

## A Closer Look: Barriers

## Story 1: Tunchai and Lindsay

- How does **access** to services and mental health supports differ in **rural regions** compared to **urban regions**?
  - How might this impact Indigenous people living in rural regions?
- Tunchai and Lindsay mention a number of other ways they find **support** that are **integral** to their **Indigenous identity**.
  - List the examples they give.

- b. Which examples, if any, are **familiar** to you? Which ones are **unfamiliar** or **less familiar** to you?
- c. Are there sources of support in your culture that are **similar** or **different** to the ones Tunchai and Lindsay mention? Explain.
3. What **connection(s)** do you see between Tunchai and Lindsay's story and the other stories we watched?

## Story 2: Maryam and Aswani

1. What did Aswani **feel** when she started university?
2. What did Maryam **see** that made her aware that Aswani was struggling with her mental health?
3. a) How did Aswani's **culture** affect her mental health journey?  
  
b) Once Aswani started receiving treatment, what additional barriers did she face with her family?
4. Connecting to help:
  - a. How was Maryam able to connect Aswani to help?
  - b. After connecting Aswani to help, what did Maryam continue to do?
5. Maryam said that "recovery isn't linear." What do you think that means? Explain.
6. What connection(s) do you see between Maryam and Aswani's story and the other stories?

## Story 3: Kirbie and Estyr

1. How did Kirbie's **upbringing** and **identity** affect their ability to seek mental health support?
  
2. The helper:
  - a. How did Estyr's **past experiences** as "a helper" influence her **role** as Kirbie's primary support person?
  
  - b. In what way(s) did her previous experiences affect the **choices** she made as she supported Kirbie?
  
3. Why was **broadening** their **support system** important for Kirbie? How did it help them?
  
4. What **connection(s)** do you see between Kirbie and Estyr's story and the other stories?