

“GET LOUD FOR MENTAL HEALTH”

STOP THE STIGMA.
LET'S TALK ABOUT
MENTAL HEALTH.



JOURNEY TO HOPE
2021
MENTAL WELLNESS
GUIDE

Mental Health CRISIS Numbers

***There is HELP
There is HOPE***

**IF YOU ARE IN IMMEDIATE CRISIS GO DIRECTLY TO THE NEAREST
EMERGENCY DEPARTMENT OF YOUR HOSPITAL OR CALL 9-1-1**

Need a trusted other to talk to?

These numbers are open to Everyone. Trained helpers are available at:

- Wigmore Hospital Mental Health & Addiction Services: Mon-Fri, 8-5:
(306) 691-6464 (except stat holidays)
- Call 9-1-1 or Dispatch for PACT (Police and Crisis Team): 306-694-7605
- Canada Suicide Prevention Service:
1-833-456-4566
Text: 45645 Chat: crisisservicescanada.ca
- Regina Crisis Line: 1-306-757-0127
- Farm Stress Line: 1-800-667-4442
- Kids Help Phone: 1-800-668-6868
Text: 686868
- LGBTQ2S Youthline: www.youthline.ca
Sun. to Fri. 4pm-9:30pm
- Trans Lifeline: 1-877-565-8860 9am-3am CST
- Indigenous Hope for Wellness Help Line
Helpline: 1-855-242-3310

Mental Health & Addictions Services

Entry to all outpatient programs and services at Mental Health & Addictions (MHAS) is through the Centralized Intake program.

Centralized Intake responds to all initial requests for mental health and addictions information or services from individuals, family physicians, family members, or community agency members in the Five Hills Health Region.

Program staff will briefly discuss concerns with the referring person and determine the appropriate response to the service request.

Referrals may be assigned to a program area at MHAS or to one offered by another community agency. Priority for service is determined by the intensity of service required.

In addition, the staff provides crisis intervention services.

Centralized Intake
Phone: 306-691-6464



Dr. F.H. Wigmore Regional Hospital
55 Diefenbaker Drive
Moose Jaw, SK S6J 0C2

A Letter from the Chair

from Della Ferguson

Journey to Hope Moose Jaw Inc. GETS LOUD FOR MENTAL HEALTH

Journey to Hope Moose Jaw Inc. is a grassroots volunteer organization inspired by members of the Survivors of Suicide Loss Grief Support Group with the great hope of saving lives.

Since its' beginnings in 2008, we have added a Journey2Hope Youth Chapter locally, and a Journey to Hope Regina Inc. Journey to Hope Moose Jaw Inc. works for Suicide Awareness and Prevention by funding educational training and workshops; spreading information through multimedia regarding resources; and supporting projects that are serving "at-risk" populations.

To do the work we do, we raise funds through the Annual Journey to Hope Walk, and are also supported by local fundraising initiatives such as #makefroatsrow; B&B Fruit Stand's Annual Peach Sale; the Gord Aitken Memorial Quilt Raffle; the Ray Bell Roughrider Jersey Raffle, and other creative and generous initiatives. All funds raised stay locally.



2020 was a year that changed our world, and as a result, Journey to Hope Moose Jaw Inc. felt even more impassioned about raising HOPE, through highlighting mental health and wellness resources in our community.

"GETTING LOUD FOR MENTAL HEALTH" became our mantra as we "Got Loud" through many mediums in the effort to inform our community as to where they could reach out for help, whether they are in a full crisis, or simply "feeling off" and struggling with life's challenges.

This publication is yet another way we are "GETTING LOUD". With 15000 copies of this booklet going to every household in Moose Jaw and surrounding area, we hope to put HOPE IN YOUR HANDS with the resources you find within. It is our desire that you will keep this pamphlet close by, so you have this information at your fingertips.



On behalf of Journey to Hope Moose Jaw Inc. I want to thank each person/agency who contributed an article and/or listing of their offerings. This is by no means an exhaustive mental health and wellness listing, yet it shows that our community has a wealth of resources available to support your mental wellness journey.

Please, reach out and know that you do not have to "suffer in silence", or journey your struggle alone.



BUDDYUP.ca for Men

GUYS, HERE'S WHAT YOU CAN DO.

1 · PAY ATTENTION

Any noticeable change in his behaviour is a warning sign your friend might not be doing well. These changes include:

- Not texting or calling as much
- Drinking more than usual
- Appearing tired and distant
- Talking about how much life sucks
- Being more irritable or angry



2 · START A CONVERSATION

Choose a comfortable setting.

- Over the phone
- While driving in the car
- Over drinks at a favourite hang out
- While working on a project

Mention what you've noticed.

- "I haven't heard from you much these days. Is everything okay?"
- Don't blame or shame him.



3 · KEEP IT GOING

Ask questions and listen to what he's saying.

- "The other day you said your life sucks... what's that like for you?" Avoid instantly problem-solving.
- Don't make it seem like he's overreacting, and don't change the subject.
- Back him up and acknowledge his feelings: "That sounds really hard."
- If you're still worried about him, ask: "Are you thinking about suicide?" If he says yes, don't panic.
- Let him know you're there for him: "Thanks for telling me. That's really hard to do. Can you tell me more about it? I'm here for you."



4 · STICK TO YOUR ROLE

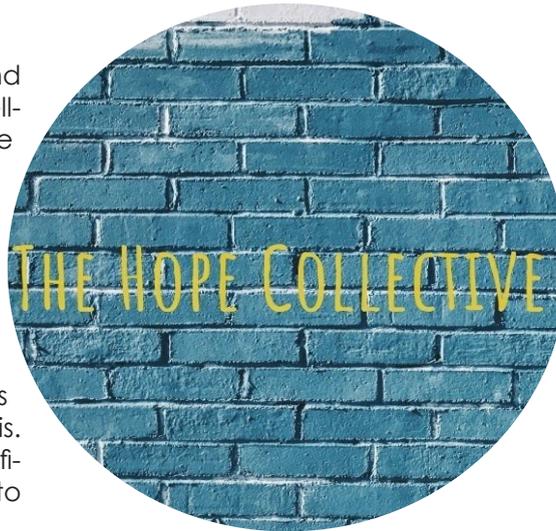
You're a friend, not a counsellor.

- Who else has he told? Encourage him to reach out to others.
- Call Canada Suicide Prevention Service together: 1-833-456-4566
- Following the conversation, check in with him often.
- If he has imminent plans to die, contact 911 and ensure he is not left alone.

NOW ONLINE!!!! The Hope Collective Podcast

The Hope Collective Podcast Inspiring HOPE by exploring and promoting mental health and wellness resources across the province and beyond, creating a collaborative movement of recovery.

There is an increasing call to action worldwide to better support individuals struggling with mental health and addictions. Access to wellness resources is vital in order to aid those in crisis. Those in struggle may find it difficult to reach out, to research, or to know where to look.



about the wellness resources available to them. In each episode we will highlight and interview a different wellness service provider in a fun, informative, and lighthearted atmosphere.

Available -<https://anchor.fm/thehopecollective>, Spotify, Apple Podcasts, or wherever you listen to your favorite podcasts!

Follow us on:
Facebook "The Hope Collective" (@hopecopodcast)
Instagram @saskhopeco
Email: thehopecollectivesk@gmail.com

Journey to Hope presents: The Hope Collective Podcast, providing individuals access to explore honest, valuable information

GETTING LOUD FOR MENTAL HEALTH *Voices of Hope Series*

In 2020 Journey to Hope, Moose Jaw Pride, CMHA Moose Jaw, and community members came together in a Covid-19 response to figure out some ways to get loud for Mental Health in our communities and keep that conversation going.

One of the outcomes from this was the idea around an interview series that was focused on inviting different people from the community to share their personal journeys and experiences with Mental Health along with leaving a message of Hope for others to hear.

The Voices of Hope initiative was born from the premise that "Healing begins by naming our experiences and sharing our stories in a way that is most authentic to who

we are as people".

We felt as a team that our communities need this now more than ever in uncertain times and we have found such strength in the openness of others coming forward and sharing their truths and their personal journeys.

Nicole Hebert is currently interviewing people with the help of some members of our teams.

If you know someone or are someone who would like to get involved in the Voices of Hope interview series please feel free to connect with us on our Journey to Hope Moose Jaw Facebook page, which is



where we share and release all of our interviews.

You can also connect with us through our Voices of Hope email: VoicesOfHope2020@outlook.com

Thank you,

Journey to Hope
Moose Jaw Pride
CMHA Moose Jaw

Mental Health and Older Adults

Canada's population is ageing rapidly. Older adults face special physical and mental health challenges which need to be recognized.

More than 15% of adults aged 60 and over suffer from a mental health issue. The most common mental issue in this age group is depression, which affects approximately 7% of the older population.

Anxiety disorders affect 3.8% of the older population, substance use problems affect almost 1% and around a quarter of deaths from self-harm are among people aged 60 or above. Substance abuse problems among older people are often overlooked or misdiagnosed.

Mental health problems are under-identified by health-care professionals and older people themselves, and the stigma surrounding these conditions makes people reluctant to seek help.

There may be multiple risk factors for mental health problems at any point in life. Older people may experience life stressors common to all people, but also stressors that are more common in later life, like a significant loss in functional ability.

For example, older adults may experience reduced mobility, chronic pain, frailty or other health problems.

In addition, older people are more likely to experience events such as bereavement, or a drop in socio-economic status with retirement, even elder abuse. All of these



Keeping Seniors Connected

- ◆ We invite anyone to write letters to seniors who live in several residence in Moose Jaw
- ◆ Now more than ever seniors are disconnected from the world
- ◆ Receiving a letter helps brighten their day
- ◆ The salutation is Dear Senior and may be signed Friendly City Citizen
- ◆ All you have to do is email them to keepingseniorsconnected@gmail.com

The Moose Jaw Friendly Age Committee

stressors can result in isolation, loneliness or psychological distress in older people.

The Moose Jaw Age Friendly Committee is working toward reducing isolation in some of our senior population.

In one of the programs we ask the public to write letters to seniors who are in residences and send the letters to keepingseniorsconnected@gmail.com

This may be done weekly. The letters are forwarded to various senior residences in the Moose Jaw District.

Another program, Seniors' Centre Without Walls (SCWW) provides the opportunity for participants to join in on health and wellness seminars, educational lectures, brain-stimulating activities, listen to live musical entertainment, join in on general conversations, and make new and meaningful friendships – all from the comfort of home!

It is all done over the telephone. Programs include games, exercise classes, meditation and mindfulness, nutrition, book clubs, coffee chats, and more.

www.scwwmoosejaw.com

Christine Boyczuk,
Age Friendly Committee

Seasonal Affective Disorder (SAD)

Following is a brief file of a client presenting with SAD. Aspects covered include Phoebe's symptom presentation, potential treatments, some speculation concerning etiology and sources of information.

The Clinical Picture:

Phoebe, a 25-year old female living in the North (both gender and northern latitude location are risk factors), presented to her physician with the following symptoms:

- a. Mild to moderate depressed mood during the winter months for a duration of at least 4 weeks each time;
- b. Increased sleep;
- c. Increased appetite, particularly for carbohydrates, with weight gain;
- d. Loss of motivation and daytime tiredness; difficulty in engaging in physical activity;
- e. Difficulty concentrating;
- f. Irritability which negatively affected her work, social, family and other interpersonal relationships;
- g. Suicidal thoughts with no plan or means;
- h. Phoebe indicated that "This has been going on for at least 4 to 5 years at least; however, not all year";
- i. Upon questioning Phoebe reported that these problematic symptoms seemed to be worst in fall/winter months, specifically about September to February/March/April. Earlier on in the course of her noticing her symptoms, Phoebe had thought she "Had the flu;"
- j. Phoebe had "researched" her symptom presentation on the web and believed she was suffering from Seasonal Affective Disorder (SAD);
- k. Phoebe recalled that her mother had complained of depressed mood during the September to February time period; per-



- haps another risk factor for Phoebe;
- l. Phoebe reported that her mother also complained of a lesser degree of depression during spring and summer, (Spring/Summer SAD), though her mother never sought treatment;
 - m. Phoebe was assessed for SAD using a valid and reliable measure, the Seasonal Pattern Assessment Questionnaire (SPAQ), the results of which supported the notion that Phoebe was a person with SAD;
 - n. The clinical interview also supported the SAD hypothesis; Phoebe and her mother termed it the "winter blues;"
 - o. Phoebe presented to her physician this time because she reported feeling vague generalized pain.

