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CONTACT US



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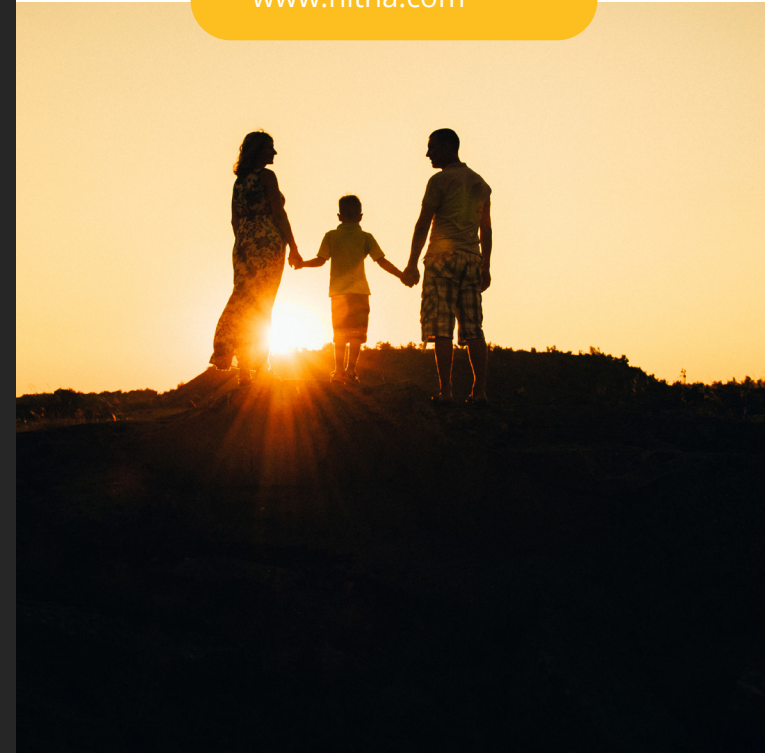
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**Northern Inter-Tribal
Health Authority**

www.nitha.com



COVID-19

Mental Health Support



Are you feeling depressed or anxious?

Have you or a family tested positive for the Novel Coronavirus (COVID-19)? Is it causing problematic mental health symptoms that you cannot understand? Are you struggling to cope with the impact on your mind, body, and spirit? Are you worried about a loved one?

If you have answered yes to any of these questions, we encourage you to reach out.

**Please connect with your local wellness centre
(as they apply to your community location):**

Prince Albert Grand Council

Holistic Wellness Office: 306-953-7285

Meadow Lake Tribal Council

Central Main Line: 306-236-5817
(You will be advised who to contact within the
MLTC communities)

Peter Ballantyne Cree Nation

(Please ask for Holistic Health, you will be
transferred to a Mental Health Therapist)

Pelican Narrows: 306-632-2046
Deschambault Lake: 306-632-2106
Southend: 306- 758-2090

Lac La Ronge Indian Band

Phone Interviews (8am-430pm): 306-425-9109
Evenings/Weekends (cells):
• 306-425-9518
• 306-420-5401

Depression:

Major life changes such as a death of a loved one, diagnosis with a serious illness, and relationship difficulties, can bring overwhelming levels of stress. As a result of this pandemic, you may be experiencing several of these stressors at once, making you more vulnerable to depression. If you have an existing diagnosis with depression you may find that; isolation and loneliness fuels depression.

Compassion For Feelings:

Negative emotions are part of being human and can become more powerful in depression or when we are distressed but this does not make you a bad person — just a human being trying to cope with difficult feelings.

- Remind yourself you are not choosing to feel negative, as they can come quickly, although we can learn how to work with these difficult feelings and take responsibility to work with these feelings.

Stress & Anxiety:

Stress has been reported at a mean percentage of 51% as the primary concern during COVID-19, although it is natural to worry, it is when worries spiral out of control, and potentially lead to panic and anxiety. Anxiety symptoms can deter one from accessing supports, but it can also be a physical sign for you to access the help you need.

Grounding Techniques:

- Run cool water over your hands. Hold ice cubes if intense.
- Place a cool washcloth on your head or face with lavender essential oil on it.
- Place an ice pack over your eyes for 30 seconds.

Bullying:

Bullying is a traumatic experience, which may cause significant psychological distress. It may precipitate various psychiatric conditions including anxiety, depression, and psychotic disorders. There is an association with bullying, self-injurious behaviour, and suicide.

Distress Tolerance Skills:

- Temperature: Changing your body temperature can help cool you down both emotionally and physically.
- Intense exercise: Increasing oxygen flow helps decrease stress levels.
- Paced Breathing: Slow, deep breathing soothes the nervous system and increases oxygen flow.