

## ***Common Reactions You May Experience***

- Emotional: Sadness, anger, frustration, feeling alone, mistrust of others, feeling guilt, shame, blame, fear, hopelessness, and/or overwhelmed
- Spiritual: Wondering about your beliefs and/or values, doubting the kindness of people, not feeling in touch with yourself
- Physical: Trouble sleeping, nightmares, stomach ache, nausea, headaches, crying, panic attacks, general body aches
- Behavioural: Flashbacks, agitation, appetite changes, isolating self, mood swings, shock, difficulty concentrating

If you experience any of these reactions, know that they are not uncommon. To help process and/or cope with reactions, you can try some of the self-care strategies listed below.

## ***Self-Care Strategies***

If at any point you feel overwhelmed, or otherwise unable or uninterested in engaging, feel free to take a break with a friend or by yourself. Taking time out is an important coping strategy.

You know yourself and your needs best. It is okay to take time and space to meet those needs, and to be supported in doing so:

- Make a cup of tea.
- Eat something.
- Try moving around.
- Go for a short walk. Try going outside if weather permits.
- What are your senses telling you about your surroundings? Identify colours, sounds, or smells in the room.
- Try closing your eyes and taking deep, slow breaths.
- Make a list of things that make you feel strong and safe. Keep the list to reference and add to.
- Call one of the crisis numbers listed below or reach out to a counselor.

## Survivors and family members

**Indian Residential School Survivors Society (IRSSS)** services include grief and loss counselling, crisis counselling, trauma counselling, Family and Group counselling and other supports including Traditional Healing Methods & Medicines, for more information please visit their [website](#). Or, phone the IRSSS Crisis Line at 1-866-925-4419 (Open 24 hours a day 7 days a week)

**Indian Residential Schools Mental Health Support Program** (Government of Canada) provides mental and emotional health support services to eligible former Indian Residential School students and their families throughout all phases of the Indian Residential School Settlement Agreement, for more information phone Toll-Free 1-877-477-0775.

**FNHA First Nations Health Benefits Mental Health Providers List** If you have questions about [providers](#) you can call the IRS toll-free number at 1.877.477.0775 Monday to Friday 8 am – 4 pm or [download the service provider list](#).

**Hope for Wellness Help Line** offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

- Phone and chat counselling is available in English, French, and Cree, Ojibway and Inuktitut on request.
- Call the toll-free Help Line at 1-855-242-3310, 24 hours a day, 7 days a week, or use the chat box on their [website](#).

**Crisis Centre BC.** If you or someone you know is feeling hopeless or thinking about suicide, call or chat online with a crisis responder any time: 1-800-784-2433 (1-800-SUICIDE), (24 hours a day), [crisiscentre.bc.ca](http://crisiscentre.bc.ca)

- Anywhere in BC 1-800-SUICIDE: [1-800-784-2433](tel:1-800-784-2433)
- Mental Health Support Line: [310-6789](tel:310-6789)
- Vancouver Coastal Regional Distress Line: [604-872-3311](tel:604-872-3311)

**Aboriginal Health Program**, run by the Vancouver Coastal Health Authority, offers adult counselling and support groups at 2750 East Hastings Street, Suite 288, Vancouver; Phone: 604-675-2551 or visit [their website](#).

**We Matter** is a place for Indigenous young people to turn for uplift, support, or reminder that you matter. Get help now.