Potential Causes of SAD:

1. A definite cause of SAD is unknown;
2. Related to seasonal changes as evidenced by the fact that it appears to begin and end about the same time each year;
3. Some theories regarding cause include:
 - a. Reduced exposure to sunlight in the fall and winter may interfere with the body's internal clock, called "circadian rhythm," and lead to lower mood;
 - b. A reduction in the brain chemical serotonin which may

be triggered by reduced sunlight, which may trigger depression;

c. Melatonin levels may also drop due to these seasonal changes (reduced sunlight);

d. Some research of identical twins suggests that there may be a heritability aspect to presenting SAD symptomology.

How can SAD be treated/prevented/reduced?

1. Bright light therapy (phototherapy), which may reduce symptoms for some; however, it may not be adequate for more severe SAD;
2. Psychotherapy using approaches such as Cognitive Behavioural Therapy (CBT);
3. Medications and/or vitamins, phototherapy; Discuss with physician regarding appropriate medications and potential treatments;
4. A healthy lifestyle comprised of a healthy diet and physical activation (exercise);
5. Moving to a more southerly latitude. Research has supported the fact that SAD is more prevalent at higher northern latitudes;
6. Spend more time outdoors/take advantage of available sunlight;
7. Plan for pleasurable activities during the winter;
8. Vitamin D supplements.

Sources of Information Regarding SAD:

1. American Psychological Association;
2. Canadian Psychological Association;
3. Psychology Today;
4. Canadian Mental Health Association;
5. Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (APA).

Submitted by David Banman
M. Ed. (Ed Psych.)
Registered Psychologist
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Depression in Older Adults

What older adults, their families and friends need to know.

If you have a sad, despairing mood that lasts for more than two weeks, it may be depression.

Depression is not the same as sadness, though it can be triggered by the sadness caused by loss (e.g., loss of a loved one, loss of hearing), stress or major life change (e.g., retirement, moving). Depression can also be caused by some medical conditions, such as chronic pain, thyroid problems, stroke or Alzheimer's disease. Certain medications and alcohol use can cause depression as well. Depression may also develop for no apparent reason.

People who are depressed cannot just "get over it." Depression is a biological illness caused by a chemical imbalance in the brain. It affects thoughts, feelings, behaviour and physical health.

Older adults who are depressed may have had episodes of depression throughout their lives, or they may have their first episode late in life.

Depression can affect anyone at any age, but is often not recognized in older adults. This is because some signs of depression can be mistaken for signs of aging, and also because older adults who are depressed may not complain about feeling low.

When left untreated, depression may continue for weeks, months or even years. Untreated depression is the main cause of suicide in older adults.

What are the signs of depression?

People often think that depression in older adults is a normal response to the losses of aging. When they say, for example, "It's no wonder he's depressed, he's 82," or "If I had arthritis, I'd probably be depressed too," they may mean well, but depression is not normal.

An older adult may be severely depressed if he or she:

- does not get dressed
- does not answer the phone or the door
- loses interest in activities he or she used to enjoy
- expresses feelings of worthlessness and sadness
- has unusual outbursts of crying, agitation or anger, or shows little emotion
- sleeps poorly or too much
- eats more or less than usual
- complains about physical symptoms that do not have a cause
- lacks energy, is often tired
- seems confused
- has difficulty concentrating
- has trouble remembering things
- has trouble making decisions or following through with plans
- spends more time alone
- talks about suicide.

What can I do about depression?

Get help: Depression deserves

the same care and attention as



any other medical condition. There is no shame in seeking help. Treatment options for depression include antidepressant medications, available from a family doctor, and counselling.

Both can be very effective. Older adults who are contemplating suicide should speak to their doctor or go to the nearest hospital emergency department.

There are also many things older adults can do on their own or with

Continued on page 17

A Personal Reflection

from Joyce Aitken,

Author of "Sincere Condolences"

Jeffrey Jackson, a survivor of suicide once wrote "Surviving suicide will be the second worst experience of your life. The worst experience is already over."

In 2016 I came to understand personally what those words meant when my husband Gordon took his life at the age of 56. Prior to his death our family and those who knew him did not recognize his depression. It was virtually invisible. A few close family members knew that he had what we all thought were "occasional blue spells", somewhat like a seasonal disorder and suicide certainly did not seem to be anywhere within the realm of possibility.

He was very high functioning and his depression did not seem to noticeably interfere with his work or any other aspect of his life. He was never medicated and had never sought medical treatment until a week prior to his death, and then mostly for sleep issues. When people saw him, they saw his 1000-watt smile and his quick cheerful wit. It would have been easier for me to believe that he had been snatched by aliens than to grasp that he had died by his own hand. His death seemed like a complete impossibility and was a seismic shock to our family, friends and community.

There are ample reasons that the American Psychiatric Association have deemed surviving the loss of a loved one to suicide to be in the same category as surviving a concentration camp experience. Both are classified as "catastrophic"

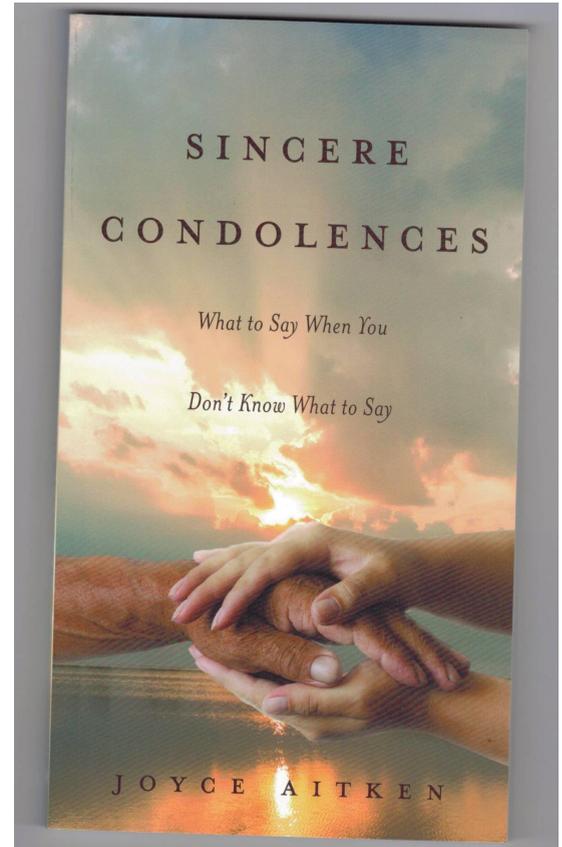
emotional experiences.

Fewer deaths leave the survivors with such an array of residually damaging emotions such as despair, remorse, anger, guilt, & disbelief as they try to make some sense out of what has happened. Survivors are left constantly searching for clues they overlooked or actions they could have taken to prevent this devastating outcome. A healthy mind simply cannot comprehend how anyone could make this terrible decision, leaving survivors constantly in search of the why, why why.....?

Moving forward to find stability and healing after suicide is an incredibly tough road. Fortunately, there are many resources and supports for people who have are trying to navigate the roller coaster of grief from suicide loss. Grief professionals and support groups are a very necessary and invaluable resource.

The Moose Jaw region is fortunate to have the bereavement support groups offered through Jones-Parkview Funeral Services to support survivors. Within the groups people are able to process their grief with people who have had similar losses. This was an invaluable support in my own personal grief journey.

Grief is often a taboo subject in our culture. Many people are uncomfortable and insecure in knowing how to reach out to be-



reaved people, particularly when loss is tragic and unexpected. In my recently published book "Sincere Condolences, What to Say When You Don't Know What to Say" I've provided some suggestions and encouragement for people who wish to provide compassionate support to anyone who has experienced loss.

No one can make tragic loss less devastating but everyone can do something to make it more endurable for the survivors.

Joyce Aitken
www.sincerecondolences.ca
joyaitken@sasktel.net

The Value of Physical Activity on Mental Wellness

There definitely is a correlation between our mental health and physical activity. However, do most of us even understand what physical activity and exercise can do for our mental health?

I'll be honest, I didn't when a little over four years ago, I decided to start working out, and it was for the same reason as many people, to lose weight. Little did I know then though how much of an impact it would also have on my mental health.

Here's some background information on me and why physical exercise and mental health is so important to me: I was always an active kid growing up and was involved in many sports, but as the years went on, I became less active.

After a few knee surgeries and struggles with addiction at times, I came to terms that something needed to change. In early 2016 I was overweight, unhappy, struggling with depression and anxiety, and slowly going down a path that could have become much worse for my health and wellness.

A friend got me to take a class at a gym and even though that first class was difficult and a little horrifying, I was hooked. I started walking and was in the gym working out twice a week. Soon I was in the gym four to five times a week and going for more walks, runs, and bike rides.

In 2018 I got my certificate from CanFitPro and became a personal trainer; I have been working at the same gym I started at two years prior. Now I try to help clients and others in Moose Jaw to reach their



Brett Hagan

goals, both physically and mentally, through fitness.

For clarification purposes, let's first define what physical activity and exercise are. Physical activity is something that works the muscles and can be a leisure activity, work, or basic housework. Exercise is a planned activity that has repetitive movements to muscle groups, such as running, biking, or resistance training (ie. lifting weights). Now that it's clear what we are covering here, let's get right into it.

Most of us understand that regular physical activity or exercise can help your overall physical health by trimming excess fat, making daily activities easier, improving your sex life, and even helping add years to your life. However, besides all those health gains, physical activity and exercise can do wonders for your mental health as well.

Physical activity and exercise will energize you, boost your mood, improve sleep, and help with mental health illnesses such as depression, anxiety, and stress.

Physical activity and exercise release endorphins (chemicals in the brain) which make you feel good. When you feel good, you have a better sense of well-being, which in turn energizes your spirit.

As you get more active or exercise more regularly, your daily energy goes up. You get more done in the day, it helps with brain function, and you feel more relaxed which helps you sleep better at night.

Setting and meeting specific goals while exercising will help you gain more confidence; this includes goals both big and small. As you begin to accomplish your goals and set new ones, the confidence you have in yourself begins to build. Once you begin to get in shape and see changes to your appearance, you begin to feel better about yourself as well.

Being active or exercising is also great for social interaction, whether it be simply getting out for a walk in your neighborhood, hitting up the gym, spending time with people, or interacting with others by incorporating a physical activity. Even seeing something as simple as a smile is great for the soul and helps build a good mental state. On the other hand, if you're more into running or working out on your own, putting on your headphones, cranking up the music or a podcast is another way to help your mind relax, distract you from the grind, and allow you instead to focus on something productive.

Going to the gym, lifting weights, going for a walk, or run, getting out on the bike or kayak are just some of the other forms of activity and exercise that can have a huge impact on your mental wellness.

Continued on page 11

Equine Guided Wellness at Ponderosa Connection

Ponderosa Connection is a countryside facility offering nature based activities suitable for all ages and stages of life.

This unique care-farm provides an interactive learning experience focused on people connecting with nature, animals and themselves.

Ponderosa Connection fosters a safe and mindful environment to develop valuable life skills; such as Active Listening, Articulation, Body Language, Communication, Focus, Collaboration, Relationship Building, Negotiation, Trust, and Problem Solving. These skills are essential to develop and maintain healthy relationships, strong bonds and authentic communication.

We specialize in personal and professional skill development pro-



grams with horse teachers designed to encourage, support and empower individual and team growth.

