

# Table of Contents

<b>Preface</b> _____	vii
<b>Introduction</b>	
<b>Super-Hero Plants</b>	
<i>Jaime Koebel</i> _____	vii
<b>Dying to Get Away:</b>	
<b>Suicide among First Nations, Métis and Inuit Peoples</b>	
<i>Alison Kiawenniserathe Benedict</i> _____	1
<b>Drinking from a Lagoon of Pain and Sorrow:</b>	
<b>Aboriginal Mental Health and Suicide in Canada</b>	
<i>Kavita Kandhai, Marcel Anthonypillai, Miriam Thomson and         Jocelyn Langlois</i> _____	25
<b>The Fallen Matriarch: Suicide and Aboriginal Women</b>	
<i>Jocelyn Langlois, Miriam Thomson, Satwinder Singh     and Kavita Kandhai</i> _____	41
<b>Aboriginal Social Injustice: Canada's Dirty Secret Leads to Suicide</b>	
<i>Kavita Kandhai</i> _____	55
<b>Connecting with the Strengths of Our People:</b>	
<b>Suicide Prevention in First Nations in Manitoba</b>	
<i>Stephanie Sinclair, Carla Cochrane, Amanda Meawasige, Leona Star,         Krishna Modupalli, Kathi Avery Kinew, and all of the         Assembly of Manitoba Chiefs</i> _____	71
<b>Final Moments</b> _____	89