Finding #1: Challenges to Asserting or Maintaining Control over the Structural and Systemic Barriers

Infographic by: Geena Verma

Study Context

In Toronto, Indigenous women (n=30) discussed their lived experiences of attempting to gain and maintain autonomy and control over opportunities to access safe living spaces and meeting health needs while facing stigma.

Structural Barriers to Accessing Safe Living Spaces

Stressful, unstable housing triggered relapse and worsened mental health.

Challenges to Physical and Mental Health

Chronic illness, mental health, and fear of judgment made it hard to seek help.

Societal Stigmas Against Image and Identities

Cultural disconnection, body image, and stigma around HIV and substance use weighed heavily.

Full Text: https://doi.org/10.1016/j.wss.2025.100249

Full-infographic: https://6c90f156-1fa5-48b7-a296-8cc3ff138ed9.filesusr.com/ugd/4851b4_184a798764104cdeb2c753ff501033a5.pdf

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