Equine Guided Wellness is an experiential style of learning which facilitates developing life skills through positive interactions with horses. Experiential learning has been termed "the natural way of learning" and stimulates all senses and learning styles.

Individuals work within a team dynamic to complete objectively driven exercises designed to encourage self-awareness, esteem and confidence. Essential life skills are developed by working with horses through ground work – no riding or horse experience necessary! The learner based lessons are validated through hands-on experience, personal reflection and self-evaluation.

Equine Guided Wellness is a mindful journey guided by an equine personal coach, horse wisdom and energy medicine and fosters personal growth through discovery, nature and animals.

Find us on Facebook and Instagram, visit us at www.ponderosa-connection.com or call/text Crystal at (306) 631-3431.

Continued from page 10

There are many studies that show how physical activity and exercise can help treat depression and anxiety the same way antidepressants or anti-anxiety medications do, but without any of the side effects.

Physical activity and exercise are also natural ways to help treat anxiety. Things that get you moving will release those endorphins to the brain, which in turn will help relieve stress and tension while boosting your mental and physical energy. Even five to ten minutes of aerobic exercise is enough time to stimulate anti-anxiety effects.

Physical activity and exercise help promote a sense of calmness to both your body and mind. Another great thing about exercise is that it is a distraction to help break the cycle of negative thoughts which feed depression, by allowing you to have some quiet time while being productive in a positive way.

I'm sure you've all heard the phrase "Stress is a killer"? Well, that phrase is all too true. Chronic stress is linked to six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide.

Stress makes your muscles tense up in your neck and shoulders, which leads to neck and back pain. Stress can also lead to muscle cramps, headaches, and even insomnia. These symptoms and more can add more stress to an already troubled mind, which then leads to more physical side effects such as those mentioned above.

Physical activity and exercise are effective tools to help relax the muscles and relieve tension to help reduce stress to both the body and in the mind.

You don't have to be an athlete or even exercise daily to reap the benefits of physical activity and exercise. Getting out for a 15 to 30 minute walk a couple times a week can do wonders for your mental health.

Regular physical activity and exercise is a long-term investment in your body, mind, and soul. If your body feels good, so will your mind!

"It is health which is real wealth, and not pieces of gold and silver" - Mahatma Gandhi

Brett Hagan

Depression in Men

According to the Mood Disorders Society of Canada, the percentage of Canadian men who experience clinical depression at any given time is 1% and the percentage of Canadian men who will experience depression in their lifetime increases to 5%. The percentages appear to be low but to put things into perspective, this accounts for 38,000 Canadian men who will at any given time suffer with depression.

Depression is serious mental health issue and needs to be treated, however the signs and symptoms of depression can present differently in men and women. Men tend to use different coping mechanisms, some of which are healthy and others not healthy.

Like women, men may experience sad, empty and helpless feelings. They may sleep too little or too much and lose a significant amount of enjoyment of life. Behaviors that could be a signal of depression in a man's life are escapist type behaviors such as spending more time at work or sports and not with their loved ones.

There may be a marked increase in alcohol consumption or drug use. A man may have a tendency toward using aggressive behaviors. They may be sensitive and easily triggered and that may lead to even violent or abusive behavior. The theory behind this rests in a man's determination to cover his sadness in any way he can.

Generally, a man's default position is to resort to anger because it is effective in covering sadness. Men who are depressed may en-



gage in high-risk behaviors such as reckless driving. Because these behaviors could be signs of or might overlap with other mental health issues or medical conditions, professional help is the key to an accurate diagnosis and treatment.

Men with depression often are undiagnosed for several reasons. Sometimes it is an inability by the man to recognize depression. He may believe that feeling sad or emotional is always the main symptom of depression. For many men that is not the primary symptom. For example, headaches, digestive problems, tiredness, irritability or long-term pain can sometimes indicate depression so can feeling isolated and seeking distraction to avoid dealing with "bad" feelings or relationships.

A man may dismiss signs and symptoms and may not be aware of how much his symptoms are affecting him. He may not want to admit to himself or to anyone else that he is depressed. As a result, a man may be disinclined to discuss depression symptoms.

The man may not be open to talking about his feelings with family or friends, let alone with a doc-

tor or mental health professional. Like many men who have learned to emphasize self-control, he may think it is "not manly" to express feelings and emotions associated with depression and suppress them.

Even if depression is suspected, a diagnosis may be refused, and treatment may be avoided because he may be anxious that the stigma of depression could damage his career or cause family and friends to lose confidence in and respect for him. The consequence is untreated depression which may get worse and result in suicide.

Although women attempt suicide more often than men do, men are more likely to complete suicide. These facts are well known and that reality challenges agencies to do what they must to remove barriers that men may feel are there. We do this through education and working with all allied agencies to seek better ways to build safe bridges to the community.

We are dealing with so much in our communities. The negative blow of Covid-19 to everyone is certainly a magnification of the emotional knock-back that many people are experiencing and helping agencies have been structuring conscientiously to be able to sustain the emotional fallout. Ignoring, suppressing or masking depression with unhealthy behavior will only worsen the negative emotions. If you are experiencing depression, talk to someone.

Phil Canning MA
Clinical Counselor
Moose Jaw Family Services

Mental Health Initiatives in Prairie South

Advocacy and Behaviour Consultants

Prairie South employs six Advocacy and Behaviour Consultants. These consultants work directly with students and their families as well as help families navigate access to other agency supports.

Prairie South's Partnership with the Saskatchewan Health Authority

PSSD pays for Mental Health support through an agreement with the Saskatchewan Health Authority. This agreement provides access to the Adolescent School Based Mental Health and Addictions Team and the Family Outreach Program.

Go-To Educator Training

"Go-To educators recognize mental health issues and better link students to school human services resources. 'Go-To' educators... will explore mental health knowledge, identification and support, and strategies for working with health providers, parents and families" (The University of British Columbia, 2020). In the 2021-2022 school year, 'Go-To' Educator training will be available to Educational Assistants in Prairie South.

Mental Health First Aid

In the 2021-2022 school year, one teacher from each school in Prairie South (and from every school in Saskatchewan, via the SK Ministry of Education) will be trained in Mental Health First Aid. This training tool is designed to provide short-term help and care to individuals experiencing mental health problems or crisis.

Mental Health Studies 20L

"Mental Health Studies 20L". This locally developed course intends

to ensure that all students develop a strong understanding of positive mental health, a caring disposition, an understanding and respect for physical, mental and emotional challenges, a commitment to the well-being of others and oneself, and, a desire and ability to engage in social action for the common good. Mental Health Studies 20L is offered for credit in some Prairie South high schools.

ASIST (Applied Suicide Intervention Skills Training)

In partnership with Journey to Hope Moose Jaw, and Living Works, Prairie South offered ASIST training in the 2019-2020 school year to interested staff. "At a Living Works ASIST workshop, you learn how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan to keep someone alive" (Living Works, 2021).

SOS (Signs of Suicide) Screener

In partnership with Journey to Hope Moose Jaw, SOS has been offered to all grade 9 students in Moose Jaw as well as high school students in the rural schools for the last 3 years. SOS teaches students how to recognize signs of suicide in themselves and their friends. When they recognize these signs, they are encouraged to ACT (Acknowledge the signs, show their friends they Care and Tell a trusted adult). A lesson is taught in that includes class discussion and viewing a video. There is also a parent session that teaches parents how to support their children.

SWIS (Settlement Workers in Schools)

SWIS is a school-based outreach program. SWIS works to facilitate

the settlement process of newcomer families, to connect families to support services in the school and the broader community, to refer students and their families to affordable programs and services in their community... such as health services, and to promote respect for cultural diversity" (SWIS, 2021).

Teaching Treaties in the Classroom

In partnership with The Office of the Treaty Commissioner, Prairie South is offering Phase One in the 2020-2021 school year, to interested teachers. Phase One focuses on: providing guidance to teach the chronology of Treaties, how to uphold the Spirit and Intent of Treaties, how to increase capacity to teach on Treaty breaches, and to promote the message of resilience of Indigenous people.

4 Seasons of Reconciliation Training

All staff in Prairie South have access to "4 Seasons of Reconciliation" training and Board Trustees are committed to completing this training during the 2020/2021 school year. "4 Seasons of Reconciliation is a series of bilingual online resources which promote a renewed relationship between Indigenous Peoples and Canadians, through transformative and engaging learning towards anti-racism education. Provided in conjunction with the First Nations University of Canada" (4 Seasons of Reconciliation, 2021).

COVID Related Resources

Prairie South follows the guidelines outlined by the SHA. We have provided a comprehensive list of resources for both staff and students who may be seeking support for COVID related anxiety.

31 Tips To Boost Your Mental Health

1. Track gratitude and achievement with a journal. Include 3 things you were grateful for and 3 things you were able to accomplish each day.

2. Start your day with coffee. Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.

3. Set up a getaway. Free virtual tours are available online or through the Moose Jaw Public Library.

4. Work your strengths. Do something you're good at to build self-confidence, then tackle a tougher task.

5. Keep it cool for a good night's sleep. The optimal temperature for sleep is between 15-19 degrees Celsius and 67 degrees Fahrenheit.

6. "You don't have to see the whole staircase, just take the first step." - Martin Luther King, Jr. Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction.

7. Experiment with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.

8. Show some love to someone in your life. Close, quality, relationships are key for a happy, healthy life.

9. Boost brainpower by treating yourself to a couple pieces of dark chocolate every few days. The flavanoids, caffeine, and theobromine in chocolate are thought to work together to improve alertness and mental skills.

10. "There is no greater agony than bearing an untold story inside of you." -Maya Angelou. If you have personal experience with mental illness or recovery and would like to share it in a safe environment, contact Voices of Hope coordinator at Voicesofhope2020@outlook.com

11. Sometimes, we don't need to add new activities to get more pleasure. We need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.

12. Feeling anxious? Take a trip down memory lane and do some

coloring for about 20 minutes to help you clear your mind. Pick a design that's geometric and a little complicated for the best effect. Check out hundreds of free printable coloring pages at: justcolor.net

13. Take time to laugh. Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.

14. Go off the grid. Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun.

15. Dance around while you do your housework. Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone), and increases endorphins (the body's "feel-good" chemicals).

16. Go ahead and yawn. Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.

17. Relax in a warm bath once a week. Try adding Epsom salts to soothe aches and pains and help boost magnesium levels, which can be depleted by stress.

18. Has something been bothering you? Let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.

19. Spend some time with a furry friend. Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness. If you don't have a pet, visit a pet store or, if possible, volunteer at a shelter or animal rescue.

20. "What lies before us and what lies behind us are small matters compared to what lies within us. And when you bring what is within out into the world, miracles happen." - Henry David Thoreau. Practice mindfulness by staying "in the present."

21. Be a tourist in your own town. Often times people only explore attractions on trips, but you may be surprised what cool things are in your own backyard.

22. Try prepping your lunches or picking out your clothes for the work week. You'll save some time in the mornings and have a sense of control about the week ahead.

31 Tips

Continued on page 15

Holy Trinity Catholic School Division

Holy Trinity Catholic School Division has a Mental Health First Aid Canada trained Instructor and is committed to offering Mental Health First Aid for Adults Who Interact with Youth training four times in the 2020-2021 year. This training will help staff become familiar with mental health problems and how they present in our students and coworkers. It will also combat stigmatization and promote overall mental health well-being.

Our locally developed Mental Health Studies 20 Curriculum will be offered at Vanier this year. The goal is to develop confident and competent students who understand, appreciate, and apply health knowledge, skills and strategies, and critical thinking skills throughout life.

Students will develop an understanding of what positive mental health is and how it affects their well-being, in addition to being

able to identify strategies that promote positive mental health.

Last year, these students had the opportunity to attend Head Strong: Anti Stigma Symposium and listen to community members share their inspiring stories.

In a typical school year, our high school students also have the chance to attend anxiety/choice theory/DBT, and CBT sessions offered in conjunction with SHA at Vanier and Phoenix Academy.

