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## **Guides and Resources**

Decolonizing Mental Health (PBS)

<https://www.pbs.org/show/mysteries-mental-illness/collections/decolonizing-mental-health/>

Indigenization Guides (BC Campus)

<https://bccampus.ca/projects/archives/indigenization/indigenization-guides/>

Trauma-Informed Care in Behavioural Health Services (SAMHSA)

<https://store.samhsa.gov/sites/default/files/sma14-4816.pdf>

The Violence of Colonization and the Importance of Decolonizing the Therapeutic Relationship:  
The Role of Helper in Centering Indigenous Wisdom (International Journal of Indigenous Health)  
[https://www.researchgate.net/publication/349280522\\_The\\_Violence\\_of\\_Colonization\\_and\\_the\\_Importance\\_of\\_Decolonizing\\_Therapeutic\\_Relationship\\_The\\_Role\\_of\\_Helper\\_in\\_Centering\\_Indigenous\\_Wisdom](https://www.researchgate.net/publication/349280522_The_Violence_of_Colonization_and_the_Importance_of_Decolonizing_Therapeutic_Relationship_The_Role_of_Helper_in_Centering_Indigenous_Wisdom)