



Free, Confidential, Effective, Immediate

MENTAL HEALTH SERVICES & CRISIS INTERVENTION

Now Available on the Blackfeet Reservation!

Depressed? Anxious? Despairing? Grieving? Scared? Feeling alone and hopeless? Dark thoughts? Self-harming? Contemplating suicide? Hate your life? No one to talk to about the bad stuff in your head?



FIND OUT MORE at our FREE EVENT!

Bring the kids! Food and separate play area, bouncy house, basketball, games for all ages!

WHEN? Wednesday **August 31st** & Saturday **September 3rd**, 2022. **6pm Food. 6:30pm Mental Health Services Presentation. 7:30pm Movie, Dessert, More Fun & Games, Entertainment**

WHERE? 308 N Piegan, Browning, MT 59417 (Old Faught's Bldg / Paula's Gifts / next to Post Office)

WHO IS INVITED? Anyone and everyone who could benefit from mental health services, and anyone who loves, knows, or cares for people who may benefit from such services.

WHO ARE WE? We are the Indigenous IFS Council, a non-profit made up of practitioners, participants, and peers. We see the challenges, pain, and consequences of untreated mental health issues in Indian Country and want to help. Our work in the outside world, on reservations, and in Alaskan Native communities, has shown us that a combination of IFS (Internal Family Systems) mental health therapy methodologies, elements of familiar multi-step sobriety programs, and peer-to-peer engagement can be very effective in improving mental health and reducing suicide. In Browning, Julia and Chris Sullivan will co-lead the events. They are IFS-trained coaches serving people from all walks of life. They are parents of a blended family of 7 grown children and have a combined 61-years of sobriety in active 12-step recovery.

CONTACT INFO: 406-845-8986 IndigenousIFS@gmail.com

Zoom Option: 6pm – 8pm MDT Meeting ID: 864 6376 4104