This year we have implemented the Signs of Suicide (SOS) Screener in grades 9, 11, and 12. Teachers spent at least a week preparing students for the suicide screener by using the unit developed to meet curricular outcomes. Parents are asked to attend a information night and ask questions and learn about the program. As part of the screener, students are asked to identify an adult in the school as



their "go to person" and matches are made with those who may need help connecting with others.

Our elementary school counselors have developed a menu of topics that are directly connected to curricular outcomes from kindergarten to grade eight. They provide instruction in areas such as self-regulation, how to be a good friend, conflict resolution, and mindfulness.

Each of our schools have at least one staff member trained in Applied Suicide Intervention Skills Training.

Debbie MacDonald,
Psychologist
HTCSD

Continued from page 14

23. Work some omega-3 fatty acids into your diet—they are linked to decreased rates of depression and schizophrenia among their many benefits. Fish oil supplements work, but eating your omega-3s in foods like wild salmon, flaxseeds or walnuts also helps build healthy gut bacteria.

24. Practice forgiveness - even if it's just forgiving that person who cut you off during your commute. People who forgive have better mental health and report being more satisfied with their lives.

25. "What appear to be calamities are often the sources of fortune." - Disraeli. Try to find the silver lining in something kind of cruddy that happened recently.

26. Feeling stressed? Smile. It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.

27. Send a thank you note - not for a material item, but to let someone know why you appreciate them. Written expressions of

gratitude are linked to increased happiness.

28. Do something with friends and family - have a virtual activity...a call...a ZOOM meeting, an outdoor walk.

29. Take 30 minutes to go for a walk in nature - it could be a stroll through a park, or a hike in the woods. Research shows that being in nature can increase energy levels, reduce depression and boost well-being.

30. Do your best to enjoy 15 minutes of sunshine, and apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.

31. "Anyone who has never made a mistake has never tried anything new." -Albert Einstein. Try something outside of your comfort zone to make room for adventure and excitement in your life.

Adapted from an article by Mental Health America

Somatic Experiencing

Somatic Experiencing (SE) is a naturalistic, body-mid-oriented approach to healing trauma and other stress-related disorders, restoring the true-self with regulation, relaxation, wholeness and aliveness.

SE is the life work of Dr. Peter Levine Ph.D. from his study of animals in the wild and their responses and recovery from life-threatening situations. He observed the physiological (stress) response of “fight-flight-freeze” driven by the sympathetic system, similar to humans. Levine noticed that once an animal was out of danger, its body automatically shifted to “parasympathetic” rest and recovery with gentle trembling, shaking, deep breaths, sweating and sometimes more aggressive fight re-enacting behaviours – a process called discharge. These behaviours resulted in restoring the nervous system to a relaxed and alert state. This discharge cycle appeared to be essential to recovery. In the further development of SE, Levine studied biology, nervous system, brain functions, psychology and indigenous healing practices.

Dr. Levine believes that humans have the same regulatory mechanisms as animals; these instinctual systems are often overridden or inhibited by the “rational” portion of the brain, feelings of shame, pervasive thoughts, judgements, and fears. This restraint prevents the complete discharge of survival energies and does not allow the nervous system to regain equilibrium. The energy that is not discharged



remains in the body, and the nervous system becomes stuck in “survival mode.”

SE offers a framework to assess and provides concrete tools to help a person move past where they may be “stuck” in the flight, fight or freeze responses.

Trauma can be divided into two categories: 1) The obvious; severe childhood emotional, physical or sexual abuse; neglect, betrayal, or abandonment during childhood; experiencing or witnessing violence, rape, racism, catastrophic injuries and illness. 2) The less obvious potential causes of trauma: minor automobile accidents, especially those that result in whiplash, invasive dental and medical procedures, falls especially for children and the elderly, natural

disasters, illness especially with high fevers and accidental poisoning, being left alone, prolonged immobilization, especially in children (casting, splinting for long periods), exposure to extreme cold or heat, birth stress, for both mother and infant.

SE can be helpful with: anxiety, depression, ADHD, Panic disorders, phobias, dissociation, recovery from surgical procedures, grief, early attachment issues,

and sensory processing disorders. It also is helpful for highly reactive, unstable or disorganized, chronic pain or tension, poor boundaries, gaps in memory, lack of self-awareness, body-awareness or ability to self-reference.

This approach brings attention to the body/nervous system and how it drives symptoms and behaviours. It is a slow and gentle approach so as not to overwhelm the person. The goal is to re-establish the body’s natural ability to move between states of constriction and expansion (activation and deactivation). During the process of regulating the nervous system, a person learns concrete tools to shift from the state of being stuck “on” anxiety, hypervigilance, fear, hos-

Continued on page 17

Continued from page 8 - Depression in Older Adults

family and friends to prevent or lessen the effects of depression.

Be active: Exercising the body helps to lift the mood. Even taking a short stroll or joining a local aquafit class can help to make the world seem a brighter place.

Think positively: Instead of thinking about what you could have done differently in life, think about what you've done right. Remember your strengths and how you overcame challenges in the past.

Eat well: Food is your fuel. When you eat nutritious healthy foods in the right amounts, it can boost your strength and help you feel well.

Get involved: When you enjoy what you're doing, you enjoy life.

Rekindle your interest in activities you used to enjoy or find new ones.

Manage stress: Think back on stressful times in the past and how you got through them. Can you use the same techniques again, or is it time to try something new?

Avoid alcohol: Having a drink may seem to make you feel better for a short while, but alcohol can actually worsen depression. Being active, enjoying others and eating well can give you a natural high that won't have negative effects.

Spirituality: Seeking answers about life and coming to peace with the past and the present can improve your perspective on life. Examining your faith can involve returning to your roots, finding fellowship in an organized religion or seeking un-

derstanding outside a traditional religion.

Where can I get help or get more information?

For information and referral to mental health services available in Saskatchewan, contact the Canadian Mental Health Association, Sask Division, 306-525-5601 toll free at 1800-461-5483.

Information about depression and other mental health problems, and about resources and support available in your community is available from our website at sk.cmha.ca

Submitted by Donna Bowyer
(Information adapted from CAMH)

Continued from page 16

tility/rage or being stuck on "off" depressed, numb, disconnected.

The restoration of balance in the nervous system results in a person experiencing a sense of aliveness, joy, empowerment, and resilience in their life.

For more information about Somatic Experiencing, go to www.somaticexperiencing.com, www.traumahealing.org or read one of Dr. Levine's books, *Waking the Tiger*, *Healing Trauma*.

Susan Risula MSW, RSW, SEP, Somatic Experience Practitioner since 2007. She operates a private counselling practice in Moose Jaw, www.resolverenew.com



LISTEN TO YOUR
BODY...
IT'S ALWAYS
COMMUNICATING
WITH YOU.

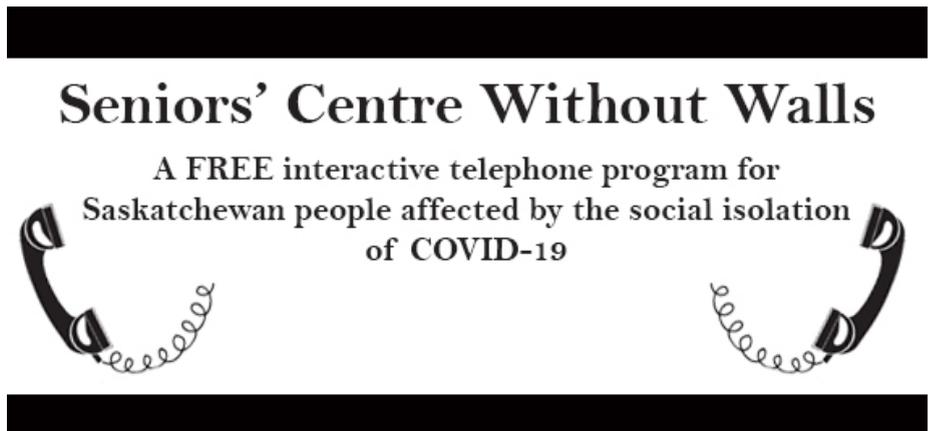
WHAT IS SENIOR CENTRE WITHOUT WALLS?

Senior Centre Without Walls (SCWW) provides the opportunity for participants to join in on health and wellness seminars, educational lectures, brain-stimulating activities, listen to live musical entertainment, join in on general conversations, and make new and meaningful friendships – all from the comfort of home! It works just the same as attending a class or a lecture at the centre, but instead it is all done over the telephone.

The Seniors' Centre Without Walls (SCWW) provides opportunities to socialize, learn new skills and stay connected from the comfort of home. New programs and topics are added regularly. Programs include games, exercise classes, meditation and mindfulness, nutrition, book clubs, coffee chats, and more. All done over your own telephone from your own home. We hope to reduce the feelings of loneliness and isolation from the effects of Covid-19 by providing a telephone program where older adults can socialize and meet new friends.

HOW IT WORKS

- Completely free program.
- Programs are multi-person



Seniors' Centre Without Walls
A FREE interactive telephone program for
Saskatchewan people affected by the social isolation
of COVID-19

phone conversations (or conference calls).

- No special equipment needed – just your average phone!
- Each phone session lasts between 30-60 minutes on the phone.
- Each phone session will have a volunteer speaker that will talk on a variety of topics.
- Over your phone - You are able to hear each other, talk to one another, learn, and have fun! A great way to meet new friends!

WHO CAN PARTICIPATE?

- Adults aged 55+ living anywhere in Saskatchewan, who find it difficult to leave their homes and participate in social activities in their community during the pandemic.

IS THERE A COST?

- No cost. Everything is Free of charge.
- We mail you any needed supplies for programs that you sign up for, at no cost to you.

HOW TO JOIN

- You do an initial enrollment to give us your contact information.
- Once you are registered with us - we will send you a list of topics/classes and you choose which ones you want to sign up for.

For Information or to register your contact information:

Please phone or email to: Ronda
Telephone – 306 631-4357
Email- swwsask@sasktel.net



SUICIDE IS NOT THE ANSWER.
CANADA SUICIDE PREVENTION SERVICES
1-833-456-4566
IN CASE OF EMERGENCY
CALL 911 OR GO TO THE NEAREST HOSPITAL



Grief and Loss

Profound loss can cause profound pain, all because of profound love or attachment for that which you grieve. And while society often suggests “numbing agents” for that pain (i.e.: “have a drink”; “keep busy”; “move on”; “get on with life”), it is important to realize that the pain of grief is the way your body, mind and soul are speaking out in response to the loss of someone or something that holds great meaning to you. Its so important to pay attention to that pain; listen to the pain; be curious with that pain; and nurture your body, mind and spirit in the process.

Grief is a process, or as some say, a journey...and it will be a journey that involves you taking one step at a time (as cliché as that sounds). At the moment of loss, grief might feel insurmountable, and so I say to you, on behalf of the Bereaved who have gone before you: “It will change... you can get through this...you CAN.”

The grief journey can take you to feelings you've never felt before. It can lead you to think thoughts that you haven't addressed before. It can lead you to meet people you have never met before and connect with people on a level you may have never connected on before.

Relationships might change. Priorities might change. Life will change. The most important advice for this journey is: “be gentle and patient and kind with yourself,

and allow yourself to “journey INTO your grief, and the MEANING of your loss”, so that you can move through it, adjust your life to the reality and move to a place of resolution and reconciliation. When we discover “Why?” you are feeling



what you are feeling (by discovering the meaning the person/ losses held in your life), then you can address the “How?”

When people ask, “So how do I do that?”, I offer the template of self-compassionate care of your physical, mental, emotional, spiritual and social self. It is important to realize that grief will affect each and every one of these aspects in your life, therefore, healing will involve self-care in each of these areas of life. Doing something that nurtures each of these areas in your life each day will serve you in spades. The next part of “how?”,

is in fact to have an open mindset that asks exactly that question with a curious mind. Life offers many options for adjusting, and when we ask “How”, and open our mind to the options, we will see ways that we can adjust our life in small increments so that we can meet the needs that are currently unmet due to the loss. To move from “I can't do this!” to “How will I do this?” is such an empowering shift of mindset.

