

DIAL NORTH

Monthly newsletter for the Crisis
Centre for Northern B.C.
We're here for you 24/7.

Volume 1 Issue 3 - October 2021

WHAT'S INSIDE:

Mental Health Awareness

Paths to Wellness

"Tangled" - Poem by C.A.

Workshops

Resources

MENTAL HEALTH AWARENESS

Source: *(Preventing suicide: a global imperative, 2014, WHO)*

Oct 10th was World Mental Health Day – it is important to acknowledge MH through the designation of a day. Mental health is multifaceted and there are many factors that contribute to the quality of one's mental health. Creating open dialogue around challenges people face with their wellbeing can be a way to decrease stigma, share personal experiences, and experience closeness with others. Mental health awareness should go beyond having conversations around mental health.

*"What we don't
need in the
midst of
struggle is
shame for being
human." –
Brené Brown*

Living with mental health challenges can be incredibly isolating. Fostering an environment where one feels safe enough to share their struggles is vital for emotional safety. Creating a safe space for someone can include demonstrating non-judgemental attitudes, telling them that you care about them, and providing appropriate resources if the conversation goes beyond one's comfort level. Expanding supportive programming, greater diversity and inclusivity in populations (youth, gender-based, racial, trauma), enhancing accessibility/affordability, and utilizing different modalities can also help foster a safe environment. On an interpersonal level, accessing educational resources, demonstrating non-judgemental attitudes, creating invitations to share, and providing reassurance to individuals who may be struggling is important in creating a safe space.

Top and bottom images:
Heather Theede Photography

PATHS TO WELLNESS

BY N.P.

Everyone experiences stress in different stages of their lives; whether it's the beginning of a new relationship, the start of a new job, moving to a new place, or turning a new age. These changes can bring up feelings of uncertainty, anxiety, discomfort, and isolation. Sometimes we put pressure on ourselves to be able to "handle" things, to work through these feelings on our own.

Other times we feel invalidated. We think that we must be the only ones who are struggling and that no one else understands the struggles. The truth is, even if we feel that no one else has felt this feeling, the fact that we are experiencing it makes it part of being human. We may not want to experience the struggle that we are, but it is also true that we all have our own unique path to follow.

The path to wellness includes building a healthy relationship with ourselves, with others, and allowing ourselves to be human. Our environment, our biology, and our circumstances can greatly impact the difficulty of this path. It's okay to have times where we feel sadness, frustration, and lost. Once we embrace our humanity, give ourselves time, patience, and compassion, doors can be opened for us. This journey can be exhausting. Often, we need to lean on others to make it through.

It's okay to lean on others, just as we would want them to lean on us in times of need. Our societies need more honesty, authenticity, vulnerability, safety, and trust. Some sort of security within ourselves and our relationships. Reminders that we are cared for and loved, and connection to the things that bring us joy.



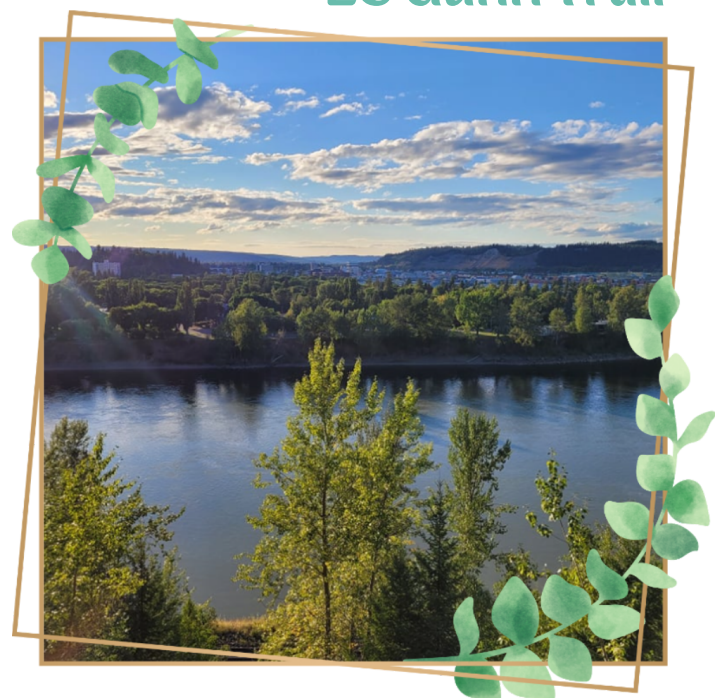
Connecting With Nature:

