

# TIBISHKOGIJIG

## MENTAL HEALTH & CONSULTING SERVICES

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April 17, 2024

### SHORT TERM MENTAL HEALTH LEAVE

To Whom It May Concern;

Re: Ryan Sakakep                      DOB: 1981-09-11

Ryan has been attending and participating in mental health services to address issues of chronic post traumatic stress and anxiety. Due to the seriousness of the issues and effects that Ryan is currently dealing with, it is my professional opinion that he take this time to be able to focus on his well being and healing. At this time, I recommend that he take a break from work and duties for at least 8 weeks. To respect confidentiality, specific details will not be disclosed, however, I can share that throughout this time he will be participating in ongoing weekly sessions to address the issues and effects of his experienced trauma.

Thanking you in advance for your time, understanding and anticipated support and assistance in Ryan's healing journey.

Meegwetch  
Respectfully,



Melanie Tibishkogijig, MSW, RSW.