If YOU have experienced a profound loss, I hope that you know that you do not have to journey this alone. Our community has a variety of support systems to serve your healing and your wellbeing. Our community has resources for your selfcare regime for your body, mind and spirit. There are trustworthy resources in our community who are here for you and with you. While reaching out for help can be “hard”, can I remind you that it can be worth the courage it takes

to ask for help. As vulnerability expert, Brene Brown says, “Courage is to speak one's mind by telling one's heart.”

The profound loss of grief can be managed in healthy ways. By discovering your “Why's?”, and discerning your “How's?”, you will have lovingly taken steps forward on your courageous journey to healing.

Submitted by Della Ferguson
Jones-Parkview Funeral Services
Grief Support Worker/Funeral
Celebrant

GRIEF SUPPORT GROUPS

(COVID may have changed the ability to offer these support groups, and or the mode by which they are offered. Please contact each agency individually for their current status.)

Jones-Parkview Grief Support Groups

dferguson@sasktel.net

Hope Grief Support for ALL Losses of a Loved One: 2nd Wed. of each month at 7:30pm

Bereaved Parent Grief Support Group: 3rd Wed. of each month at 7:30pm

Survivors of Suicide Grief Support Group for those who have had a Loved One Die by Suicide.

Common Ground for Bereaved Spouses: 5-week session Wed. 10am-11:30 TBA

(DURING COVID OFFERED THROUGH ZOOM, as well as Email support information.)
To register please email Della at

GriefShare:

Faith-Based Grief Course hosted at Minto United Church 1036 7th Ave. NW
For information Phone: 306-693-6148

Transforming Non-traditional Loss

is a 3 session, 2-hour workshop to help participants differentiate between the natural process of grieving non-traditional loss from clinical depression. Teaching of self-care strategies, stages and tasks of grief are provided.

For information on availability call Mental Health and Addictions Intake Services at 306-691-6464.



**Those who have suffered understand suffering
and therefore extend their hand.**

- PATTI SMITH
Singer

Gambling Awareness Program

As technology evolves, gambling becomes easier to participate in through smartphones, laptops and tablets that can be accessed anywhere and anytime, often away from the eyes of a concerned parent, partner or other family member. In addition, COVID-19 has changed nearly every aspect of our lives, and most of us are spending more time than ever online. For example, Canada has reported approximately a 72% increase in online gambling since the beginning of COVID. This has raised concerns over activities like online gambling, video gaming, and screen time, and our increase in online activity may increase our risks of addictive behaviours.

When delivering our presentations, we come into contact with people from all walks of life. We have learned that many of our participants have either tried or started gambling online due to the changes COVID-19 has had on their lives. Program participants have reported experiencing a large win, which has encouraged them to try again for that next big win.

When asked why they have chosen to online gamble, participants commonly mention boredom, accessibility, the desire to win money or try something new, and to escape feelings of loneliness due to COVID restrictions. Online gambling can have several negative impacts on someone's family, social and work life.

Currently in Saskatchewan, online gambling exists in a legal gray area. It is illegal to set-up an online gambling site, however, when it comes to participating in online



gambling the rules are unclear. Gambling legislation in Saskatchewan currently does not recognize online gambling, which means that while it isn't explicitly illegal to participate in online gambling, it's not technically legal either.

When Saskatchewan residents participate in online gambling, they are likely using websites that are operating out of different provinces or countries, which often times fall under different regulations than gambling here in Saskatchewan. This makes online gambling a risky activity as we may experience identity theft, scams, unpaid wins, or lose track of how much time and/or money we are spending on this activity.

Concerns over screen time and video gaming among youth has also become commonplace. With the shutdown of sports and other extracurricular activities, kids now have more free time. Many kids fill this new found time with video gaming and social media as it allows them to relieve boredom and socialize with their friends. There's a strong connection between video games, social media, and

gambling as many social media websites and video games borrow techniques from the gambling industry to get their users hooked and wanting to do these activities more.

While all these activities provide valuable opportunities for entertainment and to remain connected to our friends and family, we also need to be aware of the impacts this may have on our health. We want to make sure that we balance all these activities with other things to do for fun, whether it's going for a walk, reading a book, or trying a new recipe! If we notice our gambling, gaming or social media use is negatively impacting our lives it's a good idea to step back, reflect on these activities, and find ways to make them healthy and fun again.

If you're worried about your gambling or the gambling of a loved one please reach out to the problem gambling helpline at 1-800-306-6789.

" If you are interested in the programming GAP offers, please visit www.SaskGAP.ca to learn more."

Peer Support for Addictions

Substance related and addictive disorders are complex and often result in significant consequences not only for the individual, but their families, their friends, and their places of employment. To add to that complexity, are the compounding factors of life that led to the addiction, in an attempt of finding a means to cope.

It is important to remember that everyone has a unique story behind their addiction. Although it may not be the case for all, many cannot afford help, or that help may not be close to home. Many do not have a good support system, while some support systems struggle between help and enabling, or have become difficult due to the strain placed on their relationships.

At the Canadian Mental Health Association (CMHA) Moose Jaw Branch, we believe in the transformative power of Peer Support. It is an emotional and practical support between two people who share a common experience, such as mental health challenges, illnesses, and addictions. This is a self-referral program and only requires a desire to change.

A peer supporter is someone who has lived through that similar experience and is trained to support others. This service is free and does not require a referral. This support can become an essential part of recovery, as they are often the one constant thing that people experience as they move between other

points through-out the continuum of care.

There are three different categories within our Peer Support Program: one-on-one support; telephone check-ins and group peer support. Additionally, our groups include a weekly Occupational Stress Injury (OSI-CAN) group for any mental health illness which was a direct result of their job; a monthly Family & Friends group; a monthly High Functioning Autistic group; and a Come Together group. Some of these have been placed on hold or modified to comply with gov-

enriches their understanding and knowledge while increasing one's hopefulness and empathy.

....Most recently, CMHA is proud to offer a new Vocational Program to assist those with mental illness or addictions return to work or even volunteer in the community. Being a part of something and having a purpose gives us hope and aids in recovery. This is an evidence based Individual Placement and Support (IPS) program designed to help those work at a regular competitive job to their skills and abilities. It's an integrated service, working with the individual and their

service providers such as their mental health team, social services, probation services or family physicians. This program does not require a referral.

Furthermore, because of COVID-19, CMHA has created a confidential Wellness Recovery Line, for anyone who may be struggling with their mental health, may be feeling

isolated or just might want someone to talk to. We are here to support and listen, there is nothing too small to call. This line is available from 8:00 A.M. to 8:00 P.M. Please call 1-306-630-5968.

For more information about our programs and services, please contact our Moose Branch at (306) 692-4240 or email mjbranch@cmhask.com.

Written by Desiree Thul
Vocational Coordinator
CMHA Moose Jaw Branch



Canadian Mental Health Association
Moose Jaw
Mental health for all

100 years of community

Wellness Support Response Line
306-630-5968
TALK TODAY

ernment restrictions. CMHA also provides many free educational courses through-out the year, through our H.O.P.E. Learning Centre (Recovery College). These courses are free and open to anyone. These courses are taught by a trained professional, as well as someone with lived experienced. Many students feel at ease in these classes as a result on the common goals and experiences which decreases any sense stigmatization. Additionally, these classes provide an environment that enhances a connection, decreases isolation,

The LifeLine App

The LifeLine App is the National free Suicide Prevention and Awareness App that offers access and guidance to support for those suffering in crisis and those who have suffered the devastating loss of a loved one from suicide. The LifeLine App also provides awareness education and prevention strategies to guide people in crisis all across the Globe.

The LifeLine App was developed as a centralized hub to connect people with accredited resources in Canada and throughout the world. We encourage as many people as possible to install the app and take advantage of the incredible amount of information and guidance it offers.

The LifeLine App has several main goals:

- One touch dialing from anywhere in Canada
- Fast and easy access to crisis centres all across Canada
- Connect someone in crisis with the support and guidance they need 24/7
- Aid in suicide prevention
- Build suicide awareness
- Help guide loved ones left behind after a suicide

The LifeLine App also includes direct access to:

- Online Chat, Text and Email Crisis Help
- Canadian Crisis Line Centres Mapping
- Self Management tools
- ECounselling
- Pattern Interrupts (to interrupt the pattern of suicide ideation)



- Mental Health Apps from across the Globe
- Attempt Survivor support Access
- Canadian and Global Online Resources
- International Crisis Lines

In addition to connecting you with immediately the Lifeline app includes educational material and prevention strategies that will assist anyone struggling with suicide whether personally or as a result of someone else's needs.

If you have been effected by suicide, are struggling with suicidal thoughts or simply want to become more aware and educated about this devastating issue, we strongly recommend that you install the Lifeline app on your smartphone or tablet.

The Lifeline app is completely free and is available to everyone. The app has been specifically designed to provide guidance and support to those currently in crisis as well as to those who have expe-

rienced the pain of losing a loved one.

Unfortunately, most of us have been affected by suicide in one way or another. Whether a family member, friend, or colleague, it touches all of our lives and the impact can last a lifetime. However, the amount of help and the variety of tools available to those dealing with suicide are plentiful.

With the Lifeline App you will have the ability to find and connect with chat, email or text crisis centres across the nation and get the help you need. There is no need to struggle on your own or to feel powerless to help someone you love.

The Lifeline App is filled with tools, information and strategies that can make a huge difference in someone's life. This could be the most important app you ever use.

Download Free:
thelifelinecanada.ca

Intimate Partner Violence and Mental Health

Intimate partner violence can include physical, psychological, emotional, verbal, financial, sexual, and spiritual abuse; excessive jealousy and control; harassment after separation; and murder.

Anyone can be a victim of abuse, regardless of ethnic background, age, gender, sexual orientation, disabilities, religion, marital, financial or employment status.

Approximately 1 in 3 Canadian women have experienced violence during their adult lives. Saskatchewan has the unfortunate distinction of having the highest level of intimate partner violence among the provinces.

The impacts of domestic violence are far-reaching, and sadly, can continue even after leaving the abusive relationship. In the case of children exposed to violence, the effects can at times impact development and future relationships. There are many studies that reference the links between mental health and intimate partner violence.

Quick Facts

- A study by Dutton et al. found the risk of developing depression, post-traumatic stress disorder (PTSD), substance use issues or becoming suicidal was 3 to 5 times higher for women who have experienced violence in their relationships compared to women who had not.

- The same study found that 83% of women receiving treatment for depression had also been exposed to severe violence or sexual abuse, either as a child or an adult.



- The World Health Organization has declared violence against women to be the leading cause of depression for women.

- Children exposed to violence are more likely to experience substance abuse; suffer from depression, anxiety, and post-traumatic disorders; fail or have difficulty in school; and become delinquent and engage in criminal behavior.

Moose Jaw Transition House Support Services

It is important that women and children who have experienced violence have opportunities to receive long-term follow-up support once their immediate safety needs have been met. The Moose Jaw Transition House,

in partnership with multiple sectors, are working to bridge the gap between supports for violence and abuse, mental health and substance use. This is creating a more cohesive foundation to better support every potential consequence of domestic violence.

Any woman who has fled, or is fleeing violence, can access the services at the Transition House, re-

gardless if they have stayed at the shelter or not. All services are free of charge. Our staff can provide a variety of therapeutic services, as well as connect women and families with additional local counseling and substance use programs.

- Community Outreach Program - individual and small group short-term educational sessions on healing after trauma, healthy anger expression, and healthy relationships. Call or Text 306-630-2188

- Children Exposed to Violence Program – providing a safe place for children to receive individual crisis support to discuss their experiences of violence. Call or Text 306-631-8405

- Middle Years Support – individual and small group mentoring for youth from grade 6 to 9 that have been exposed to violence. Call or Text 306-630-5820

You are not alone. You are a survivor. Help is available.