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**

L.C. Gunn Trail is a 7.4 kilometre out and back trail located near Prince George, British Columbia. The first section of the trail from the entrance off highway 16 to the first wood viewpoint could be done by some wheelchair users. It's recommended to take someone with you as there are some steep sections.

LC Gunn Trail



Tangled

*So i walk into a room and there in the centre lays a great
messy pile of strings and cord and yarn and i know my task
is to sort thread by thread gently teasing the fibres apart and
finding beginnings and endings and knots and frayed bits and
now there is a loom and i am to called to weave this all
together and it is all too much and too big and i am
overwhelmed with the magnitude of this job laid before me
and then i start to see the colours and the textures there
trauma and that one is heartbreak and the smooth grief and
fiery coarse anger and the tangle there is abuse long held and
the bright green of joy and the tears are running down my
wet face and it's beginning to make sense and a fabric is
appearing*

Slowly

Slowly

*Story lines dancing with one another in a complex ballet
fibres knit tightly then loosely then knotted and messy but the
story spools out before my eyes.*

*There is my mother and my first love and the heartbreak that
brought me to my knees and there my children appear and I
see the tidy part in the top corner where I found kindness
from a stranger and the long unbroken thread of friendship.
I am finding now that there are pieces of this fabric that I
cannot look at yet and parts that make me flush with anger
or with shame and then sections that run smoothly with no
tangles and another piece with tufts and broken ends.*

*Still I weave, binding myself to this story; tying, winding,
unwinding, sorting*

*Slowly, carefully watching new threads appear reaching back
in the fabric of time to heal the wounds of the past then
stretching forward to lay a gentle path.*

Slowly

Slowly

*Thoughtfully written by our crisis
line responder, C.A. -- the perspective
of a crisis line worker.*

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



MENTAL HEALTH RESOURCES:

BounceBack - is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. 1-866-639-0522

Youth - *Foundry* offers young people ages 12-24 health and wellness resources, services and supports – online and through integrated service centres in communities across BC. 1-833-308-6379.

Gender-Based + LGBTQIA

- *The Men's Centre's* vision is to be an integral partner in the provision of mental health support services to men and their families throughout B.C 250.716.1551

- *Health Initiative for Men (HIM)* Services: holistic approach to health; physical, mental, sexual, and social, allows GTB2Q individuals to seek out their own pathway to health through a host of community oriented events and programming. <https://checkhimout.ca/north/>

- *Elizabeth Fry Society* assist women, children, youth and families by advocating on their behalf, providing counselling services, education, social and legal support programs, and child and youth programs. 1-866-563-1113

- *Prideline BC* provides support, information and referrals for anyone in BC. Available weeknights (Monday to Friday) 7:00-10:00 pm. 1-800-566-1170

Culturally-Sensitive

- *Carrier Sekani Family Services* proudly provide holistic health and wellness services, in keeping with their mandate, for Carrier and Sekani people in North Central British Columbia. 1-800-889-6855

- *S.U.C.C.E.S.S.* Founded in 1973 by a passionate group of immigrant volunteers who wanted to contribute back to Canada. They offer a wide range of programs and services that promote the belonging, wellness, and independence of all people on their Canadian journey. <https://successbc.ca/counselling-crisis-support/>

Seniors

- *New Horizon's Program* - *Crisis Centre for Northern BC* a service we offer to engage isolated seniors who may benefit from social support by means of a friendly phone call. Call us at 250-562-1214 for more information.

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.

#101-2700 Queensway, Prince George B.C., V2N 1L2

Business Line: (250) 564-5736 **Web:** www.crisis-centre.ca