

NHR Mental Health Services include:

- Assessment/consultation services
- Support to external agencies
- Individual and group counseling
- Community presentations
- Training, education and workshops
- Community trauma intervention
- Advocacy
- Referral to and liaison with other agencies
- Proctor Services



Services are confidential & free of charge

Services are provided by a multidisciplinary team of Mental Health professionals. Referrals can be made by self, family physicians/primary care providers, community based resources and/or other professionals.

***Mobile Crisis Services for Youth**

For crisis intervention, referral, support & assessment

12:00 noon to 12:00 midnight

With 8:30am-4:30pm Mon-Fri Triage & follow up

Thompson local: 204-778-1472

Toll Free: 1-866-242-1571

***Hope North Recovery Services for Youth**

70 Princeton Drive, Thompson, MB R8N 0L3

Thompson local: 204-778-9977

*(*Mobile Crisis and Hope North service for 17 yrs & under)*

Mental Health Promotion 204-778-1926

Provides general mental health info (NHR and external) and can provide/link to education or training options.

email jwhalen@nrha.ca



Mobile Crisis Services for Youth (17 & under)

Hope North Recovery Services for Youth

70 Princeton Drive, Thompson, MB

Mobile Crisis Staff 12:00 noon to 12:00 midnight
& 8:30am-4:30pm M-F for Triage & follow up

Thompson **204-778-1472** or toll free **1-866-242-1571**

Kids Help Phone Call Toll Free: **1-800-668-6868** (24/7)

Texting available: Youth to **686868** and Adults to **741741**

*Indigenous youth & adults have choice to connect by texting
"First Nations", "Metis" or "Inuit" as preference*

Chat 6pm-11pm daily: <https://kidshelpphone.ca/live-chat-counselling>

Or connect via **Facebook Messenger** too!

Link (formerly Macdonald Youth Services) (12-21yrs)

Emergency shelter (24/7), food, clothing, showers, laundry, hygiene supplies, first aid, crisis intervention, counselling & referrals. They also have Street Reach & land-based services.

116 Hemlock Cres, Thompson. Call: **204-778-5382**

Sexual Assault/Exploitation & Partner Violence

Thompson Crisis Centre (24/7): 204-778-7273

Klinic Sexual Assault Crisis Line (24/7): 1-888-292-7565

National Trafficking Hotline (24/7):

1-833-900-1010 or Deaf/nonverbal users dial 711

If you are being hurt in a relationship (24/7) call the:

Province Wide Crisis Line at 1-877-977-0007

For general mental health information, to obtain copies or suggest edits of this booklet, please contact:

*Northern Health Region, Mental Health Promotion Coordinator,
Thompson & Area, Call: **204-778-9977***

Or Email: jwhalen@NHR.ca

Indigenous Specific Resources



HOPE For Wellness Line: Speak to a counselor about anything. You can request services from: Male or Female & in Cree, Ojibway, Inuktitut, English & French.
Call: **1-855-242-3310*** (24/7)
or online chat at: hopeforwellness.ca

Missing & Murdered Indigenous Women Support Line:

support to family & friends who are impacted by the loss of a missing or murdered Indigenous Women, Girl or Two-Spirit Person. This service available in Anishnaabemowin (Ojibway), Cree, Inuktitut, English & French. **1-844-413-6649*** (24/7)

Residential School Crisis Line: support & crisis services **1-866-925-4419*** (24/7)

60s Scoop Peer Support Line: listening & support services **1-866-456-6060*** (8am-8pm)

Manitoba Metis Federation - Mental Wellness Line for all MMF citizens (youth to elders): If you have anxiety, depression, isolation, COVID fatigue, addiction or family issues **1-833-390-1041*** (7am-11pm daily)

Jordan's Principle - First Nations child need services?
1-800-567-9604*

MKO Mobile Crisis Response Team: **1-844-927-5433***
or check out their many services at: <https://mkonation.com/>

**All the above numbers are toll free!*

Keewatin Tribal Council (KTC) - Indian Residential School Program - for info on this, their **Crisis Response Team**, or any of their many other services to communities, visit or call their office at 23 Nickel Road, Thompson, MB. **204-677-2341**

Mental Wellness & Recovery

Child and Adolescent Mental Health Services

- Works with child's natural supports, school systems, and other agencies to provide assessment, treatment planning and consultation.

