

# WE ARE HERE

A zine dedicated to  
ethno cultural  
youth  
facing mental health.

#WEHAVEAVOICE

Created by Ottawa Youth

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mindyourmind

Bonjour مرحبا नमस्कार 你好 NI HAO  
Ciao

Kamusta नमस्ते HI! Salaam-Alaikum  
Hola जालास

DO YOU SPEAK ANOTHER LANGUAGE ???

YOU PROBABLY KNOW, MANY COUNTRIES,  
CULTURES AND LANGUAGES DO NOT HAVE  
WORDS FOR "STRESS", "SUICIDE"

or even "MENTAL HEALTH"

DO YOU ??? We all have

Physical

AND  
AND

mental

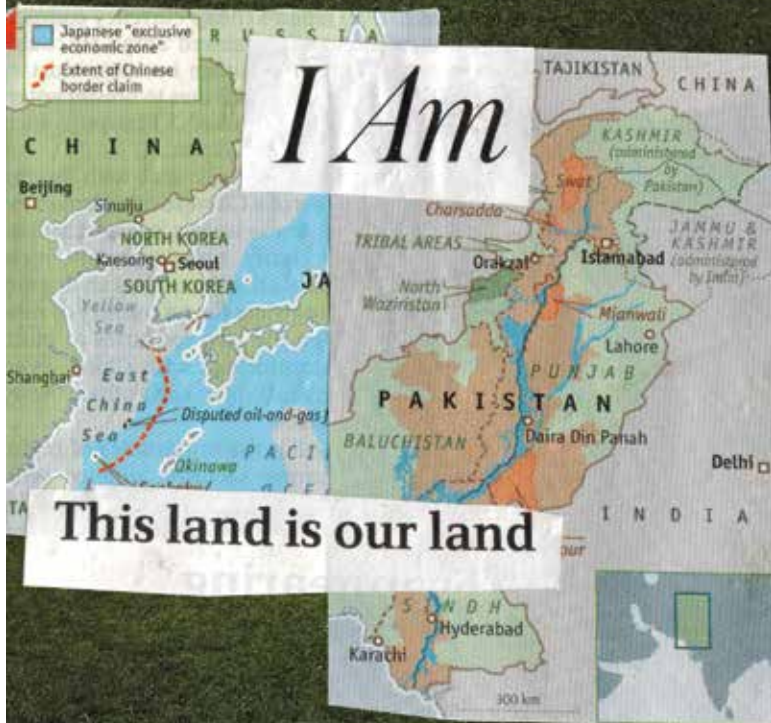
H·E·A·L·T·H·

They are both part of YOU  
They are both IMPORTANT!!!

alone....



# On Arrival



WE ARE THE...  
*diaspóra*

n. the dispersion of any people from their original homeland.

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HERE WE ARE. IN A NEW PLACE, FAR AWAY FROM OUR ANCESTRAL LANDS, OUR HOMES. HERE, EVERYTHING IS DIFFERENT. WE ARE DIFFERENT. BUT WE ARE NOT ALONE.

WE HAVE A VOICE...  
we have each other...

it can be very hard to leave your old life behind.

you may be SAD, HOPELESS, ALONE

and

Confused

those feelings are OK.

recognize.

ASK FOR HELP

BACK HOME

Friends

Family

Culture

Life

language

Part of me Part of US

ROOTS

ROOTS

roots

roots

ROOTS




IT IS OK TO FEEL LONELY.

IT IS NORMAL TO FEEL  
SEPARATED FROM YOUR  
COMMUNITY.

CULTURAL DISCONNECTION &  
DISPLACEMENT  
CAN DIRECTLY AFFECT  
YOUR MENTAL HEALTH.

THERE IS NOTHING WRONG  
WITH YOU.



MANY PEOPLE  
EXPERIENCE  
FEELINGS OF  
DEPRESSION  
AND ANXIETY.

BUILD A  
COMMUNITY  
THAT  
NOURISHES  
AND  
SUPPORTS  
YOU.



INSIDE YOU THERE IS THE  
STRENGTH TO BALANCE YOUR  
CULTURES,  
ASK FOR WHAT YOU NEED,  
CREATE COMMUNITY,  
AND HEAL.



DISPLACEMENT IS A SCARY  
REALITY BUT THERE ARE  
TOOLS TO HELP YOU ADJUST  
TO NEW SURROUNDINGS.  
YOUR IDENTITY HAS NOT BEEN  
LOST. YOU STILL HAVE YOUR  
ROOTS. YOU ARE NOT ALONE.



WE ARE...



