

Mental Wellness Information & Dashboard

AgSafe has partnered with mental wellness practitioners to provide completely **free** and **confidential** third-party counselling services for all members of the BC agriculture community. The counsellors listed on our website are setup to be contacted directly.

This document does not constitute medical advice.

<p>Addiction Is the term often used to refer to any behaviour that is outside of a persons control in some way. It may also be used to refer to the withdrawal experienced when a substance or behaviour is stopped.</p>	<p>What Are The Signs? Two important signs that a person's addiction/substance use is a problem: 1) Harmful Consequences Can range from mild (e.g., feeling hungover, being late for work) to severe (e.g., homelessness, disease). 2) Loss of Control</p>	<p>Treatment For Addiction There is no "one size fits all" approach to addiction treatment. Choosing the appropriate treatment depends on the type of addiction and the person's motivation to change. Potential treatment options: 1) Self-change self-help materials (books / websites / etc.) 3) Harm reduction 2) Self-help / mutual aid / support groups 4) Counselling Individual / group / couples / family therapy People who are working to change their substance use.</p>	
<p>Anxiety Everyone experiences some form of anxiety. But if severe and persistent symptoms are causing distress that negatively affects day to day life, it may be beyond the normal range. Anxiety disorders are caused by a combination of biological factors, psychological factors, and challenging life experiences.</p>	<p>What Are The Signs? While each anxiety disorder is different, similarities include: 1) Irrational / excessive fear 2) Worried / tense feelings 3) Feelings of distress / difficulty managing daily tasks Physical symptoms of anxiety may be mistaken for physical illness, such as shortness of breath, chest pain, feeling faint, etc.</p>	<p>What Is A Panic Attack? A panic attack is a sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause. When a panic attack occurs, an individual may think that they are losing control, having a heart attack, or even dying.</p>	<p>Treatment Options 1) Relaxation training, meditation, biofeedback, & stress management 2) Counselling or therapy 3) Cognitive Behavioural Therapy (CBT) 4) Medications 5) Mindfulness-Based Stress Reduction (MBSR)</p>
<p>Depression Is a complex mood disorder and is caused by many factors, including but not limited to genetics, personality, stress and brain chemistry.</p>	<p>What Are The Signs? The common symptom of depression is a sad, despairing mood that: 1) Is present on & throughout most days 2) Lasts for more than two weeks 3) Impairs a person's ability to function in daily life</p>	<p>Types of Clinical Depression 1) Seasonal affective disorder Usually affected by the weather & time of year. 2) Postpartum depression Primarily in women, following pregnancy. 3) Depression with psychosis Person loses touch with reality & experiences hallucinations or delusions 4) Dysthymia Chronically low mood</p>	<p>Treatment Options 1) Medications 2) Education 3) Psychotherapy 4) Brain intervention therapies such as electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS) & magnetic seizure therapy (MST) 5) Mindfulness-Based Cognitive Therapy (MBCT)</p>
<p>Suicide The act of intentionally causing one's own death. Suicide occurs across all demographics. Males are approximately four times as likely to die by suicide than females, but women are three times more likely to attempt suicide than men.</p>	<p>What Is The Cause? Most often, people turn to suicide when they have lost hope and feel helpless. They want their pain to end, and they may see no other way out. Suicide can also be an impulsive act that follows the use of substances.</p>	<p>How You Can Help 1) Listen and take them seriously. 2) Ask them if they are suicidal. You will not put the idea of suicide in their head. It may be a relief for them to talk about it. 3) Ask them if they have a plan. Then, assess if they have the means to carry out their plan. 4) Ask them to rate their suicidal feelings on a scale of 1 to 10.</p>	<p>In an emergency, please call 911. 5) Let them know that help is available. Assure them that the cause of their suicidal thoughts can be successfully treated. 6) Encourage them to talk about how they are feeling. 7) Encourage them to seek help. 8) Make a safety plan with them. 9) Seek support for yourself. It is important that you don't carry this burden alone.</p>






ADAPTED FROM THE "IN THE KNOW" MENTAL HEALTH SERIES OF DOCUMENTS
ORIGINALLY ADAPTED FROM THE "ADDICTION: AN INFORMATION GUIDE"
© 2010 CENTRE FOR ADDICTION AND MENTAL HEALTH AND DR. GEORGES
SABONGUI'S "MY DASHBOARD" © 2018

Are You In Distress?