Adult Mental Health Services

- Provides assessment, determines individualized treatment plans, provides education, psychotherapy & referrals to other agencies where necessary/desired.

Call: 204-677-5350 and ask for Mental Health Intake

Consultation Team, Thompson General Hospital

Accessible by referral through Primary Care Provider:

Psychiatrist & Psychologist: Provides assessment and consultation to Doctors, Nursing Stations, Psychiatric Unit & Mental Wellness and Recovery Practitioners.

Mental Health Occupational Therapist: Provides consultation & treatment to in-patient & outpatient clients experiencing difficulty in organizing and/or performing daily activities due to mental illness.

Psychiatric Acute Care Unit, (10 Beds), TGH

Provides assessment and treatment to establish client centered, health oriented goals. Treatment encompass recovery and re-entry of person into environment.

Call: **204-677-2381**

Primary Care, Thompson Clinic, Plaza Mall

Family Dr. or Nurse Practitioner - Call: **204-677-1777**
(Trouble finding a Family Dr.? Call: 1-866-690-8260)

Indigenous Liaison Workers

Call: (204) 677-5396 or Fax: (204) 778-1416

Cree Interpreting: Attend daily rounds within the hospital to assist Doctors/Nurses with medical Cree terminology with in/out patients, also interpret for facilities such as; Personal Care Home, Hope North, Thompson Clinic.

Patient Visitations: for example-Palliative care, OBS/ Maternity ward, Dialysis, Northern Consultation Clinic.

Patient Assistance: Pick up prescription for patients, assist mothers with birth registration, advocate for patients and family from different Northern Communities: which includes spiritual care, emotional support. Provides clothing for patients and administrative/office duties.

Escort: to/from appointments Thompson or Winnipeg

Provides resources for in/out patients with Aboriginal organizations within the Thompson Region. For example Manitoba Keewatinok Okemakanak (MKO), Keewatin Tribal Council (KTC). Communicate with health representatives from First Nations.

Keewatinohk Inniniw Minoayawin (KIM)

1-888-902-1703

Room M103, Thompson General Hospital

7:30am-11:30pm, Monday to Friday

Client Advocates can:

- Support/advocate for your needs when accessing health care
- Ensure you have an understanding of health care plan
- Identify issues of discrimination/racism and assist
- Connections to education, information and resources
- Cultural supports and holistic services (access to traditional medicines/ceremony)



2SLGBTQ+ Resources

Rainbow Resource Centre

Free email, phone and virtual counselling for members of the 2SLGBTQ+ community of all ages, as well as their families, partners, friends & loved ones.

Email: info@rainbowresourcecentre.org

Call: 204-474-0212 (1-855-437-8523 Toll Free)

Hours: Mon-Thu 10-5pm, Fridays 1-5pm

Youth peer-to-peer support program (Discord chat space), Older Adult, Parent/caregiver, etc. support groups also available.

Details on their website: www.rainbowresourcecentre.org

Qchatspace.org

Online discussion group, live and chat based, no video, no audio for 2SLGBTQ+ or questioning youth, 13-19 yrs. A place where you can be yourself and accepted.

Trans Lifeline: 1-877-330-6366

Hotline for Transgender people in crisis. Including people who may be struggling with gender identity or not sure if Transgender (hours may vary as volunteers available)

Pflag Canada

Support, info & resources to Gay, Lesbian, Bisexual, Transgender, Questioning people & family and friends

Call 1-888-530-6777 ext 226 (24/7)

Or email gender@pflagcanada.ca

Trans Health Klinik

Care for Trans individuals 16+ seeking transitioning care (hormone start and surgery) living in Manitoba. You can self-refer by calling **204-784-4501** (not toll free)

Thompson Clinic, Plaza Mall

Access primary care from experienced Nurse Practitioners in Trans Health and wellness (16+ Referrals for service for under 16 years also provided). Call: **204-677-1777**

Pride North of 55 - check out their Facebook page!

