

Mental Health Services are committed to enhancing quality of life for people experiencing mental health issues by providing support and education to families and the community.

NRHA 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.

Mental Health Promotion

Provides general mental health information (on both NRHA programs, as well as, outside resources) and can provide or link with options for education, training and presentations.

For more information call: 204-778-6513 Ext 222



NORTHERN
HEALTH REGION

Mobile Crisis Services for Youth

(17 yrs & under)

Hope North Recovery Services for Youth

70 Princeton Drive, Thompson, MB R8N 0L3

12:00 noon to 12:00 midnight & 8:30am-4:30pm M-F Triage/follow up

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

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

Deaf/nonverbal users dial 711 in any province

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

Call the province wide Crisis Line at 1-877-977-0007



Youthspace

Offers non-judgmental, emotional support to any person 30 yrs & under

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

For general mental health information and/or to obtain additional copies of this booklet, please contact:

The Northern Health Region, Thompson & Area, Mental Health Promotion Coordinator Call: 204-778-6513 Ext 222

Or Email: jwhalen@nrha.ca

24 Hour Crisis/Emergency Phone Lines

Thompson General Hospital.....204-677-2381
Ambulance and Fire204-677-7911
MB Suicide Prevention & Support Line.....1-877-435-7170
Kids Help Phone.....1-800-668-6868 (or TEXT 686868)
Sexual Assault Crisis Line.....1-888-292-7565
Domestic Violence Line.....1-877-977-0007
Klinik 24 hr Crisis Line.....1-888-322-3019
Gambling Hotline.....1-800-463-1554
Thompson Crisis Center204-778-7273
Seniors Abuse Support Line..... 1-888-896-7183
Deaf Access Counseling TTY:.....204-784-4097
RCMP (Thompson).....204-677-6911

Indigenous Specific Resources



HOPE For Wellness Line: Speak to a counselor about anything. You can request services from: Male or Female, Cree, Ojibway, Inuktitut, English & French

Call: 1-855-242-3310
or connect to online chat: hopeforwellness.ca

Residential School Crisis Line: Support & Crisis Services
1-866-925-4419 (24/7)

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

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/>

Community Mental Health

Based on assessment, the most appropriate form of service is discussed with the client; which may include referral to other community resources and/or follow up with the Community Mental Health program.

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 Community Mental Health Services

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

For MH services above, please call: 204-677-5350 and ask to speak to Mental Health Intake

***Mobile Crisis Services for Youth**

For crisis intervention, 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**

For General Information & Brief Services
70 Princeton Drive, Thompson, MB R8N 0L3

Thompson local: 204-778-9977

*(*services for 17 yrs & under)*

Consultation Team

Thompson General Hospital

Services accessible by referral through
Community Mental Health and/or family physician:

Psychiatrist: Provides assessment and consultation to doctors, nursing stations, Psychiatric Unit & Community Mental Health.

Psychologist: Provides consultation and psychological assessment and consultation to doctors, Psychiatric Unit and Community Mental Health staff.

Mental Health Occupational Therapist: Provides consultation & treatment to in-patient clients in the Psychiatric Acute Care Unit and at the Acquired Brain Injury Unit, as well as, to outpatient community clientele who are experiencing difficulty organizing and/or performing daily activities due to a mental illness.

Psychiatric Acute Care Unit

Thompson General Hospital

This 10-bed adult unit provides assessment and treatment by working with persons in the unit and their families to establish health oriented goals.

Treatment focus includes; individual and group therapy, medication therapy and resource education. Goals of treatment are client determined and encompasses recovery and re-entry of person into their environment.



LGBT2SQ+ Resources

Rainbow Resource Centre

Free phone counselling for members of the 2SLGBTQ+ community of all ages, families, friends & loved ones as well. Email to setup appointment: info@rainbowresourcecentre.org

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 or questioning people & their family and friends

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

Or email gender@pflagcanada.ca

Pride North of 55 - Has a facebook page!



Helping people
help themselves

Mood Disorders Association of Manitoba

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

Peer Support by phone: 204-786-0987

or

Toll-Free: 1-800-263-1460

(Mon-Fri 9am - 9pm Sat-Sun 10am - 4pm)

Postpartum Warmline:

Call or Text **204-391-5983** (Mon-Sun 9am- 9pm)

Website: www.mooddisordersmanitoba.ca



Parent Resources

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 and more.

Transportation assistance and child care is available for mothers attending groups. **Call: 204-677-4431**

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 Line

(Formerly known as the Triple P Parent Line)

Connects callers to trained parent counsellors who provide confidential assistance, information & support for child development issues and many common parenting concerns like tantrums & bedtime problems.