The “Are You In Distress” document is designed to provide a brief checklist to help you check-in with yourself or the people around you.

If you or someone you know are thinking about suicide right now, please call 911.

This document does not constitute medical advice.

	Optimal Health	Stressed / Reactive	Burned Out	Illness / Depressed
 Physical Symptoms	<ul style="list-style-type: none"> ● Sleeping Well ● Healthy appetite ● Motivated to care for your physical & mental health ● Rarely sick 	<ul style="list-style-type: none"> ● Mild insomnia ● Tired ● Craving junk food ● Unmotivated ● Trouble relaxing without a drink or other substances 	<ul style="list-style-type: none"> ● Moderate insomnia ● Tired ● Exhausted / always tired ● Binge & unhealthy eating ● Drinking too much alcohol or using drugs to relax ● Body aches & pains 	<ul style="list-style-type: none"> ● Constantly sleeping or not sleeping at all ● Constant body aches and pains ● Immune system is compromised: often sick ● Unmotivated: Trouble getting out of bed, getting off the couch, or other physical activity ● Excessive drinking / drug use
 Cognitive Symptoms	<ul style="list-style-type: none"> ● Clear minded & focused ● Ability to problem solve and find solutions 	<ul style="list-style-type: none"> ● Easily distracted ● Excessive worry or anxiety ● Procrastination ● Avoidance ● Sees obstacles or unable to problem solve 	<ul style="list-style-type: none"> ● Often preoccupied or distracted ● Unable to concentrate ● Impaired decision-making ● Loss of memory ● Focusing on problems ● Negative mindset 	<ul style="list-style-type: none"> ● Impaired judgment ● Paralyzed decision-making ● Suicidal thoughts or actions *If you're having suicidal thoughts, seek help immediately and call 911.
 Emotional Symptoms	<ul style="list-style-type: none"> ● Motivated ● Excited ● Positive about social situations, good social network 	<ul style="list-style-type: none"> ● Irritable ● Loss of sense of humour ● Discouraged ● Impulsive ● Struggling to see people 	<ul style="list-style-type: none"> ● Angry ● Anxious ● Low mood ● Overwhelmed ● Avoiding friends, family, or social situations 	<ul style="list-style-type: none"> ● Apathetic: lack of interest, enthusiasm, or concern. ● Feelings of hopelessness or helplessness ● Feeling loss of control of emotions: explosive / impulsive, holding everything in ● Feeling like a burden ● Isolating yourself from friends, family, etc.

Strategies For Dealing With Distress



- | | | | |
|--|---|---|--|
| <ul style="list-style-type: none"> ● Take care of your physical, mental and emotional health ● Boost your Serotonin levels with regular exercise, healthy diet, meditation, etc. ● Take a break. Go on vacation, take time off from work, play with your pets, allow yourself time to relax | <ul style="list-style-type: none"> ● Talk to and/or spend time with friends and family ● Take time to do something you enjoy to relax ● See/talk to your family doctor | <ul style="list-style-type: none"> ● Peer support groups, assistance programs, mental health first aid ● Mental Health Hotlines:
BC: 310-6789
Interior Health: 310-6478 ● Online Chat:
https://crisiscentrechat.ca/ | <ul style="list-style-type: none"> ● Professional / clinical support ● Speak to a Counsellor / Psychologist / Doctor ● Crisis Line:
1-800-SUICIDE |
|--|---|---|--|