Submitted by Jenn Angus
Executive Director
Moose Jaw Transition House
(306) 693-6511

Hope Learning Center

We are in the development stage of a course geared towards life with addictions. This will be a 4 week course and will touch on topics including:

Session One: Beginning Recovery

- What to expect with being sober. (spectrum of 1 month to 2-3 years)
- Changing the negative way we think about ourselves in regards to recovery and living a sober life.
- Discussion on the impact music can have in our recovery
- Explain how mental health and addictions are not separate but a combined issue.
- Changing the stigma around addictions
- Post Acute Withdrawal Symptoms(PAWS)

Session Two: Relationships and Addictions

- Learning the impact of family, friends and culture towards addictions
- Teaching families how to treat people with problematic substance use.
- What does recovery look like for family and close friends?
- How to have those difficult conversations with people as to what you need from them during your road to recovery
- Knowing what you need from every person in your life and understanding that they will each play a different part in your recovery
- What connections are there available?

Session Three: Boundaries-

- How to set them around people who use drugs and alcohol.
- How to handle events where drugs and alcohol are being served and/or socially accepted

- How to Handle peer pressure
- How to set boundaries
- Different types of boundaries
- Signs of weak and strong boundaries
- Human Bill of Rights

Session Four: Recovery!!!

- What is harm reduction
- Strategies to soothe your mind
- How to identify and heal emotion, physical and psychological Wounds
- Information on Smart Reduction

Harm Reduction Websites.

<https://prairiehr.ca/> (Sask Site)
<https://www.healthlinkbc.ca/healthlink-bc-files/substance-use-harm-reduction> (BC Site)
<https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/harm-reduction/what-is-harm-reduction#.X9joa9hKjIU>

Other resources:

<https://www.smartrecovery.org/individuals/>
<https://www.canada.ca/en/health-canada/services/substance-use/get-help/get-help-problematic-substance-use.html>



Moose Jaw Pride Peer Navigators provide support

2020: was a year we could have done without. It brought the COVID-19 pandemic and the associated difficulties we were not prepared for, and 2021 has begun in the same vein. There is still quite a distance until we are able to return to the world we left behind a year ago, a distance that will trouble all of us weary from the ground already covered. The pandemic has been exerting stress on individuals, communities, systems, and governments, and the resulting stress fractures are showing in us.

What do we do about this? If the only way out is through, how do we get through? First, we must remember that we can only do what we can do, tautologically useless as that phrase is. We must define the boundaries between that which we can control and that which we cannot, and respect the reality of those boundaries. We must make space for our own needs. We must care for ourselves individually so that we can care for each other collectively.

And beyond that, when individual self-care is not enough, we ask for help.

That's where I come in. I am a Peer Navigator with Moose Jaw Pride, and my role was developed to support community members through difficulties created and enhanced by the COVID-19 pandemic. We are all suffering losses and weathering prolonged anxiety; many are grieving friends and family members on top of that. Economic shutdowns, shelter-in-place orders, and social distancing protocols were necessary and continue to be necessary, but they do come at the cost of increased

housing insecurity, food insecurity, poverty, and isolation. The sacrifices we are making are not negligible. Furthermore, the rippling effects of these preventative measures are not distributed equally: those who are already vulnerable are hit harder financially, physically, socially, psychologically. As a Peer Navigator, I am here to answer when someone asks for help, and to support the mental health of community members through peer support, referral, and systems navigation.

Mental health is a state of internal well-being, one that is affected by intertwined biological, environmental, and psychological factors. Let's focus on those last two for the moment. In the last year, our external environment has been wildly different from normal, out of our control, and constantly changing. With our physical needs threatened and our emotional needs mind in this state of instability

A Peer Navigator can provide an attentive ear to those who need one. As human beings, we struggle with the kind of prolonged social isolation we have been going through, and many people need to connect with someone else and have their experiences recognized.

The peer support relationship is built on experiences that are held in common, through which people



can share the difficulties they've faced and strategies for working through them. Knowing that someone else has lived through similar experiences can provide hope. It is common for 2SLGBTQIA+ people and families to feel set apart from others, to feel unique in their experiences and unique in their isolation, especially in smaller and rural communities.

Finding a connection with other 2SLGBTQIA+ people can be a revelation: you aren't the only one with these feelings and questions, you aren't the only one struggling in this way, and others like you lead happy and fulfilling lives. Moose Jaw Pride's Peer Navigators specialize in serving 2SLGBTQIA+ people and families, and can assist in finding care and services specific to 2SLGBTQIA+ people.

When a person's needs go beyond what peer support can provide, we can make connections with mental health professionals. Counselors, psychologists and psychiatrists

Continued on page 27

Continued from page 26

provide tools like talk therapy and medication to help an individual manage mental health problems and regain a sense of well-being. Mental health systems are often ill-designed for use by the people they are meant to help, but having a Peer Navigator with experience navigating mental health systems can eliminate enough of the barriers to make progress possible.

However, even after we develop tools for mental and emotional resilience, environmental problems remain. A person's mental state cannot be divorced entirely from their material reality. How does one achieve wellness when their cupboards are bare and they don't know where their next meal is coming from? When they are being evicted because they were laid off months ago and have been unable to pay rent? What exists outside us affects what exists within us. Peer Navigators can help individuals and families navigate food and housing systems to secure the basic necessities upon which our well-being is built. One of the benefits of working with a Peer Navigator network of community professionals and organizations that we have access to and familiarity with. After all, a web is more robust than a single strand. As well, the

peer navigation process is flexible and responsive as each person's unique circumstances require a tailored response, one that is developed cooperatively to best address the situation.

The culmination of my work as a Peer Navigator is Moose Jaw Pride's new warming centre, opened in our building to provide a safe place for community members to come in from the cold and warm up with no cost, expectation or obligation upon them. Warming centres have been run by community organizations, non-profits, and religious groups across North America to prevent discomfort and injury from cold exposure, frostbite and hypothermia, and we looked to the examples set by those fantastic organizations in opening our spaces to those seeking relief from the cold and making our services available. The warming centre offers the following at no cost: hot drinks; snacks; phone and internet ac-



cess; small personal hygiene items; condoms and lubricant; and winter accessories like hats, mitts, and scarves. Peer Navigators are available to work with guests in assessing the challenges they are facing, sharing possible options, and pursuing solutions.

The Moose Jaw Pride warming centre is located at 345 Main Street North, and is open from 10 am to 6 pm, Monday to Friday.

We hope to see you come by.

Elliece Ramsey
Peer Navigator
Moose Jaw Pride



**2SLGBTQ
SUICIDE
HELP CARD**

The 2SLGBTQ community faces higher rates of suicide caused by discrimination and isolation.

But you are not alone.

Help is a phone call away.

Help is a phone call away.

Wigmore Hospital Mental Health & Addiction Services
Mon-Fri. 8-5 (except stat holidays): 306.691.6464
MJ Police and Crisis Team (PACT): 306.694.7603 or 911
Canada Suicide Prevention Service: 1.833.456.4566
Text: 45645 Chat: crisisservicecanada.ca
Regina Crisis Line: 1.306.757.0127
Kids Help Phone: 1.800.668.6868
Text "CONNECT" at 686868
First Nations & Inuit Helpline: 1.855.242.3310
OUTSaskatoon Helpline: 1.800.358.1833
Trans LifeLine: 877.330.6366

Job Loss and Financial Setbacks

According to the Employment and Labour Market, "in November 2020, Saskatchewan's seasonally adjusted unemployment rate was 6.9 per cent, up from 5.8 per cent in November 2019."

One might think 1% may not seem like a lot, but when you dig a little further it accounts for "21,200 jobs compared to November 2019."

As a result, the year 2020 has without any doubt been a challenging year as we come closer to the one-year mark. This pandemic has not only impacted our way of life, but it has weighed on our mental health and for many of us, it's impacted our finances.

We have seen many businesses close their doors, while others struggle to remain open by finding creative ways to reach their clients while complying with government measures.

When someone loses their job, routines, income, and relationships and self-identity can change overnight. Not only does this impact the individual and their families buying power, it also impacts their communities like local shops, and restaurants.

As a result, we have witnessed a higher demand on not-for-profit organization like our local food

banks to support these individuals and families. Many, whom have never been in this situation before. Many of you like me, have likely heard the phrase "we are all in this together."



Although we are all feeling the effects of this epidemic, we need to appreciate how this has been much harder for some than others. Now more than ever, we need to step up and help where we can and be more empathetic/kind. We cannot assume everyone's situation is the same.

During times like these, there are many obstacles and as such, it can be very challenging to find new employment. Just the toll of applying and waiting can impact our mental health.

Seeking support from a local vocational organization can help during this process. Sometimes simple tweaks to your resume and cover letter can make all the difference.

According to an article, written by Stephanie Pappas and featured in the American Psychological Association, "The Toll of Job Loss", unemployment is linked to depression, anxiety as well as a decrease in fulfillment.

Employment not only provides us structure, a purpose and an identity, it also provides us social interaction. Losing a job and being unemployed can be traumatic, especially if it continues for a long period of time. It is traumatic psychologically,

financially and can even impact us physically.

Mental health supports can make a big difference when someone loses a job or is experiencing financial setback. It is important to reach out and get support, whether that be from a physician, a psychologist, your local mental health and addictions center at the hospital, your pastor/priest or a local community counselling organization like Moose Jaw Family Services. Sometimes it may be difficult to access services because there is a cost attached to it.

Continued on page 29

Continued from page 28 - Job Loss

As such, it is important to know your community resources and toll-free numbers available for help.

For many people it may be difficult to share how they are feeling or coping. Sometimes, this is a result of the stigma and self-shaming attached to depression, anxiety and thoughts of suicide.

Additionally, during this epidemic and having to isolate it may be even harder for some individuals to open up or for families and friends to observe any signs of struggle. As such, if you suspect someone is struggling, I encourage you to reach out. This simple act of kindness could be life changing and may even save a life. Often, that is all they need, so don't wait for them. Just having someone to lis-

ten to them can make such a difference by allowing them to "take a load off their shoulders". Sometimes, we might assume someone knows we are there for them and may not realize they forgot or grasp they don't want to burden us. This is why a little reminder on how we are here for them can be so valuable.

A few suggestions when offering support is to ensure you ask what it is, they would like from you and how you can help. While listening, it can valuable to repeat what they've said, to ensure you understand what they are saying. This simple gesture allows them to know you are listening and helps prevent any miscommunications. Lots of times, all someone needs are a sounding board.

It is also important to clarify whether someone is wanting advice or not. An example of support might be offering to help someone make a call to a toll-free line which can be intimidating for the first time.

If their scared to see someone, like a doctor, they may appreciate an offer to go with them. We just need to ensure however we help, it is what they want. No one appreciates being pressured or told what to do. These simple acts help alleviate anxiety and help someone take the next step.

Written by Desiree Thul
Vocational Coordinator
CMHA Moose Jaw Branch

Moose Jaw Family Services

Moose Jaw Family Services is a registered non-profit organization, which has provided services to people of Moose Jaw and the surrounding area since 1972. It takes only a phone call to make an appointment for counselling or to register for a program.

Check out our Facebook page for more details on our services!

Programs:

- Counselling for individuals, couples, families
- Teen and Young Parent Program
- Family Support Program
- Diversion Program
- Project Warmth
- Resume Program

Groups:

- Living Independent Skills (15-19)
- Anger: Harnessing a Powerful Emotion (16+)
- Senior Connection and Resiliency (55+)

**Moose Jaw Family
Services**



strengthening individuals and families

www.mjfamilyservices.ca

- Navigating Relationships through COVID (adult)
- Youth DBT (15-19)
- Empowerment (8-14)
- Healing Trauma and Addiction (adult)

(306) 694-8133
contact@mjfamilyservices.ca

Wellness Together Canada



Mental Health and Substance Use Support

WHAT IS WELLNESS TOGETHER CANADA

Wellness Together Canada was funded by the Government of Canada in response to the unprecedented rise in mental distress due to the COVID-19 pandemic. People are being challenged like never before due to isolation, physical health concerns, substance use concerns, financial and employment uncertainty, and the emotional dialogue around racial equality. We're all going through this together, and we believe that mental health is a journey, not a destination. Each day, we can take a step for our own wellbeing. Wellness Together Canada is here to support everybody on that journey.

