



# *Little Red River Cree Nation*

## **Health Services**

Box 30 John D'Or Prairie, AB T0H 3X0

Phone: (780) 759-3773 or 2587

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26/03/2020

## **Mental Wellness during Covid-19 Outbreak**

Little Red River Cree Nation Mental Health and Wellness want you to know **we are here to support you and your family** during the current outbreak of Covid-19.

Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.

Taking care of yourself and your family can help manage and cope with stress, and this helps your community. Helping others cope with their stress can also make your community stronger by reaching out safely and connecting with others.

### **Things you can do to support yourself**

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- [Practice daily smudging, prayers and reaching out via telephone to Cultural and Spiritual Leaders for guidance.](#)
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- [Make time to unwind. Try to do some other activities you enjoy. Go for walks, play games, do crafts, sing, and doing some extra cooking are all fun and enjoyable.](#)
- Stay connected to LRRCN Social Media and Alberta Health and Government websites for accurate up to date information.

## **Here are some indications of Increased Stress:**

- Fear and worry about your own health and the health of your loved ones
- [Changes in sleep or eating patterns](#)
- Difficulty sleeping or concentrating
- [Worsening of chronic health problems](#)
- Increased use of alcohol, tobacco, or other drugs
- [Current health issues may be more worrisome](#)

## **For Parents**

When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Children will follow your lead.

Parents are the best support for children if they are reassuring, and answer questions directly, here are some tips.

## **There are many things you can do to support your child:**

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts in a way that your child or teen can understand.
- [Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so they can learn how to cope from you.](#)
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear, and can be frightened about something they do not understand.
- [Try to keep up with regular routines. As schools are closed, create a schedule for learning activities and relaxing or fun things to do.](#)
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well.
- [Stay connected to Nation Social Media and or websites for accurate up to date local information.](#)

**Not all children and teens respond to stress in the same way. Here are some common changes to watch for:**

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain

## **Who to Call**

If you have concerns or worries about yourself or someone close to you we have our Mental Wellness Health Staff available to speak with you during daytime hours 9:00-5:00.

**Mental Wellness Supervisor:** Caitlin Seesequon 780-759-3773 Ext 1432

**Mental Wellness Psychologist:** Laurelle Larson 403-607-2955

Appointments will be through Tele-health until further notice

**Mental Health Support Elder:** Floyd Noskiye 780-659-2025

### **NNADAP - Drug & Alcohol Concerns:**

**Supervisor JDP:** Roberta Alook 780-759-3773 Ext 1412

**Fox Lake:** Lester St. Arnault 780-659-3730

**Garden River:** Dorothy Shupac 780-659-2409

## **After Hours Support:**

**If someone needs support after hours** if it is a medical concern or severe mental health concern such as threatening suicide, contact the **nursing station** for guidance. Please follow COVID-19 guidelines posted.

**JDP Health Center:** 780-759-2347

**Fox Lake Nursing Station:** 780-659-3730

**Garden River Nursing Station:** 780-659-3636

If you require **emotional support** or are feeling alone and anxious and it is overwhelming after work hours, please reach out to our Volunteer Crisis Team through our New Crisis Number. We have Volunteers in each Community available to speak with you.

### **CRISIS LINE: After Hours**

**780-502-1502**

**Crisis Team Supervisor:** Caitlin Seeseequon

**JDP Volunteers:** Matthew Loonskin, Denise Metsikassus

**Fox Lake Volunteers:** Monty Blesse, Nelson Laboucan Jr., Valerie Nanooch, Sharon Noskiye, Maryjane Peecheemow, Leona Seeseequon

**Garden River Volunteers:** Hubert D'or, Mandy Tallcree

**We are stronger together. Helping each other is the best way to cope through these stressful times.**