including colonial disruption and structural violence. We will examine the concept of "masked depression" and highlight culture-as-treatment approaches, such as Land-Based Healing and community programs, that successfully rebuild identity and resilience.



Learning Outcomes:

- Understand the concept of "Two-Eyed Seeing" and how to apply it to mental health assessments for Indigenous men
- Identify the signs of "masked depression" and how male distress often presents differently than standard diagnostic criteria
- Learn about specific Alberta-based resources and the efficacy of land-based healing initiatives
- Recognize the difference between "toxic" and "traditional" masculinity to better support men in reclaiming their roles as protectors and providers

Speakers:

Peyton Casault- Registered Provisional Psychologist. Member of the Choctaw Nation of Oklahoma. Working in men's mental health with a focus on integrating clinical psychology with culturally responsive practices to address the unique challenges faced by Indigenous men in Alberta



Target Audience: Indigenous community members, mental health clinicians, nurses, social workers, and addiction counsellors supporting these populations

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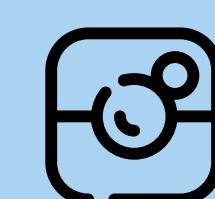
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