Middle East girl power



More than just ornamental



HERE

# family

our life is different than our parents.  
↳ That does not mean it is always easier

educate yourself on mental health

TRUST YOUR FRIENDS, FAMILY

↳ It is a process, they may not understand you in one day

Speak  
your  
truth

Know  
your  
rights



# We Hear You...

POWER IN NUMBERS

WE ARE HERE FOR EACH OTHER

HEALTH IN NUMBERS

HUMANITY IN NUMBERS

SUPPORT

COMFORT IN NUMBERS

COMMUNITY

*The power of the collective*

**we Understand**

NO SHAME!

NO STIGMA!

# HOW TO G O P E ✿

• FIGURE OUT WHAT TRIGGERS YOUR BAD FEELINGS AND DEVELOP WAYS TO AVOID THEM AS MUCH AS POSSIBLE.



• THINGS THAT REMIND US OF HOME CAN OFTEN BE SOOTHING. WHAT GROUNDS YOU? HARNESS IT.

• LISTEN TO WHAT YOUR BODY NEEDS - eat when you're hungry, sleep when you're tired, talk when you need to, seek solitude when you could use a break...

• HONESTLY, SOMETIMES YOU'VE JUST GOTTA CRY. ☹️

BE MINDFUL

*Feeding my soul*

Love,  
Prayer,  
Faith,  
Friends

*Serenity*

*Waking my body*

“Meditation can help lower blood pressure, reduce levels of the stress hormone cortisol, strengthen the immune system, and improve memory.”

RELIGION

# WE HAVE A VOICE

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# NAVIGATING SERVICES.



THERE ARE SERVICES AVAILABLE TO YOU WHEN YOUR MENTAL HEALTH BECOMES TOO MUCH TO HANDLE ALONE.

YOU HAVE EVERY RIGHT TO ASK FOR HELP. ADVOCATE FOR WHAT YOU NEED. REQUEST SERVICES TO BE AVAILABLE IN A LANGUAGE THAT IS ACCESSIBLE TO YOU.

YOU ARE NOT A SINGLE STORY.  
YOU ARE A PERSON WITH INDIVIDUAL NEEDS AND EXPERIENCES.

YOU HAVE A VOICE.



Dear World

THERE'S NOTHING

STRANGE TALKING ABOUT

YOUR  
LIFE



Your

(NOT)

ALONE

My smile.

My life.

LEARN

CONNECT

INDULGE

IT'S TIME  
TO CHANGE

# RESOURCES!

- Boys and Girls Club of Ottawa  
613-232-0925 → [bgcottawa.org](http://bgcottawa.org)
- Canada Nepal Solidarity for Peace → [cnsf.ca](http://cnsf.ca)
- Catholic Centre for Immigrants  
613-232-9634 → [ccottawa.ca](http://ccottawa.ca)
- Coalition of Community Health & Resources Centres Ottawa  
→ [coalitionottawa.ca](http://coalitionottawa.ca)
- Distress Centre of Ottawa and Region  
613-238-3311 → [dcottawa.on.ca](http://dcottawa.on.ca)
- Economic and Social Council of Ottawa-Carleton  
613-248-1343 → [cesoc.ca](http://cesoc.ca)
- Immigrant Women Services Ottawa  
613-729-3145 → [immigrantwomenservices.com](http://immigrantwomenservices.com)
- Jaku Konbit 613-567-0600 → [jakukonbit.com](http://jakukonbit.com)
- Jewish Family Services of Ottawa  
613-722-2225 → [jfsottawa.com](http://jfsottawa.com)
- Kids Help Phone  
1-800-668-6868 → [kidshelpphone.ca](http://kidshelpphone.ca)
- Lesbian Gay Bi Trans Youth Line  
1-800-268-9688 → [youthline.ca](http://youthline.ca)

- Matthew House Ottawa: Refugee Services & Furniture Bank  
613-240-6680 → [matthewhouseottawa.org](http://matthewhouseottawa.org)
- Muslim Family Services of Ottawa  
613-232-6376 → [mfso.ca](http://mfso.ca)
- Ottawa Chinese Community Service Centre  
613-235-4875 → [occco.org](http://occco.org)
- Ottawa Coalition of Community Houses  
→ [ottawacommunityhouses.com](http://ottawacommunityhouses.com)
- Ottawa Community Immigrant Services Organization  
613-725-0202 → [ociso.org](http://ociso.org)
- Ottawa Newcomers Club → [ottawanewcomersclub.ca](http://ottawanewcomersclub.ca)
- Somali Centre for Family Services  
613-526-2075 → [scfsottawa.org](http://scfsottawa.org)
- YMCA Newcomer Services  
613-788-5001 → [ymcaywca.ca](http://ymcaywca.ca)
- Youth Services Bureau of Ottawa  
613-562-3004 → [ysb.ca](http://ysb.ca)  
24/7 Crisis line 613-260-2360  
→ or Crisis chat [chat.ysb.ca](http://chat.ysb.ca)
- Youth Net 613-738-3915 → [youthnet.on.ca](http://youthnet.on.ca)

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