

May 2025

WE'RE HERE FOR YOU 24/7.

WHAT'S INSIDE:

● Spring Into Self-Care

● Spring Care Ideas

● Workshops

● Celebrating 55 Years
of the Crisis Centre

● Crisis Centre History

SPRING INTO SELF-CARE

For some, spring can mean an exciting time ahead with outdoor activities, spring cleaning, and social gatherings. It is often romanticized as a season of growth and joy as we transition into a time of year with more sunlight and vibrant colours. However, spring can also be a challenging season as our internal clocks adjust to the change of time, seasonal allergies begin to occur, and feelings of anxiety may increase as we feel obligated to add more to our already busy schedules.

We may feel compelled to go outside and take advantage of the sunny days we have longed for during the long, dark, winter months. It may feel sudden or confusing to be experiencing melancholy during the first sunny period out of winter, but you are not alone. Exposure to longer periods of daylight affects our circadian rhythms, interfering with our mood, energy, and behaviour. These changes to our internal clock can have lasting effects on our mental and emotional health. Individuals at higher risk of Seasonal Affective Disorder across the winter months may feel more vulnerable to the changes during spring. Some research indicates that suicide rates increase in the months of spring and not during the winter as is typically thought. Changes in air pressure, and weather, can demand unwanted thoughts and emotions.

When we are feeling upset or overwhelmed, it can be difficult to maintain self-care routines and do things to take care of ourselves. We may not notice changes that are happening. Self-awareness can help redirect the way we think, act, and feel.

Recognizing when we are feeling low and doing something to meet our current needs are important. When we can acknowledge changes happening in our lives, we put ourselves in a better position to create a brighter future.

Healthy coping can be done in a variety of ways. This spring, if you are feeling unwell, we encourage you to be patient with yourself. Changes do not happen immediately. We may feel different day-to-day or even by the hour. Allow yourself the time to rest, however that may look for you.

Source: Shapiro, M. (2019). Suicide Rates Spike in Spring, Not Winter.

Source: Distress Centre. (2023). Spring Self-Care: Coping with spring depression.

***Be patient with
yourself, nothing in
nature blooms all year***

Karen Salmansohn

SPRING CARE IDEAS

Here are some examples of ways you can care for yourself this spring.

Rest



- Go to bed early
- Sleep an extra hour in the morning
- Take a nap
- Sit or stand as needed

- Treat seasonal allergies
- Eat nutritional food
- Drink Water
- Exercise or take a break from exercise



Listen to your body

Recreation



- Spend time with friends/family
- Spend time with pet(s)
- Spend time with yourself

- Go for a walk or sit outside
- Declutter or reorganize
- Start gardening or landscaping
- DIY a spring craft or attend a class



Socialize

WORKSHOPS

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

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.

Lifelines

- Lifelines is an evidence-based program for grades 5,6, & 7 designed to integrate youth suicide prevention into both the culture and mission of the school, which is to provide a safe learning environment for its students. Classes emphasize help-seeking behaviours and are aimed at students who encounter peers who may be thinking of 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.

ASIST (Applied Suicide Intervention Skills Training)

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

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.

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.

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

UPCOMING TRAINING:

Volunteer Training

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.

Please contact our Team Lead at information@crisis-centre.ca to apply or for more information.

ASIST Workshop

(Applied Suicide Intervention Skills Training)

Dates: May 27 & 28 or July 8 & 9

Location: UNBC Prince George

Please contact Jody Stronstad at community.education@crisis-centre.ca to register.