HOW TO ACCESS WELLNESS TOGETHER CANADA:
ca.portal.gs/

Wellness Together Canada is a mental health and substance use website to support people across Canada and Canadians living abroad in both official languages. We provide the following resources for you at no cost:

- Immediate text support
- Information and videos on common mental health issues
- Mental wellness programs you can do on your own and with coaching
- Monitored communities of support

Wellness Together Canada is a Health Canada funded project that is a partnership among Stepped Care Solutions, Kids Help Phone and Homewood Health – three of Canada's leading and most innovative mental health organizations.

Preventing Suicide

Who does it affect?

About 4000 Canadians die by suicide every year. Suicide is the second-most common cause of death among young people, but men in their 40s and 50s have the highest rate of suicide. While women are three to four times more likely to attempt suicide than men, men are three times more likely to die by suicide than women.



Canadian Mental Health Association
Mental health for all

Suicide is a complicated issue. People who die by suicide or attempt suicide usually feel overwhelmed, hopeless, helpless, desperate, and alone. In some rare cases, people who experience psychosis (losing touch with reality) may hear voices that tell them to end their life.

Many different situations can lead someone to consider suicide.

Known risk factors for suicide include:

- A previous suicide attempt
- Family history of suicidal behaviour
- A serious physical or mental illness
- Problems with drugs or alcohol
- A major loss, such as the death of a loved one, unemployment, or divorce
- Major life changes or transitions, like those experienced by teenagers

ers and seniors

- Social isolation or lack of a support network
- Family violence
- Access to the means of suicide

While we often think of suicide in relation to depression, anxiety, and substance use problems, any mental illness may increase the risk of suicide. It's also important to remember that suicide may not be related to any mental illness.

Continued on page 32

COVID-19 and the Mental Health Echo Pandemic

Back in March 2020, CMHA National Office warned of an echo pandemic of mental health issues that would roughly follow the trajectory of the COVID-19 pandemic, but which would continue on past the pandemic itself. Sadly, that prediction has proven true. We hear about it on the news. We see it in poll after poll and we are seeing it in our own lives. COVID-19 is taking a toll on the mental health of Canadians. We are worn down and relief seems a long way down the road.

Everyone reacts differently to stressful situations and the mental health impact of events such as the pandemic depends on each individual's characteristics, experiences, their social and economic circumstances and the availability of local supports.

A recent Angus Reid survey showed a country whose optimism and resilience has become "literally depressed". Half of Canadians reported a worsening of their mental health, while 1 in 10 said it had worsened "a lot".

In the early stages of the pandemic Canadians adopted a "can do" attitude, feeling that we are all in this together and devising new ways of connecting with friends and family, taking up new hobbies, increasing physical exercise and so on. But now, over nine months later, that "can do" feeling has given away to fatigue, a crushing sense of uncertainty and feelings of isolation.

We are seeing increased numbers of overdose deaths and while we cannot make a direct correlation between COVID-19 and overdose

deaths, the very nature of the pandemic has robbed individuals of some of the social determinants of health. Treatments and support systems have been disrupted. People are told to stay home which makes it difficult to attend to clinics for addiction treatment.

Addiction is also called a "disease of isolation" and the necessity for distancing makes it very difficult for persons with addictions to engage in things like peer support groups, a vital source of support for individuals struggling to stay in recovery. Heightened anxiety can be a trigger for substance use, but because of isolation users who may have adopted harm reduction techniques by using with a friend, may now be using alone leaving a much higher risk for overdose death. (Harvard Health Blog)

Anecdotally, we are also seeing an increase in suicidal thoughts and behaviours. Once again, we need to be cautious with oversimplified causative statements but recent research conducted by the Canadian Mental Health Association and UBC reported some troubling findings.

In 2019 2.5% of Canadians reported having had suicidal thoughts within the previous year. In comparison the survey found that in May 2020 1 in 20 Canadians (6%) had recently experienced thoughts or feelings of suicide as a result of the pandemic. This was higher in individuals who were already living with mental health issues (18%).

Indigenous persons reported 16%, individuals with a disability 15%, LGBTQ+ 14% and 9% of parents with children under 18. These are

troubling numbers. (www.cmha.ca – Warning signs: more Canadians thinking about suicide during pandemic)

Anxiety is a normal reaction to uncertainty and things that may harm us. Covid-19 has given us that in spades! People are anxious about their health and the health of their loved ones, about school or work, their finances and their ability to participate in social and community events. Overtime, prolonged anxiety can have serious consequences on both our physical and mental health.

The workplace is certainly not immune to these anxieties and stressors. What are some of the signs that your employee or co-worker may be suffering from anxiety?

1. Taking more time off work than usual.
 2. Greater use of substances such as alcohol, tobacco and drugs.
 3. Increased irritability, poor concentration, reduced productivity.
 4. Deteriorating personal or work relationships, including bullying behaviours.
 5. Becoming more "emotional", moody or over-reactive to what others say.
 6. Starting to behave differently that what is their norm.
 7. Changing of eating or sleeping patterns.
 8. Physical reactions such as sweating, palpitations and increased blood pressure (panic attacks).
 9. Feeling negative, depressed and anxious most of the time.
 10. Feeling trapped or frustrated and believing there's no solution.
- Identifying the issue is the first step in supporting these individuals.

Continued on page 32

Continued from page 31 - COVID-19

Adopting an open door policy means every employee can feel free to approach you and helps create a welcoming and communicative workplace culture. This can put an anxious employee more at ease and lets them know that support is available whenever they may need it. Sharing worries or stresses instead of bottling them up helps individuals to avoid becoming completely overwhelmed. Flexibility is key. As an employer, we have a responsibility to make reasonable adjustments for staff. This means we need to be flexible in supporting them in their recovery. Even minor adjustments can make a world of difference. Sometimes a small adjustment such as a temporary change in work hours can allow an employee the headspace to be able to move forward.

Communication is also key. When you become aware of a potential issue, set aside time and space to

have a private chat. Try to determine what may be triggering their anxiety and what kind of support might help. Reassure them you are here to help and support them. Don't make any assumptions and make sure the conversations are kept in absolute confidence. This will help you to build a plan together and determine what the next steps may be to move forward.

Mental health training is a huge asset for your management team. Businesses should also explore the Psychologically Safe Workplace Standard to learn how to create a safe environment for all staff. <https://www.mentalhealthcommission.ca/English/what-we-do/workplace/national-standard> <https://www.mentalhealthcommission.ca/English/what-we-do/workplace/national-standard> The standard provides a guideline, tools and resources to help ensure a mentally healthy workplace.

Company culture is at the core of everything you do and that includes how you deal with mental health issues. It is important to establish a positive, thriving culture that puts employee wellbeing first. A supportive culture will help an employee feel comfortable in opening up about their struggles but it could also prevent those struggles from happening in the first place if they are work related. The bottom line is that anxiety, whether in ourselves or our staff, is completely normal under stressful situations such as the COVID-19 pandemic. It is important to remember that there is no shame in reaching out for help when you are struggling. Take care everyone.

For further information visit www.cmha.ca or www.sk.cmha.ca Canadian Mental Health Association (Saskatchewan Division) Inc. 1-800-461-5483 or 306-525-5601 contactus@cmhask.com

Continued from page 30

How can I reduce the risk of suicide?

Though not all suicides can be prevented, some strategies can help reduce the risk. All of these factors are linked to well-being. These strategies include:

- Seeking treatment, care and support for mental health concerns—and building a good relationship with a doctor or other health professionals
- Building social support networks, such as family, friends, a peer support or support group, or connections with a cultural or faith community

- Learning good coping skills to deal with problems, and trusting in coping abilities

When a person receives treatment for a mental illness, it can still take time for thoughts of suicide to become manageable and stop. Good treatment is very important, but it may not immediately eliminate the risk of suicide. It's important to stay connected with a care team, monitor for thoughts of suicide, and seek extra help if it's needed. Community-based programs that help people manage stress or other daily challenges can also be very helpful.

What can I do if I experience thoughts of suicide?

Thoughts of suicide are distressing. It's important to talk about your experiences with your doctor, mental health care team, or any other person you trust. They can help you learn skills to cope and connect you to useful groups or resources. Some people find it helpful to schedule frequent appointments with care providers or request phone support. If you're in crisis and aren't sure what to do, you can always call 9-1-1 or go to your local ER.

cmha.ca/documents/preventing-suicide

Help Lines

Kids Help Phone

Kids Help Phone is a 24/7 Canada-wide service offering English and French professional counseling, information, referrals and volunteer-led, support for young people.

Whether by phone, text, mobile app or through the website, Kids Help Phone is always open for young people in any moment of crisis or need. Young people can connect whenever they want, however they want, including: phone service, texting service, live chat, “Always There App”, “Resources Around Me” and “Good2talk”.

You can reach a counselor at 1-800-668-6868 or read more about the services Kids Help Phone offer at www.kidshelpphone.ca

(Information retrieved from www.kidshelpphone.ca/aboutus)

A blue banner for Kids Help Phone. On the left, the text reads "Whenever you need to talk, we're open." Below this are three contact options: "Text 686868" with a text icon, "KidsHelpPhone.ca" with a computer icon, and "Call 1-800-668-6868" with a phone icon. On the right, there is a white speech bubble containing a blue smiley face. At the bottom right, it says "Kids Help Phone" with a small smiley face icon.

Whenever you need to talk, we're open.

Text 686868
KidsHelpPhone.ca
Call 1-800-668-6868

Kids Help Phone

Farm Stress Line

The Farm Stress Line is for farmers and ranchers to call before problems become a crisis. Farmers and ranchers who endure high levels of stress may find that it has negatively affected their health and has reduced their quality of life. High stress can compromise personal safety and affect family relationships.

The Farm Stress Line can help by clarifying the problem or concern while working with you toward a solution, connecting you with the appropriate organization, professional or program that best suits your needs and listening while supporting you in a safe, neutral, non-judgmental environment. The Farm Stress Line can be reached 24 hours a day, 7 days a week at 1-800-667-4442.

(Information Retrieved from: <https://www.saskatchewan.ca/business/agriculture-natural-resources-and-industry/agribusiness-farmers-and-ranchers/programs-and-services/farm-stress-line#:~:text=Farm%20Stress%20Line%20The%20Farm%20Stress%20Line%20can,Stress.%20There%20are%20ways%20of%20dealing%20with%20>)

A green banner for the Farm Stress Line. On the left, there is a photo of a person's hands holding a white tablet. On the right, the text reads "If you're experiencing symptoms of stress, the Farm Stress Line is available 24/7 at" followed by the large yellow number "1-800-667-4442". At the bottom left is the MCS logo (Mobile Crisis Services) and at the bottom right is the Government of Saskatchewan logo.

If you're experiencing symptoms of stress, the Farm Stress Line is available 24/7 at

1-800-667-4442

MCS
Mobile Crisis Services

Government of Saskatchewan



Suicide Prevention Training Programs

LivingWorks programs are designed to span a continuum of safety skills. With a common language, philosophy, and approach, they give each trainee a clear role to play and enable these roles to seamlessly come together, creating safety networks for those in need.

LivingWorks Start is our game-changing, scalable, one-hour, online training program where

people learn how to recognize the signs of suicide and develop the skills to connect someone to help and support. Useable on any computer, smartphone, or tablet

LivingWorks safeTALK

This half-day in-person training goes more in-depth so people learn to recognize when someone needs help, how to talk with them to better understand their situation, and safely connect them to

the resources they need.

LivingWorks ASIST (Applied Suicide Intervention Skills Training)

This is an intensive, two-day, in-person training where people are taught how to skillfully intervene, assist someone in crisis, and help them stay safe.