Toll Free: 1-877-945-4777 (Monday – Friday 8am-8pm)

For tip sheets on a variety of parent/child topics:

www.manitobaparentzone.ca

Parents' Helpline—PLEO

Speak with a Family Peer Supporter. They help parents of children facing mental health challenges. Any parent or caregiver of a child up to age 25 can call – any time and as often as is helpful.

1-855-775-7005

(Monday to Friday from 8am to 6pm)

What is Mental Illness?



A Mental illness is a serious 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.

Addictions Support and Information

Thompson: **204-677-7300** (Mon–Fri 8:30am-4:30pm)

Manitoba Addictions Helpline **1-855-662-6605**

Email: **MBAddictionHelp@afm.mb.ca**

RAAM Clinic:

90 Princeton Drive, Thompson

Clinic Hours: Tuesdays:
9:30am to 12:00pm and

Thursdays from 1:00 to 4:00 pm



24-Hour Problem Gambling Helpline

1-800-463-1554

Naseeha Muslim Youth Helpline

Peer support helpline to listen to and be there for youth experiencing personal challenges



Helpline: 1 (866) 627-3342 (NASEEHA)

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



No matter what the issue, support for anyone, of any age, from anywhere in MB

Call: 1-866-367-3276

Chat: supportline.ca

(Monday to Friday 10 AM to 9 PM)

After hours, please call: 1-888-322-3019



Manitoba Suicide Prevention & Support Line

(24/7) Services available, if you are:

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

National Suicide Prevention & Support:

Call 1-833-456-4566 (toll free & 24/7)

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

National Eating Disorders Information Centre:



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

Or 416-340-4156

(10am-6pm Monday-Thursday
and 10am-4pm on Friday)

Or Chat online: **NEDIC.ca**

(8am-8pm Monday-Thursday
and 8am-4pm on Friday)

Health Links - Info Santé

24-hour, 7-days a week telephone information service.

Staffed by registered nurses with the knowledge to provide answers over the phone to health care questions and guide you to the care you need.

Call anytime (204) 788-8200

or toll-free 1-888-315-9257.

Child Protection

If you think a child is being harmed or neglected, call 1-866-345-9241 Crisis line 24/7 (emergency calls on-

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 mental health related issues:

- 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.

Consideration of:

how long symptoms last, how severe and how often

is very important in determining 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 that you can take



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

- ✓ Become knowledgeable about the illness — Get the facts—How?
 - ask medical/mental health professionals, persons with lived experience
 - get reputable info if online (For example):
 - <https://cmha.ca/document-category/mental-health>
 - <http://www.adam.mb.ca/overcoming-anxiety>
 - <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
- ✓ Maintain effective communication within the family
- ✓ Seek out the presence of friends — both for yourself and for your loved one
- ✓ Develop a strategy 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 some options:



Daytime Support & Information

(Contacts below operate M-F during typical daytime hrs)

Thompson Based

Community Mental Health, NRHA.....204-677-5350
Public Health Nurse, NRHA..... 204-677-5350
Canadian Mental Health Association and also the
Manitoba Schizophrenia Society.....204-677-6056
Anxiety Disorders Association of MB.....431-754-6720*
(*ADAM Hours are only 1:00-4:00pm)

Provincial Support Lines

Anxiety Disorders Association of MB1-800-805-8885
or 204-925-0040
Mood Disorders Association of MB1-800-263-1460
Manitoba Schizophrenia Society.....204-786-1616

Other Helpful Strategies

1. Nasal Breathing

When feeling 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 mouth.

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. _____

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. Get 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” positive emotional moments** – Make a point to 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
(<https://cmha.ca/resources/mental-fitness-tips>)

In Crisis?

Mental health problems can be difficult for anyone to experience. You may feel that your symptoms fluctuate - they can be better some days and worse other days - even if you are doing your very 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 in the first place is the best way to manage the situation.

A prevention plan may include:

- Following your individualized plan for treatment
- Monitoring your symptoms to watch for any changes and, if you notice any changes, seeing your physician or a mental health professional
- 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 **developing an action plan**, you can manage a crisis or emergency situation by responding as soon as possible. Your action 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.



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 through an **app** such as:*

 "Calm in the Storm" (Go to: Relief, then, Progressive Muscle Relaxation)	 "Mindshift" (Go to: Chill Out Zone, then, Tense and Release).
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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 would need immediate assistance:

- ⇒ If you are thinking about, or trying to, end your life
- ⇒ The sensations that you are experiencing are not real, and/or the beliefs that you are having could not possibly be true
- ⇒ The choices that you are making are putting you at risk of serious harm
- ⇒ 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
- ⇒ 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)



If you, or someone you know, experiences one of the situations detailed above, in Thompson, call 204-677-7911

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

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

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 optimal 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
- 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)
- 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 detailed 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 , simply, just breathe naturally.

Focus on your breath. When your mind wanders (as it will do) 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) Go to an emergency room or contact emergency 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

Step 3) 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.

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!