

Distress Support Resources

Did this interview trigger feelings of distress? If yes, **please tell the interviewer or go to reception at St. Paul's Hospital and ask to speak to a counselor right away.**

If you experience distress as an **Indigenous person** due to questions related to colonialism and its harmful traumatic impacts, please call the Indigenous BC Wide Crisis Line **Kuu-Us Crisis Line** to speak with someone to monitor your safety:

Toll free: 1-800-588-8717

Adults/Elders (250-723-4050)

Métis Line (1-833-MétisBC)

Learn more at www.kuu-uscrisisline.com

Other supports for **Indigenous peoples:**

Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention by phone or online chat. Call toll-free 1-855-242-3310 or start a confidential chat with a counsellor at hopeforwellness.ca.

Indian Residential School Crisis Line is a national service for anyone experiencing pain or distress as a result of their residential school experience. Call toll-free 1-866-925-4419.

Métis Crisis Line is a service of Métis Nation British Columbia. Call 1-833-MétisBC (1-833-638-4722).

If you experience any of the following symptoms after the interview, please call the **Crisis Intervention & Suicide Prevention Centre of BC** to speak to someone who can help: 604-872-3311 or toll free 1-866-661-3311.

Physical Symptoms of Distress Involving skeletal muscles

1. Tension headaches
2. Frowning
3. Gritting or grinding of teeth
4. Jaw pain
5. Stuttering or stammering
6. Trembling of lips or hands
7. Muscle tenseness, bracing, and aches
8. Neck aches
9. Back pain
10. Aggressive body language

Physical Symptoms of Distress Involving the Autonomic Nervous System

1. Migraine headaches
2. Increased sensitivity to light and sound
3. Lightheadedness, faintness, or dizziness
4. Ringing in ears
5. Enlarged pupils
6. Blushing
7. Dry mouth

8. Problems swallowing
9. Frequent colds or bouts with the flu
10. Hives
11. Rashes
12. "Cold chills", or "goose bumps"
13. Heartburn, stomach cramping, or nausea
14. Uneven or rapid heartbeat without exercising
15. Difficulty breathing
16. Sudden, suffocating panic, as if you are about to die
17. Heart and chest pain
18. Increased perspiration
19. Night sweats
20. Cold, sweaty hands
21. Painfully cold hands and feet
22. Gaseousness or belching
23. Frequent urination
24. Constipation
25. Nervous diarrhea
26. Lowered sexual desire
27. Difficulty with sexual orgasm

Mental Symptoms of Distress

1. Anxiety, worry, guilt or nervousness
2. Increased anger and frustration
3. Moodiness
4. Depression
5. Increased or decreased appetite
6. Racing thoughts
7. Nightmares
8. Problems concentrating
9. Trouble learning new information
10. Forgetfulness
11. Disorganization or confusion
12. Difficulty making decisions
13. A sense of being overloaded or overwhelmed by problems
14. More frequent crying
15. Suicidal thoughts
16. Fear of getting close to people
17. Loneliness

Behavioral Symptoms of Distress

1. Inattention to dress or grooming
2. More frequent lateness
3. A more "serious" appearance
4. Unusual behavior
5. Nervous habits, such as finger or foot tapping
6. Rushing around or pacing the floor
7. Increased frustration and irritability
8. Edginess
9. Overreaction to small things
10. Increased number of minor accidents
11. Perfectionism
12. Reduced work efficiency or productivity
13. Lies or excuses to cover up poor work
14. Fast or mumbled speech
15. Defensiveness or suspiciousness
16. Strained communication with others
17. Social withdrawal
18. Constant tiredness
19. Sleep problems
20. Frequent use of over-the-counter drugs
21. Weight gain or loss without diet
22. Increased smoking
23. Recreational drug use
24. Increased alcohol use
25. Gambling or overspending