Parent Resources (*Below operate during day M-F)

Babies Best Start

Designed for pregnant moms and moms with infants up to 12 months. They offer groups, home visits, breastfeeding support, cooking tips, vouchers for healthy foods & more. Transportation assistance and child care is available for mothers attending groups. **Call: 204-677-4431** or

Email: babiesbeststart@marymound.com



Futures Family Resource Centre

If you have young children, or thinking of having a child, Futures has a program for you! **Call: 204-677-7820** or email: futures@marymound.com

Manitoba Parent Zone

Website has a wide variety of information for parents on topics such as: parenting, child development, health and well-being, financial and legal issues and more.

www.manitobaparentzone.ca

Parents' Helpline-PLEO

Call a **Family Peer Supporter**. For parents of children facing mental health challenges. Any parent/caregiver of a child up to age 25 can call – any time and as often as is helpful

Call: **1-855-775-7005** (M to F 8am to 6pm)

Parent Support Groups are also available

Breastfeeding Support Hotline: 204-788-8667 (24/7)

Support line for individuals struggling to breastfeed

Postpartum Support International

Resources & support if you are experiencing mental distress during pregnancy or postpartum Call or Text:

1-800-944-4773 Website: <https://www.postpartum.net/>

MDAM Postpartum Warmline: Call or Text
204-560-1468 (Mon-Fri 9am-9pm)

What is Mental Illness?



Mental illness is a disturbance in thoughts, feelings, and perceptions that is severe enough to affect day-to-day functioning. It is a collection of disorders characterized by symptoms such as extreme mood swings, overwhelming obsessions or fears, or high levels of debilitating anxiety.

Mental Illness affects more than six million — or one in five — Canadians. Many Canadians do not recognize that they are ill while others don't seek help because of misconceptions about these diseases. Often people wait a long time before they ask for help. They and their family feel that something is wrong – but they don't know what.

In addition, diagnosing a mental illness can take time – with many people reporting that it took months, and sometimes years to get a diagnosis that fit with what they were experiencing. Taking the time to learn about mental illness could make all the difference to someone you care about.

There is no objective medical test that determines whether or not a loved one has a mental illness.

Diagnosis is based on self-report (what they say they are experiencing), information from family and friends, observations of disturbances in behavior and through assessment of a medical practitioner (family doctor and/or psychiatrist).

Above all, remember,

RECOVERY can and does happen!

Stats, Facts and Myths

MENTAL ILLNESS - GENERAL INFORMATION

- 1 in 5 Canadians are likely to experience a diagnosable mental illness in any given year
- 500,000 Canadians in any given week are unable to work due to a mental health problem or illness
- Mental Illness can affect persons of any age, race, religion or income.
- Mental Illnesses are **NOT** the result of personal weaknesses, lack of character or poor upbringing.

THE REAL TRUTH BEHIND THE MYTHS:

MYTH: Mental illness is caused by a personal weakness or character flaw.

It has nothing to do with being weak or lacking will power. Yes, people with mental illness play a big part in their own recovery. Just because they can't "snap out of it" does not mean they are lazy.

MYTH: People with mental illness are those who are poor or less intelligent.

People with mental illness often have average or above average intelligence. It is not caused by poverty. It can affect anyone regardless of level of intelligence, income or social class.

MYTH: People with mental illness are violent and dangerous.

The vast majority of individuals with mental illness are not violent and are far more likely to be victims of violence than to be violent themselves.



Substance Use Support and Information

Call: **204-677-7300** (M-F 8:30am-4:30pm)

RAAM Clinic: 204-677-7240 - 90 Princeton Dr, Thompson
(Clinic Hrs: Tues 9:30am to 12:00pm, Wed 1-4pm and
Thurs 1-4pm). Nurse Available 9am-4pm M-F

Manitoba Addictions Helpline **1-855-662-6605**
Email: MBAddictionHelp@afm.mb.ca

24-Hour Problem Gambling Helpline

Toll Free: **1-800-463-1554** (24/7)

AA Thompson - Call: (204) 677-4696

18+ Group Nightly at 8pm, 1079 Cree Rd, Thompson, MB

Wellness Together Canada - Free mental health and

substance use support and counselling to people of all ages in
Canada. Call **1-866-585-0445** (24/7) or check out online at:

www.wellnesstogether.ca

Naseeha Muslim Youth Helpline



Peer support helpline to listen to and be
there for youth experiencing personal
challenges: **Helpline: Call 1-866-627-3342 (NASEEHA)**

Calling available 7 days a week (11am-8pm in MB)

Text to: 1-866- 627-3342 (NASEEHA) M-F Only

Mood Disorders Association of MB

Want to talk to someone who will understand and/or share
your experience?

