

DIAL NORTH

Volume 1 Issue 1 – August 2021

Monthly newsletter for the Crisis
Centre for Northern B.C.

We're here for you 24/7.

WHAT'S INSIDE:

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resources

THE CRISIS CENTRE FOR NORTHERN B.C.

ADAPTED FROM CRISIS-CENTRE.CA



Who are we?

The Crisis Centre for Northern BC is a volunteer based non-profit society that has been in operation in Prince George since 1970. What we define as a "crisis" is any emotionally significant event or moment of risk in a person's life. Our crisis line workers receive over 70 hours of intensive training designed to help people help themselves.

A crisis line offers a low-barrier, first-point of contact for anyone in distress, experiencing thoughts of suicide, or looking for support. It is also a resource that one can utilize if they're concerned about someone else. We're available 24/7.

So what happens when someone calls?

We allow the caller to decide what a crisis is - we listen to and support all callers in any situation without labelling them. One of our trained responders answer the call and each caller is guaranteed confidential, non-judgemental, quality service. We want to ensure that callers are aware of all options that are open to them and we aim to empower our callers to work through or find a resolution to their crisis.

When a caller is reaching out worried for someone else, we can walk them through how to help, offer guidance, and resources. There is no time limit on calls, but we do try to use the time effectively and work toward resolution once we've built a connection. After all, connection is key!

Each call is unique, as are callers, and we treat them as such.

“It really helps a lot to talk to you guys. I wish I had you guys in my life in the past when I needed someone to talk to. I don't want to be isolated anymore.”

- Crisis Caller, 2021





THE ESSENCE OF A CRISIS LINE

BY NEELAM PAHAL

As an anonymous and confidential service it can be uncomfortable making the call, as one may not know what to expect. For some, being able to confide in someone they do not know can bring relief, as we may want to keep our most vulnerable moments to ourselves yet still seek that human connection. For others, it is a way to feel empowered and comfortable enough to share with our loved and, to build a support system, once we've felt heard. No two calls are the same but what is similar is our fundamental need for connection.

There are times in our lives when we need someone to lean on. Despite how challenging it can be to pour our innermost pain outside of ourselves, we want to be that for the person to lean on for our loved ones too.

Allowing ourselves to receive help can feel foreign and uncomfortable. Calling a crisis line is a way to begin this process of sharing, to feel heard and supported free from any judgment – a point in time where two people share an interaction and then go on their separate paths.

We may not always realize it, however there is power in our interactions, as simple as they may seem. Crisis line responders spend a significant amount of time training that they do, because doing this work and being a part of a crisis service is a way to serve community members on their paths of healing. The mark of a thriving community is honesty, individual support, and commitment to collective wellness through action.



Connecting With Nature:

Research tells us that spending time in green spaces can:

- **Help reduce stress/anxiety levels**
- **Reduce feelings of isolation**
- **Lift mood**
- **Enhance immune function**
- **Promote healing**

Ancient Rainforest/Chun T'oh Whudujut Provincial Park is a place you will find thousand year old western red cedars and a rich biodiversity of plants, mosses, lichens and fungi. Located 115km East of Prince George, the park has a 450m accessible boardwalk plus 2.5km of boardwalk.

Ancient Rainforest/Chun T'oh Whudujut Provincial Park



WORKSHOPS

Our training includes skills training, healthy coping, communication, peer support, and education to prevent and respond to crisis and suicide.

Reaching Out

- This workshop introduces the topic of suicide to youth and teaches about warning signs, that it's okay to talk about suicide, how participants can respond to suicide, and advises participants it is okay to ask for help and to connect with a safe adult.

Self-Care 101

- A central goal of this workshop is to invite youth to see that each of us has mental health and, similar to caring for our physical health, we can learn to nurture and improve our mental health through our actions, experiences, and lifestyle choices.

GRASP

- This 12-hour skill building program provides youth from Grades 9-12 with self-awareness, communication, and coping skills that will aid them in their personal growth as well as contribute to an overall plan for ongoing youth suicide prevention programs within schools and communities.

COPE

- This workshop uses the principals of mindfulness to help students in grades 5,6,7 achieve better mental wellness and cope with issues like anxiety, overthinking, stress, self-harm, sleep loss, and social media use.

