

# Chikasha Anokfilli

THINKING CHICKASAW

The Chickasaw Nation recognizes the importance of total well-being to enhance the overall quality of life for our citizens and our community. Chikasha Anokfilli (thinking Chickasaw) supports the strength, balance and harmony required for achieving and maintaining mental wellness through resources, education and a community of support.

Achieving and maintaining mental wellness is a priority tribe wide, with many programs and services dedicated to addressing the needs of each pillar of wellness.

Mental health is not limited to therapy or behavioral health. Each pillar of holistic well-being is comprised of multiple factors.

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Chikasha Anokfilli means seeking mental health support whenever you need it. Visit [Chickasaw.net/MentalWellness](https://www.chickasaw.net/MentalWellness) to find tools, resources and support.



Chikasha Anokfilli | STRENGTH  
BALANCE  
HARMONY

the  
Chickasaw  
Nation