Peer Support by phone: 1-800-263-1460
(Toll Free, Monday-Friday 9am-9pm)

Online peer support groups. Find the right one for you
on their website: <http://www.mooddisordersmanitoba.ca/>

Manitoba Suicide Prevention & Support Line

Are you?

- Struggling with suicidal thoughts or feelings yourself
- Concerned about someone else
- Impacted by a suicide loss or suicide attempt

Call: **1-877-435-7170** (Toll Free & 24/7)



talk suicide

Canada Suicide Line - **Talk Suicide**

Call: 1-833-456-4566 (Toll Free & 24/7)

Text: 45645 (3:00-11:00pm in MB)



CAMH HOPE App:

Suicide prevention info, tools and resources.
Create your suicide safety plan.

Online crisis & emotional support **youthspace.ca**
chat to young adults under 30

Text to: (778) 783-0177 (8pm-2am in MB, daily):

Chat: (8pm-2am in MB) at www.youthspace.ca

EATING DISORDER SUPPORT



1-866-NEDIC-20 CHAT ONLINE AT
416-340-4156 NEDICCA

National Eating Disorders Information Centre:

Toll Free: **1-866-NEDIC-20**

Or 416-340-4156

Call 1-866-633-4220 or Chat online: NEDIC.ca

(8am – 8pm from Monday to Thursday. 8am – 4pm on Friday. 11am – 4pm on Saturday and Sunday.)

Looking Glass - Eating Disorders Support

14+ Online group: <https://www.lookingglassbc.com/online-peer-support/>

Health Links - Info Santé (24/7)

provide answers over the phone to health care questions and guide you to the care you need.

Call anytime or Toll-Free 1-888-315-9257

What Should I Look For?

Although symptoms vary, (as we are all individuals), below is a general list of common warning signs that may indicate that someone may be experiencing a mental health problem:

- Personality change
- Inability to cope with problems and/or daily activities
- Strange ideas or delusions
- Excessive anxiety
- Prolonged feelings of sadness
- Changes in eating or sleeping patterns
- Thinking about or talking about suicide
- Extreme highs and lows in mood
- Abuse of alcohol or drugs
- Excessive anger, hostility, irritability
- Out of character behavior, not typical for the person
- Irrational fears

It is important to remember that mental illness affects one's ability to cope and function on a day-to-day basis.

It is also important to consider:

how long symptoms last, how severe and how often to determine the impact on one's life:

Mental illness affects almost every aspect of a person's life. However, people can, and do, recover from mental illness.

If you, or someone you care about, starts to display symptoms, it is important to get help and support as soon as possible.

Early intervention is key!



Steps for Family and Caregivers

Caring for a family member or friend experiencing mental health problems/illness can be overwhelming & stressful. Here are a few things you could do to help yourself:

- ✓ Become knowledgeable about the illness - Get the facts, But, how?
 - ask medical/mental health professionals and persons with lived experience
 - get info online, from reliable sources such as:
 - <https://cmha.ca/document-category/mental-health>
 - <https://adam.mb.ca/about>
 - <http://www.mooddisordersmanitoba.ca/>
 - <http://www.ppdmanitoba.ca/>
- ✓ Learn about the medications of your loved one. How they help and the possible side effects
- ✓ Find out about local supports specific to the illness that you could connect with yourself - Attend a family and friends support group (**Canadian Mental Health Association in Thompson often hosts this, 43 Fox Bay, 204-677-6056*)
- ✓ Maintain effective communication within the family
- ✓ Seek out the presence of friends - both for yourself and for your loved one
- ✓ Expect and plan for preventing and coping with relapses
- ✓ Take time for yourself - practice good self care and develop healthy lifestyle habits



Help is out there!

