

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



“Trust is like a mirror—once it’s broken the reflection is never the same again and no matter how hard you try to put it back together—the cracks will always be visible”.

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)



Moose Cree
First Nation

HEALTH SERVICES
DEPARTMENT

CRISIS TEAM
NEEDS YOUR **HELP!!**

BECOME A VOLUNTEER
Lend a Helping Hand



For Further Information Contact:
Moose Cree Health Services Department
at 705-658-4619 Extension 256.

THE REQUIREMENTS:

- Fill out a volunteer application
- Must be eighteen years of age and over
- Must have a valid drivers licence
- Must be reliable
- Must be willing to participate in training
- Must consent to a Criminal Reference Check
- Must be willing to commit to a minimum of six months
- Must be willing to commit to an On Call Rotation Schedule
- Must be able to work as a team member
- Must be able to take direction
- Must be able to conduct one's self in a professional and respectful manner
- Must abide by a Code of Ethics
- Must abide by an Oath of Confidentiality



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

OUR VALUES

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

CRISIS ASSISTANCE

&

REFERRAL SERVICES OFFER:

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 support
- 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 . . .