ASIST (Applied Suicide Intervention Skills Training)

- Living Works' two day, interactive workshop that prepares caregivers to provide suicide life-assisting first-aid intervention.

suicideTALK

- Ranging from 90 minutes to a half a day, Living Works' suicideTALK invites all participants to become more aware of suicide prevention opportunities in their community.

Safe (Suicide Awareness For Everyone) TALK

- Living Works' three-hour workshop which prepares helpers to identify persons with thoughts of suicide and connect them to suicide first-aid resources.

Contact our **Community Education Coordinator** at
community.education@crisis-centre.ca or 778.693.2765 for more information!

○ ○ ○ ○ ○ **UPCOMING TRAINING:** ○ ○ ○ ○ ○

Being a Volunteer Changes Your Life!

It gives you a new perspective and a new way of looking at your own problems when you have a chance to understand others. The training is invaluable for your own communication skills and relationships.

The Crisis Prevention, Intervention, and Information Centre for Northern B.C. offers training ~3 times per year based on demand.

Visit: <https://crisis-centre.ca/volunteer-upcoming-training/>

Connect with us online!



@crisiscentrenbc

contact us at
information@crisis-
centre.ca and let
us know your
thoughts on this
newsletter!



@crisiscentrenbc



Crisis Prevention,
Intervention, and Information
Centre for Northern BC



Riley Skinner

Program Coordinator

"After over 50 years of service to the region of Northern BC, we are proof that an old dog can learn new tricks. An ever-changing climate pushes us to grow, meet modern needs, identify new challenges, and re-evaluate. At the Crisis Centre we look to crisis as an opportunity for change. Our opportunity came in the form of the COVID-19 pandemic, resulting in a loss of 30% of our volunteer base in conjunction to increased call volumes on all five of our crisis lines.

In response we have made our responder training more accessible, offering training virtually and more frequently. We have also opened volunteer training to candidates across the region, allowing responders to do lifesaving work from the privacy of their homes. It has been an absolute pleasure being a part of this change and I am confident we will rise to meet our next challenge!" - Riley

"We are so excited that our newsletter is launching. It is something we have talked about for years and it is finally coming to fruition! Now more than ever, people need to be made aware of our services, how they can be accessed and what to expect. This first edition does just that.

We also have extensive training in suicide intervention, crisis communication, and utilize a database of resources that can be provided to callers. For some, it is to simply listen, validate and support a caller. We are real people who at times may struggle with the same things that our callers do!

This past year has not been easy for all people everywhere. The Crisis Centre has responded to a record number of calls, with an average increase of 33% compared to last year. While we answer a variety of hotlines locally, provincially, and nationally, we are people in the north serving people in the north. We are trained listeners who care and have insight into the struggles that are unique to our region.

You may never need to call our services but perhaps someone you know may need to do just that. By simply sharing our number with someone who feels overwhelmed, stressed, depressed or even suicidal, you could be a part of the important work that we do!" - Sandra



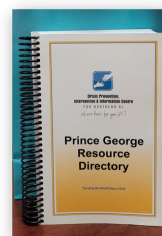
Sandra Boulianne

Executive Director

WAYS TO SUPPORT US!



Attend our Annual General Meeting (AGM) in October and learn more about our organization. We are looking for members for our board to help us develop and implement policies that will further grow the Centre!



Our resource directory is an excellent guide to a diverse range of supports available in the Prince George/Northern B.C. area. \$30, contact us for more information!



Please consider making a donation to our Centre! As a non-profit organization, we depend on the generosity of our community so that we can expand and enhance our existing programs.

Visit: <https://crisis-centre.ca/donate/>

Crisis Centre for Northern B.C.: Resources

- Northern B.C. Crisis Line: **250-563-1214, 1-888-562-1214**, 24/7
- Northern B.C. Youth Line: **250-564-8336**, 24/7
- BC Suicide Line: **1-800-784-2433**, BC-wide, 24/7
- 310-MENTALHEALTH: **310-6789**, BC-wide, 24/7
- Canada Suicide Prevention Service: **1-833-456-4566**, National, 24/7



**Crisis Prevention,
Intervention & Information Centre
FOR NORTHERN BC**

We are here for you 24-7

Crisis Prevention, Intervention, & Information Centre for Northern B.C.

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