Whether you are looking for day support, general information, or help during a crisis - the following pages provide you many options to choose from

General Info and Support

(Unless stated, below operate M-F during typical daytime hours)

Local --Thompson Based

Mental Health & Public Health staff, NHR..204-677-5350

Canadian Mental Health Association204-677-6056

Provincial Support Lines

Anxiety Disorders Association of MB1-800-805-8885

Mood Disorders Association of MB1-800-263-1460

Peer Connections Manitoba* 1-204-786-1616

*(Individual and family support - *formerly Manitoba Schizophrenia Society)*

Seniors Abuse Support Line..... 1-888-896-7183

Farm, Rural & Northern Support Services (24/7)

No matter what the issue, support for anyone, of any age, anywhere in MB. Toll Free: **1-866-367-3276**

24/7 Crisis/Emergency Phone

Klinik 24 hr Crisis Line.....1-888-322-3019

Ambulance and Fire204-677-7911

RCMP (Thompson).....204-677-6911

Thompson Crisis Center204-778-7273

Deaf Access Counseling TTY:.....204-784-4097

Thompson General Hospital.....204-677-2381

Other Helpful Strategies

1. Nasal Breathing

When stressed or anxious, breathing through your nose instead of your mouth can help you feel calmer.

Close your mouth and take some long slow breaths in through your nose and out through your nose (or out through your mouth if that is more comfortable)



Scan this QR code with your phone camera to try it!

2. Remove

Remove yourself from a situation if feeling overwhelmed. Go to a place of safety and support.

3. Discuss and Invite Help

- Talk to someone you trust. Reach out for support.
- If the first person you ask for help, does not help, ask someone else!

Two people that I can go to for help are:*

A. _____ B. _____

* if supports aren't available, call Klinik 1-888-322-3019

4. Journal

- Document your feelings in a journal.
- Write down three good things about your day and why
- Write down on a piece of paper the things that you can and cannot control in your life. Then, focus on the things that you can change (have control over) and plan for positive change that aim for wellness & happiness.

5. Be Active

Help rid yourself of tension by exercising regularly. Choose something you like doing so you will follow through with your plan. Start small and build a routine.

Mental Fitness Tips

- **Daydream** – Close your eyes and imagine yourself in a dream location. Breathe slowly and deeply. Whether it is a beach, mountaintop, forest or a favorite room from your past, let the comforting environment wrap you in a sensation of peace.
- **“Collect and Recall” positive emotional moments** – Make a point to notice during the moment and then later recall times when you have experienced pleasure, comfort, tenderness, confidence, or other positive emotions.
- **Learn ways to cope with negative thoughts** – Learn to interrupt them. Don't try to block them (that never works), but don't let them take over. Try distracting or comforting yourself, if you can't solve the problem right away.
- **Do one thing at a time** – when you are out for a walk or spending time with friends, turn off your cell phone and stop making that mental “to do” list. Take in all the sights, sounds and smells.
- **Exercise** – Regular physical activity improves psychological well-being and can reduce depression and anxiety. Joining an exercise group or a gym can also reduce loneliness, since it connects you with a new set of people sharing a common goal.
- **Enjoy hobbies** – Taking up a hobby brings balance by allowing you to do something you enjoy because you want to do it, free of the pressure of everyday tasks. It also keeps your brain active.
- **Set personal goals** – Goals don't have to be ambitious. You might decide to finish that book you started; to take a walk around the block every day; to learn to knit or play bridge; to call your friends instead of waiting for the phone to ring. Whatever goal you set, reaching it will build confidence and a sense of satisfaction.
- **Keep a journal** – Expressing yourself after a stressful day can help you gain perspective, release tension and even boost your body's resistance to illness.
- **Share humor** – Life often gets too serious, so when you hear or see something that makes you smile or laugh, share it with someone you know. A little humor can go a long way.
- **Volunteer** – it is called the “win-win” activity because helping others makes us feel good about ourselves. At the same time, it widens our social network, provides us with new learning experiences and can bring balance to our lives.
- **Treat yourself well** – Cook yourself a good meal. Have a bubble bath. See a movie. Call a friend or relative you haven't talked to in ages. Sit on a park bench and breathe in the fragrance of flowers and grass. Whatever it is, do it just for you

Reference: Canadian Mental Health Association, 2019

Prevent & Prepare

Mental health problems can be difficult to experience. Just like any other medical problem, you may feel that your symptoms fluctuate - feeling better some days and worse other days, even if you are doing your best to manage.