For more information contact: CMHA Moose Jaw Branch: 306-692-4240



**FIRST, THINK. SECOND, BELIEVE.
THIRD, DREAM. AND FINALLY,
DARE**



211 Saskatchewan

offers a database of over 5,000 community, health and government programs and services across the province.

Call, text, or go online to be connected with trained professionals ready to help **7 days a week, 24 hours a day, 365 days a year, in over 100 languages!**

End your search today.



Text



Call



Go Online

Connect with us on Facebook!

#helpstartshere



United Way

211 Expansion Sponsors:



Addictions Resources

Wakamow Manor Social Detox:

Director of Detox -
Jocelyn MacLeod
Phone: 306-694-4030
Fax: 306-694-4031
200 Iroquois St. E S6H 4T3

About Detox:

The Moose Jaw Thunder Creek Rehabilitation Association is a health care organization that operates Wakamow Manor Social Detox. This service offers 20 detoxification beds for people over the age of 16 who seek assistance with withdrawal from alcohol or other drugs. Trained staff provides care and accommodation for periods of up to 14 days depending on the client's assessed needs.

Criteria for Admission:

- Must be 16 years or older
- Cannot be more than 20 weeks pregnant
- Accepts clients from across the province
- The client requires medical clearance in order to attend social detox. The client will not be admitted without doctor's note stating they are physically and mentally, or medically, fit to attend detox.

Before Detox Process:

- The client must call to place their name on waitlist. No other supports can call on behalf of the client to place their name on the list. The client must call in everyday between midnight and noon to remain on the list.
- Withdrawal prescriptions must be faxed to detox. All other medications are preferred to come in an unopened bubble pack if possible.
- During the over the phone intake, staff will provide clients with a list of items to bring

Attending detox:

- The program is 10-14 days; if neces-

sary, extensions can be arranged with the Director if transitioning to a treatment facility after detox.

- Once in the facility, clients are not allowed to leave for any personal appointments.

- There are no visitors allowed during the client's stay- only professionals

- Staff can assist clients in applying to attend treatment after detox. Only one application to a treatment center can be completed during a client's stay.

Daily programs available

HARM REDUCTION

ACOSS- Addiction community outreach support services

Phone: 306-631-7070
Email: Acoss.tcra@saskhealthauthority.ca

About ACOSS:

- ACOSS aims to introduce clients to social and recreational components of recovery.

- Two outreach workers promote social activities and facilitate a healthy living perspective ACOSS provides activities in a group setting that provides opportunity to build positive friendships

- Staff will assist clients in using safely (e.g., take client to needle exchange)

Criteria:

- Referral base through SHA clinicians
- Anyone can be referred Mandated/ Volunteer clients

- Age range: Must be 16 or older.

- Must reside in Moose Jaw

- No cost for clients when in attendance

DETOX: SASKATCHEWAN

Wakamow Manor Social Detox: 306-694-4030

f: 306-694-4031
200 Iroquois St. E S6H 4T3
Moose Jaw, SK

Social Detox

Addiction Treatment Centre:

306-766-6600
1640 Victoria Ave, Regina SK
Brief Detox
Social Detox
Regina, SK S4P 0P7

Regina Youth Detox:

(306) 787-1058 or (306) 787-2167
Toothill Street and Ritter Avenue
Regina, SK S4P 2W2
Medical Detox

Saskatoon Adult Brief/Social Detox:

306-655-4195
201 Ave 0 S, Saskatoon, SK 27M 2R6
Brief Detox
Social Detox

Youth Stabilization Calder

306-655-4500
2003 Arlington Ave,
Saskatoon S7J 2H6

La Ronge Health Care

306-425-2422
227 Backlund St.
La Ronge SK, S0J 1L0
Social Detox

Slim Thorpe

306-875-8890
21060 Tranquility Way,
Blackfoot AB T0B 0L0
Medical Detox

Adult Brief/ Social Detox

306-765-6700
1200 24th St. W
Prince Albert Sk, S6v 4N9
Brief Detox
Social Detox

Robert Simmard Center

306-236-1580
711 Center St,
Meadow Lake SK, S9X 1E6

Addictions Resources

TREATMENT CENTRES:

Calder (Saskatoon)

306-655-4500

2003 Arlington Ave,
Saskatoon SK S7J

-28 days

-No cost

Pinelodge (Indian Head)

306-695-2251

211 Otterloo St,
Indian Head SK S0G 2K0

-28 days with possible extension

-No cost

Hopeview (North Battleford)

306-446-7370

1891 96th St North Battleford,
Saskatchewan, S9A 0J1

-28 days with possible extension

-No cost

MACSI (Regina)

306-522-3681

329 College Ave E,
Regina SK S4N

-28 days

-No cost

MACSI (Prince Albert)

306-953-8261

334 19th Street East
Prince Albert, SK S6V 1J7

-28 days

-No cost

MACSI (Saskatoon)

306-652-8951

335 Av G S, Saskatoon SK S7M 1V2

-28 days

-No cost

Cree Nation (Sandy Lake)

306-468-2072

Canwood Sojoko, Canwood SK S0J
0K0

-35 days

-No cost

Sakwatamo Lodge (Melfort)

306-864-3631

GD, Melfort SK S0E 1A0

-42 days

-No cost

Thorpe Treatment Center- (Lloydminster)

1-780-875-8890

4204 54 Ave,
Lloydminster AB T9V 2R6

-42-90 days

-Only 2 SK funded beds

Family Treatment Center:

306-765-7365 F: 306-763-4670

1200-24th St. W, Prince Albert SK,
S6V 4N9

-Female only- Able to bring Children
up to the age of 12.

-6 week program

Ekweskeet Treatment Centre:

306-344-2094

Highway 17 Onion Lake SK, S0M 2E0

-42 days

-No cost

Prairie Sky Recovery:

Wilkie SK 1-888-519-4445

Box 535 Wilkie, Saskatchewan S0K
4W0

-42 days

-Cost: Yes Varies for specific treat-
ment plans/programs

Saulteaux Healing and Wellness Centre:

306-542-4110

1 St Nation Cte, Kamsack SK S0A

-42 days

-No cost

Teen Challenge

306-664-4673

4th Ave N, Saskatoon SK S7K 2M7

-365 days

-No cost

SOBER LIVING

A sober living home operates as a
bridge between an inpatient facility
and the " real world." Once leaving

an inpatient facility and returning
home, you may be struggling with
adjusting back to daily life. Sober
living homes offer an in-between re-
covery option that allows you to re-
inforce the lessons learned in rehab.

McLeod House

306-975-9999

-Saskatoon

-12 units can hold up to 16

-Male only

-Referral basis

-Pay rent

Alexander House

306-570-5709

-Saskatoon

-Male 18+

-Must complete treatment

-Rent + Utl.

-Fully Furnished shared single +
double rooms

Oxford House

306-570-5709

-Regina

-Rent + Utl.

-5 houses (4 for men 1 for women)

-Total of 25 beds.

Kate's Place

306-522-2247

-Regina

-10 fully furnished Bachelor suites

-1 fully furnished 1 bdrm apartment

-Females only

-Supportive housing to female par-
ticipants in Drug Treatment Court
Program

-Pay Rent

Residents in Recovery

877-201-3955

-Lloydminster

-26 adults

-Male and Female

-Pay rent-Pre- and post treatment
sober living

Resources

URGENT NEED PHONE NUMBERS

<i>Emergency Response</i> 9-1-1	<i>Alcoholics Anonymous</i> 306-693-6888	<i>Mental Health & Addictions</i> Dr. F.H Wigmore Hospital Intake Worker: 306-691-6464
<i>2-1-1 Saskatchewan</i> Comprehensive listing of services in Saskatchewan. 24/7/365	<i>Alzheimer Society of Saskatchewan</i> 1-877-949-4141	<i>Moose Jaw Christian Counselling Centre Inc</i> 306- 692-5500
<i>Moose Jaw Police and Crisis Team</i> 306-694-7600	<i>Beacon Counselling Group</i> 306- 692-9737	<i>Moose Jaw Association for Community Living Inc.</i> 306-693-0382
<i>Sask. Health Line</i> 8-1-1	<i>Canadian Mental Health Assn (CMHA)</i> 306- 692-4240	<i>Moose Jaw Diversified Services</i> 306- 692-4954
<i>Canada Suicide Prevention Service</i> 1-833-456-4566 (24 hour)	<i>CMHA Wellness Line</i> 306-630-5968	<i>Moose Jaw Family Services Inc.</i> 306-694-8133
<i>Farm Stress Line</i> 1-800-667-4442 (24 Hour)	<i>Co-Dependents Anonymous</i> 306-631-8684	<i>Moose Jaw Pride</i> Rainbow Retro Thrift Shop 306-692-3388
<i>Kids Help Phone</i> 1-800-668-6868 (24 Hour) Or TEXT 686868	<i>David J. Graham Banman (Psychologist)</i> 306-630-8333	<i>Moose Jaw Psychology Services</i> 306- 313-5686
<i>OUTSaskatoon Helpline</i> 1-800-358-1833	<i>Family Intervention</i> Provided by: Drug Rehab Institute 1-877-909-3636	<i>Moose Jaw Transition House</i> 24-Hour Crisis Line 306- 693-6511 text 306- 631-0962
<i>First Nations & Inuit Helpline</i> 1-855-242-3310	<i>Early Childhood Intervention Program</i> 306-692-2616	<i>Moose Jaw Transition House Outreach Worker</i> 306-693-6847
MOOSE JAW COUNSELLING AND SUPPORT SERVICES	<i>Family Hope Counselling and Training Centre</i> 306-694-4673	<i>Moose Jaw Transition House Children's Worker</i> 306-693-6848
<i>Acquired Brain Injury Program</i> 306-691-1591	<i>John Howard Society</i> Justice and Social Programming 306- 693-0777	<i>Narcotics Anonymous</i> 306-757-6600
<i>Addiction Services</i> Dr. F.H. Wigmore Hospital 306-691-6464	<i>Jones-Parkview Grief Support Groups</i> 306-693-4644	<i>Resolve Renew Professional counselling & Consulting</i> 306-631-6139
<i>Al-Anon</i> 306-691-5811	<i>Alateen</i> 306-522-7500	<i>Regina Sexual Assault Centre</i> 1830 Mackay Street, Regina 306-352-0434 (24 hour)
	<i>KidsFirst</i> Pre-School Support Services 306-691-1580	

Resources

Salvation Army Community &
Family Services
306- 631-6139

Victim Services Unit (MJPS)
306-694-7624

Wakamow Manor Detox
306-694-4030
Young Parent Program
306-694-8133

FOOD, HOUSING AND EMPLOYMENT SUPPORT SERVICES

Hunger In Moose Jaw
306- 692-1916

Ministry of Social Services
306-694-3647
1-866-221-5200
Moose Jaw Housing Authority
306-694-4055

Riverside Mission
Male Adult Transition Housing
306-543-0011

Moose Jaw Food Bank
305 Fairford St. W.
306-692-2911

Career and Employment Services
306- 694-3699

Sask. Abilities Partners In
Employment
306-693-3020

MULTICULTURAL SERVICES

Moose Jaw Multicultural Council
306-693-4677

Newcomer Welcome Centre
306-692-6892

HEALTH SERVICES

Access Centre (SHA)
Respite/Home-Care/
Palliative/Long Term Care etc.
Phone: 306-691-2090

Alliance Health
(South Hill)
306-691-0030

Crescent View Clinic
Urgent care center
306 -691-2040

Hillcrest Medical Centre
306-694-9222

Kliniek on Main
306-694-1440

Medella Medical Clinic
306-692-6200

Professional Medical
306-694-1061

Moose Jaw Family
Wellness Centre
(Public Health)
306-691-2300.



Learn from
yesterday,
Live for today,
Hope for
tomorrow.

Albert Einstein.



Journey to Hope Moose Jaw Inc.

