

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 <u>Indigenous person</u> due to questions related to colonialism and its harmful traumatic impacts, please call the Indigenous BC Wide Crisis Line <u>Kuu-Us Crisis Line</u> 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 <u>Crisis Intervention & Suicide</u> <u>Prevention Centre of BC</u> 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
- 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

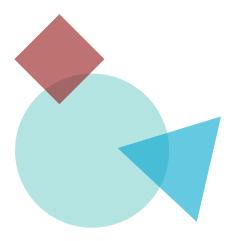






Mental Symptoms of Distress

- 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