If your symptoms get worse or interfere with your ability to function day-to-day, **you may need to seek outside help** during this time. **This is especially important** if you are having thoughts of suicide or harm to yourself or someone else. Also, if you are experiencing acute symptoms of panic/anxiety or psychosis (seeing or hearing things that others say they do not).

What can I do?

Remember the Two P's: Prevent and Prepare

Preventing a crisis or emergency is best.

A prevention plan may include:

- Following your individualized plan for treatment
- Learning new ways to reduce or manage stressors
- Planning ahead if you know that stressful events are happening in the near future
- Maintaining a lifestyle that includes healthy and balanced practices (for example, eating well and exercising)
- Schedule an appointment with your doctor or mental health clinician as soon as you notice a change in the way you feel

There could be times when you feel that your symptoms are getting worse or returning, even though you've taken action to try to prevent this from happening. For this reason, it is important for you to decide what you would like to do if you begin to feel unwell again.

In next section **Creating an Action Plan** and the **Wrap app** (pg 12), you can manage a crisis or emergency situation by being prepared and responding as soon as possible. Your plan will also inform others how to proceed if you are unable to express your needs and wishes at that time.

Mindfulness Activities for Children

How does it feel?

Collect a variety of objects, such as coins, rocks, feathers, or any additional objects that could be interesting when held. Ask you child to place an object in their hand, and have them spend a minute noticing what this particular item feels like— thinking about the texture, if it's rough or smooth, and the size or shape of the object. Ask you child to discuss what they felt after this exercise is complete.



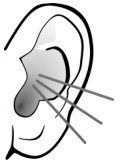
What do I see?



Ask your child scan the room that they are in for one minute. The goal of this exercise is for them to find something that they've never spotted before. This could be something big, like a painting, or just a small detail, like a crack in the wall. Once the minute is over, ask them to talk about the most interesting thing that they noticed about the room.

How does it sound?

Ask your child to sit or lie down in a position that they feel comfortable in. Have them inhale slowly through their nose, and then exhale through pursed lips (like they are blowing a bubble). Point out that breathing in this way sounds like the waves of the ocean, gently hitting the shore. Allow them to continue breathing, making the sound of the ocean waves, for approximately one or two minutes.



What do I hear?

Sound a bell, wind chime, or any other item that would create a trailing noise. Ask that your child listen to the sound, and put their hand up when they cannot hear it anymore. After the sound ends, spend the next minute together trying to listen to other sounds around you. Then discuss the sounds that they heard during this time.

Fast Fact: Did you know? In Canada Toll-Free numbers begin with 800, 833, 844, 855, 866, 877 or 888

3. Progressive Muscle Relaxation (PMR)

Muscle tension increases when our bodies respond in the fight-or-flight mode, this can leave us feeling stiff, or in pain. This technique teaches us to observe tension and learn how to relax and combat stress. The aim of this practice is to create tension in each muscle, and then release this tension, each time noticing and appreciating the relaxed feeling.

Find a quiet place to practice. PMR is best performed sitting or laying down in a comfortable location.

Progressive Muscle Relaxation Sequence (PMR)

Start at your feet and work your way up to your face, trying to only tense and then release those muscles intended.

- Right foot, then left foot
- Right calf, then left calf
- Right thigh, then left thigh
- Hips and buttocks
- Stomach
- Chest
- Back
- Right arm and hand, then left arm and hand
- Neck and shoulders
- Face

*You can also do PMR guided with a script or an audio recording online or through an **app** such as:*



Mindshift - Free App!

Try PMR activity:

In app, go to: "Chill Out Zone", then, "Tense and Release"

Or scan this QR code with your camera on your phone to learn more!



