

# WHEN YOU SHOULD CONSULT MENTAL HEALTH SERVICES

## NORMAL STRESS

Symptoms of stress, anxiety and depression are very normal in the context of a pandemic. Most people have the resources and mental strength to adapt to this type of situation. You should first rely on how you usually adapt to difficult situations. Coping with normal levels of stress can be done by:

- taking breaks from news and social media
- taking care of your body
- making time to relax and unwind
- connecting with others

If your mental health does not improve through coping strategies, seek help.

## SEEK HELP

Look for warning signs such as the following:

- Persistent anxiety, worry, insomnia, or irritability.
- Needlessly avoiding social contacts to the point that you become isolated.
- Persistently checking your body (e.g., taking your temperature many times each day) or persistently seeking reassurance about your health from doctors, friends, family, or the Internet.
- Abusing alcohol or drugs, or overeating, as a way of coping with stress.
- Feedback from friends or family that you seem unusually worried or stressed out.

# THE LMG RESPONSE

The LMG was one of the initial First Nations to identify the virus threat and began proactive steps:

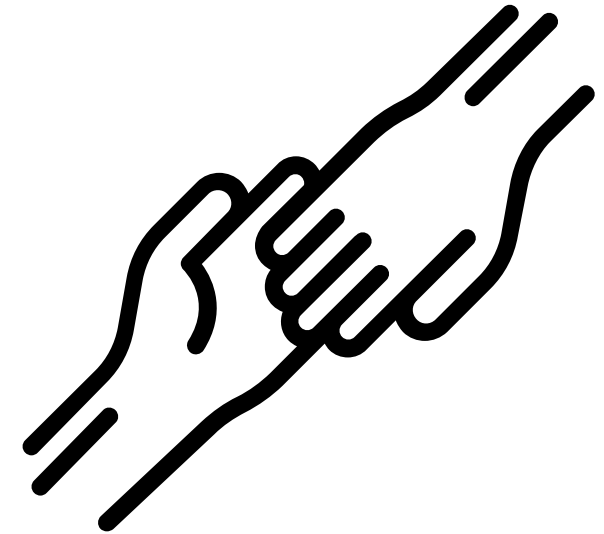
- create working groups, establish COVID-19 policy, conduct vulnerability assessments, purchase essential items early, identify essential staff, create directorate work plans, and provide funds for elders
- In almost every step, the LMG was ahead of Provincial and Federal Government positions

### Our response has evolved as the situation has progressed:

- Feb 18 - COVID-19 is first identified as a concern; Communications strategy developed
- Feb 29 - Working group created to develop a response plan and supply chain issues
  - Mar 6 - Emergency meeting to develop an LMG position
  - Mar 11 - Directors' meeting to create and adopt COVID-19 working policy; WHO declares global pandemic
  - Mar 13 - Public announcement closing primarily schools until March 30; message to 8 directors
  - Mar 14 - Quebec declares State of Emergency
  - Mar 16 - An initial strategic preparedness & response plan developed
  - Mar 18 - LMG closed except for "essential" services (initially for 2 weeks: March 18-31)
  - Mar 19 - NB declares state of emergency
  - Mar 24 - June 6th Chief & Council elections postponed, LMG closure extended two weeks (April 1-14)
  - Mar 27 - Strategic Food Plan developed
  - Mar 30 - Monitoring checkpoints implemented
  - April 6 - State of Emergency declared for Listuguj First Nation. A "Unified Command" is created to direct LMG's emergency response
  - April 14 - Emergency Plan and protocols developed by the "Unified Command." The plan was based on the "continuum" model of escalation. Closure of the LMG was extended 2 weeks (April 15-28)
  - April 15 - LMG "Unified Command" and the 8 directorates begin relief of essential workers, rotate critical staff and schedule gradual, phased in return to work
  - April 15 - Quebec announces gradual loosening of shelter-in-place restrictions allowing parts of the construction industry, garages, and garden centres to re-open
  - April 22 - Council postpones the commencement of phased return to work
  - April 24 - NB announces gradual phased in return to work
  - April 24 - increase in stress levels and likelihood of burnout amongst essential staff prompts Unified Command to initiate "critical workers mental health" plan, to be implemented the following week

# MENTAL HEALTH SERVICES

LMG guide to mental health services during COVID-19



## CONTACT US

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To submit feedback or questions:  
[feedback@listuguj.ca](mailto:feedback@listuguj.ca)

# MENTAL HEALTH SERVICES RELATED TO COVID-19

## LISTUGUJ

### HAVEN HOUSE CRISIS LINE 418.788.5544

Open for all Listuguj community members. Culture and Family Support Coordinator, Family Violence Prevention Educator and Resident Counsellors are available, and referral services are available if required.

### FAMILIES FIRST 418.788.3039

Open for all Listuguj community members. Offers counselling sessions and referrals. To make an appointment, call their office and leave your name and number for Tanya Barnaby.

### COMMUNITY HEALTH CENTRE 418.788.2155

Community members can call between the hours of 9:00 - 12:00 Monday to Friday if they wish to speak with a Nurse regarding general medical questions they have. Mental health referrals are also available.

## QUEBEC

### SERVICES QUEBEC (418.644.4545)

For stress, anxiety or depression about the progression of the current epidemic in Québec

### TEL-AIDE (514.935.1101)

Tel-Aide listening centre provides 24/7 help to people suffering from solitude, distress or who simply need someone to listen.

## INDIGENOUS

### HOPE FOR WELLNESS 1.855.242.3310

The helpline offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada.

### NHIB MENTAL HEALTH SERVICES 1.877.583.2965

If you are in need of mental health supports, you may be eligible to receive 22 hours of counselling covered under the Non-Insured Health Benefits for First Nations and Inuit (NIHB). Your initial session (up to 2 hours) will be covered without prior approval requirements

## CANADA

### WELLNESS TOGETHER CANADA 1.866.585.0445

Free counselling available to all Canadians.

### CRISIS SERVICES CANADA 1.833.456.4566

Crisis Services Canada (CSC) is a national network of existing distress, crisis and suicide prevention line services. We are committed to supporting any person living in Canada.

### KIDS HELP PHONE 1.800.668.6868

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

# ONLINE RESOURCES

## INFORMATION

### Listuguj Mi'gmaq Government

[listuguj.ca](http://listuguj.ca)

### Government of Canada

[canada.ca/coronavirus](http://canada.ca/coronavirus)

### Province of New Brunswick

[gnb.ca/coronavirus](http://gnb.ca/coronavirus)

### Province of Quebec

[quebec.ca/coronavirus](http://quebec.ca/coronavirus)

### World Health Organization

[who.int/coronavirus](http://who.int/coronavirus)

## MENTAL HEALTH

### Centre for Addiction and Mental Health

[camh.ca](http://camh.ca)

### Canadian Mental Health Association

[cmha.ca](http://cmha.ca)

### Canadian Psychological Association

<https://cpa.ca/corona-virus/>

### Anxiety Canada

<https://www.anxietycanada.com/covid-19/>

### Assembly of First Nations

<https://www.afn.ca/coronavirus/>



Listuguj  
MI'GMAQ GOVERNMENT