55 YEARS OF THE CRISIS CENTRE FOR NORTHERN BC

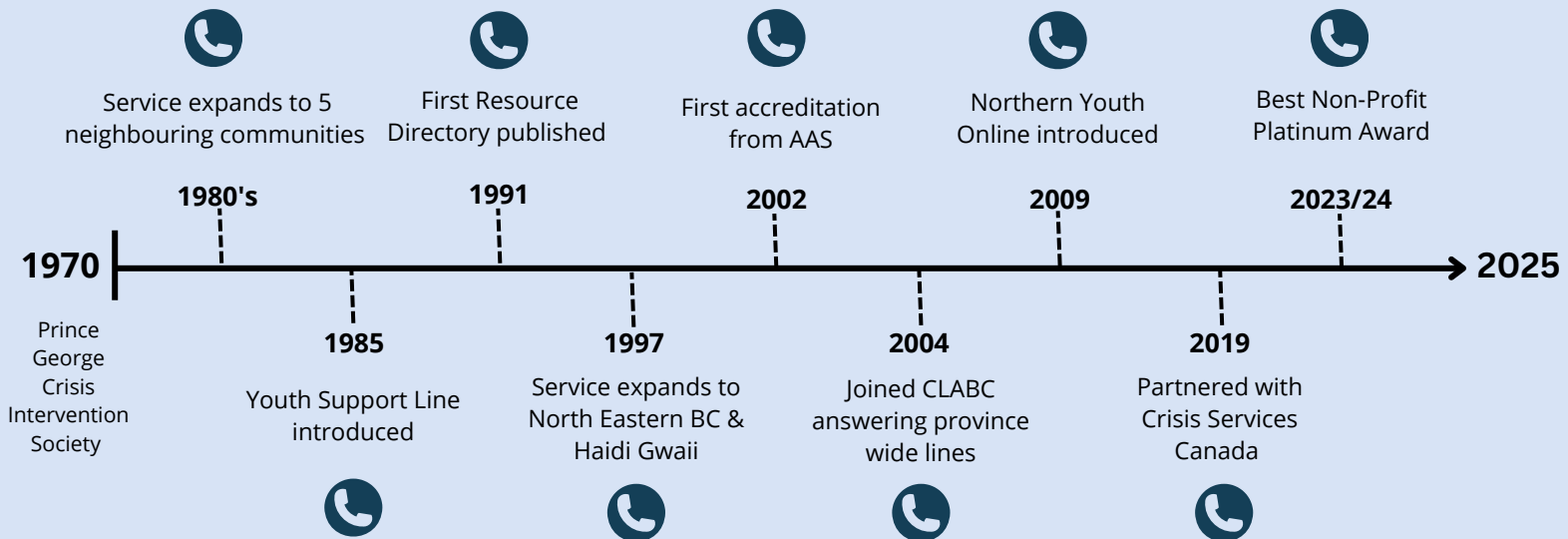
We are proud to be celebrating 55 years of operation on the beautiful and unceded territory of the Lheidli T'enneh. The Crisis Centre of Northern BC began May 1st, 1970, offering callers 24/7, confidential, non-judgmental, peer support. The organization, originally called the Prince George Crisis Intervention Society, was inspired and founded by a collection of concerned individuals passionate about bringing support into their community. The foundation is built on a long-standing philosophy which is still practiced today: We believe that it is the right of every individual, in their time of need, to have access to free, confidential, and non-judgmental peer support and/or information and referrals.

While many operational components have evolved, the quality of care still remains the same. The Crisis Centre continues to focus on providing access to mental health

support and resources in remote and rural communities. In 55 years, the Centre has relocated 3 times, keeping their roots embedded in Prince George. Phone line services began expanding in the 1980's and has continued to grow on a national level when we partnered with Crisis Services Canada in 2019.

The unique culture found within the call centre fosters a setting for empathy and acceptance, creating a safe space for trauma-informed care to occur. Engagement between staff and volunteers has consistently demonstrated the importance of building community within the workplace, allowing for processes such as collaboration and growth to thrive. An earnest effort is expressed by all members of the Crisis Centre in striving to provide a space of kindness and hope for all.

CRISIS CENTRE HISTORY



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
- Suicide Crisis Helpline: **9-8-8**, National, 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