The information in this handout was developed to provide information on available mental health services, both in-person and online assistance. Mental health apps and websites are mainly meant to be used in conjunction with ongoing treatment by a qualified professional; they are not a replacement for qualified mental health treatment. When downloading or using mental health apps, there is a chance that you will transmit sensitive personal healthcare information to the company that owns the apps. The Northern Health Region is not affiliated with such services and cannot guarantee the confidentiality of such information.

When should I seek help right away?

The following are examples of situations in which you should seek immediate assistance:

- ⇒ If you are considering suicide, unable to keep yourself safe and planning to end your life
- ⇒ The sensations that you are experiencing and/or the beliefs that you are having could not possibly be true
- ⇒ If you are unable to provide care for yourself, and this inability puts you at risk of danger
- ⇒ If you are experiencing problems with medication(s) that you are taking, such as serious side effects or unmanageable symptoms
- ⇒ If you are experiencing an overdose from excess alcohol or drug consumption
- ⇒ If you have taken a combination of substances (like drinking alcohol while taking anti-anxiety medication)
- ⇒ Or you are at risk of serious harm



If you, or someone you know, experiences one of the situations detailed above,

in Thompson, Call 204-677-7911*

(*Ambulance & Fire)

**or go to the Emergency Room nearest you.
(Thompson General Hospital - Phone: 204-677-2381)**

As a Helper: If emergency response is called, do not leave the person alone before they arrive. It is best to wait until the emergency responders confirm that you are able to leave before doing so.

Creating an Action Plan for Wellness

This may be a signed formal agreement between you & your healthcare provider, or it may be more of an informal plan that you create with your loved ones. ***Whether formal or informal, it is best to put your plan in writing so that everyone involved will know what needs to be done if a crisis occurs.***

An action plan might include:

- Signs that would indicate that you are feeling unwell
- When you would like to call in outside help. This could be as soon as warning signs become present, or if your symptoms can no longer be managed on your own
- Places that you can go to for help and your preferences
- People that you could contact during crisis or emergency
- Treatments that you would prefer to have or do not want
- A complete list of medications that you are currently taking, and list of any treatments (including alternative treatments, over-the-counter and home remedies)
- A list of contact information, including the contact information for your primary care provider, mental health worker and any other persons that you would like to be notified if in crisis and have them involved in your care
- Steps that those included in the plan agree to take (optional). You may decide that a certain family member or friend may contact your physician or mental health worker, inform your employer and/or school of the situation, and help keep any personal affairs in order (such as bill payments) in the event that you would be required to stay in a hospital to receive care.

It may be difficult to think about or discuss feeling unwell when you are doing well. However, it may help you to feel better if you plan ahead, as you will know that a plan is in place if you should ever need it.

It is advised that you speak with a lawyer about options available to you if your plan involves caring for a child(ren) or accessing financial information

Want a helpful app to keep this info all in one place? Check out the FREE “WRAP” app! Available now for iOS and Android



2. Imagery

Imagine one of your favorite places. If you try to think really hard about this location and what it's like, you may even begin to experience some of the feelings that you have associated with this place.

Our minds are able to create an emotional response based on our thoughts alone, and practicing imagery uses this ability to our advantage.

Find a comfortable spot, without too many distractions, and spend the next few minutes quietly thinking to yourself. Visualize a peaceful location (e.g. a beach, the garden, relaxing at home).

Began to paint a picture in your mind of this calming place, imagining the details that make up this location.

Go through the five senses and think about what you would see, hear, touch, taste and smell if you were there.

An example of imagery using a beach:

- Sight:** The sun in the sky, white sand, blue waves crashing against the shore
- Sound:** Waves splashing, seagulls flying by
- Touch:** The warm sun against your back, sand between your toes
- Taste:** A refreshing glass of iced tea
- Smell:** Ocean air



Discovering Mindfulness

Mindfulness involves being in a present state of mind and quieting your thoughts by simply just being in the moment.

When we aren't exercising mindfulness, it's easy to become consumed by our thoughts, and all of the small tasks and stressors that cross our minds on a daily basis.

