

If you have experienced a traumatic event, community support and services can be identified and accessed by calling:

MENTAL HEALTH & ADDICTION SERVICES

Port aux Basques	695-4619 ext 629
Burgeo	886-2185
Stephenville	643-8740
Corner Brook	634-4506
Deer Lake	635-7830
Bonne Bay/Norris Point	458-2381 ext 266
Port Saunders	861-9125

Please note: This service is not a 24/7 crisis response service.

Office hours are Monday – Friday, 8:30am - 4:30pm.

If you call after business hours, please leave a message and your call will be returned as soon as possible.

In the event of a Mental Health Crisis, please call 811

811
HEALTHLINE

CORNER BROOK /

BAY OF ISLANDS

COMMUNITY TRAUMA RESPONSE TEAM

Our Team includes representatives from different Community and Government Agencies.

Our Goal is to help people and communities cope with tragedies and their effects.



HAVE YOU EXPERIENCED A TRAUMATIC EVENT?



What is a Traumatic Event?

Any event that causes you to experience unusually strong emotional reactions that might get in the way of your ability to return to daily activities.

Some examples include:

- An actual or perceived threat to your life
- Severe physical harm or injury
- Witnessing a death or serious injury
- Accidentally causing harm to another

It is very normal for people to have aftershocks when they have gone through a horrible event.

People can have many different reactions. Some of the common reactions include:

Physical:

- Chills
- Thirst
- Nausea (Stomach Sickness)
- Dizziness
- Weakness
- Headaches
- Fast Heart Beat
- Trouble Breathing

Emotional:

- Fear
- Guilt
- Anxiety
- Depression
- Anger
- Overwhelmed
- Grief

Cognitive:

- Confusion
- Nightmares
- Poor Concentration
- Difficulty Making Decisions
- Reoccurring Thoughts

Behavioural:

- Pacing
- Withdrawal
- Increased Alcohol/Drug Use
- Inability to Rest
- Loss or Increase in Appetite
- Easily Startled

These signs and symptoms may last a few days, a few weeks, a few months or longer.

If you have experienced a traumatic event, the following are some

DO's & DON'T's:

DO

- Talk and spend time with others
- Try to maintain a normal daily routine
- Keep a journal – writing your feelings can help
- Eat well-balanced and regular meals
- Get plenty of rest
- Expect the incident to affect you

DON'T

- Numb the pain with over use of alcohol and/or drugs
- Bottle up your feelings
- Avoid talking about what happened
- Isolate yourself
- Make major life changing decisions