

WHO TO CALL:



MOOSE CREE HEALTH SERVICES

705-658-4619 Extension 256

- Health Services Counsellor
- Family Services Counsellor
- Youth Services Counsellor

MOOCREEBEC

705-658-4769

MOOSE CREE HEALING LODGE

705-658-4674

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NISHNAWBE SKI POLICE SERVICES

705-658-4886

WEENEEBAYKO GENERAL HOSPITAL

705-658-4544

JAMES BAY MENTAL HEALTH

705-336-2164

FAMILY RESOURCE CENTRE

705-336-2456

- Crisis Support Worker
705-336-2142
- Transitional Housing Worker
705-336-0436
- Child & Youth Worker
705-336-3877

PAYUKOTAYNO:

CHILD & FAMILY SERVICES

705-336-2229

AFTER HOURS 705-336-2341

NATIONAL CRISIS LINES

- KIDS HELP LINE
1-800-668-6866
- * DOMESTIC VIOLENCE HOTLINE
1-800-363-9010
- SUICIDE CRISIS LINE
1-800-448-1883
- SEXUAL ASSAULT LINE
1-800-205-7100
- LESBIAN GAY BI TRANS
YOUTH LINE
1-800-268-9688

OUR VALUES

- EMPATHETIC
- NON—JUDGEMENTAL
- RESPECTFUL
- SUPPORTIVE
- CONFIDENTIAL

BECOME A VOLUNTEER

LEND A HELPING HAND



Moose Cree

First Nation

Health Services

Department

CRISIS ASSISTANCE
&
REFERRAL SERVICES

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MONDAY—FRIDAY
8:30 a.m.—5:00 p.m.

**After Hour & Weekend
EMERGENCIES PLEASE CALL:
Nishnawbe Aski Police Services
705-658-4886**

CRISIS MANAGEMENT SUPPORT
HEALTH SERVICES
705-658-4619 EXTENSION 256

WHAT IS A CRISIS?

A Crisis can be described as an event or circumstance that causes strong emotional and physical reactions that have the potential to interfere in a person(s) normal day to day functioning.



Emotional Reaction: shock, denial, disbelief, fear, anxiety, numbness, grief, anger, hopelessness

Cognitive Reaction: memory problems, concentrating, confusion, self doubt, nightmares, flashbacks,

Physical Reaction: stomach problems, headaches, muscle tension, fatigue, sweating/chills, chest pain, rapid heart rate

Behavioural Reaction: withdrawal or isolation, sleep disturbances, use of alcohol and/or drugs, rapid weight gain or loss, emotional outbursts (crying or laughing)

WHEN DOES A CRISIS HAPPEN?

A crisis may be precipitated by any number of potential and unforeseen events including a death in the family, violent crime, sexual assault, domestic abuse, suicide, accident.

Other less obvious situations that can be perceived as a crisis includes, separation and/or divorce, loss of job, poor grades, lose of friendship or intimate relationship.



GOALS & OBJECTIVES

- Help lessen the impact of a crisis
- Help individual(s) return to a desired degree of stability
- Help individual(s) until their natural support systems arrive
- Help Police Services and Emergency Personnel
- Help individual(s) receive the necessary support and assistance
- Help identify available resources and services
- Help facilitate referrals to the appropriate community service providers

CRISIS ASSISTANCE

&

REFERRAL SERVICES OFFERED:

1. EMOTIONAL SUPPORT

- Short term emotional support
- Identify options and choices
- Assistance in identifying support
- Reassuring the individual they are not alone

2. PRACTICAL ASSISTANCE

- Provide on site or alternative safe site
- Transportation
- Accompaniment
- Safety Planning



3. REFERRALS

- Provide information about available resources and services that will help meet their needs
- Provide and make the appropriate referrals and follow up

4. FOLLOW UP

- Provide follow up services