Mindfulness Exercises

Note: It is important for you to practice the skills below regularly before you need them in order for them to work effectively when you do!

1. Mindful breathing for one minute.

Lower your eyes and notice where you feel your breath.

It might be where the air is going in and out of your nostrils or the rise and fall of your chest or stomach. If you can't notice anything, place your hand on your stomach and take notice of how your hand rises and falls with each breath.

If you like, you can lengthen the in breath and the out breath or just breathe naturally.

Focus on your breath. When your mind wanders (as it will) just bring your attention back to your breath. You might say "thinking" when you notice your thoughts and just gently bring your attention back to your breath and say "breathing". Another option is to just breathe out "stress" on the out breath and breathe in "calm" on the in breath.

This can be done for longer than one minute. However, even for one minute it will allow you to pause and be present in this moment.

Taking Action

If you, or someone you care for, is experiencing a crisis or emergency related to their mental health, do not wait for symptoms to worsen. If an action plan has been created, follow the steps outlined in this plan. If no action plan is in place, use the steps below to help guide you:

Step 1) Reach out to someone that you trust

- Reaching out to those who are trained and understand how to navigate the mental health system are great options.
- If you are not completely comfortable talking to a physician or mental health professional about the symptoms that you have been experiencing, talk to someone else that you trust.
- Often the first people to notice changes in your well-being are friends and family. Having people that you trust is important, as they can help you to feel hopeful and confident along your journey to recovery.

Step 2) Consult your physician or a mental health professional

Contacting your physician or a mental health provider is recommended if you:

- a) Are experiencing a number of individualized warning signs;
- b) Feel like a crisis is nearing, or;
- c) Are currently experiencing a crisis. They will assist you in determining what may be helpful and assist you in getting you connected to the help that you may need.

Step 3) Go to an emergency room or contact emergency or crisis response services

If you are worried that you may hurt yourself or another person, or if the support options you need to stay safe are not available, go to the emergency room nearest you, or get to a phone and dial:

in Thompson, Call 204-677-7911*

(*Ambulance & Fire)

**or find the Emergency Room nearest you.
(Thompson General Hospital - Phone: 204-677-2381)**

Coping Strategies

We all discover ways to cope with the stressors in our lives. Some ways of coping are not as effective as others. For example, a negative coping strategy can often worsen stress, as these strategies may only temporarily distract from the stress or may wear you down with prolonged use.

Positive coping strategies, on the other hand, keep you grounded in the moment and provide you with opportunities to work toward resolving your concerns. It is important to note that trying multiple positive coping strategies is the best way to find the strategy that works best for you.

NEGATIVE COPING STRATEGIES

- Being critical of yourself (negative self-talk)
- Reckless behavior (e.g. speeding)
- Chewing on your fingernails
- Self harm
- Acting aggressive/violent toward someone or something (e.g. hitting or kicking)
- Over or under-eating or sleeping
- Excessive caffeine consumption
- Smoking more
- Drinking alcoholic beverages
- Yelling at those around you (partner or friends)
- Using street drugs or abusing prescription medication

**remember, we all use negative coping strategies sometimes. The important thing is not to judge ourselves, but rather, to notice them and work toward adopting positive coping strategies whenever we can.*

Coping strategies are unique to each person

They may be unavailable or stop being effective enough to have a significant impact, so the more you know the better!

Here are some ideas to get you started...

POSITIVE COPING STRATEGIES

- Listen to music, play an instrument, sing, dance
- Play with pets, kids, friends
- Find ways to laugh, watch a funny movie, share a joke
- Go for coffee, dinner or see a movie with a friend
- Take a relaxing bath, nap or go for a massage
- Engage in creative activities (writing, painting, beadwork)
- Attend to spiritual needs (smudge, sweat, pray, meditate)
- Exercise, stretch, play a sport, walk
- Cook a healthy meal, bake, share food with others
- Spend time outside and appreciate nature
- Talk with a trusted friend, family member
- Work in the garden, clean/attend to repairs in your home
- Practice deep breathing, relaxing your muscles
- Create your action plan
- Seek support through counseling if stress is persistent
- Call a helpline
- Be mindful
- Whatever **you do** that is positive and makes you feel well!