

The Northern Health Region provides more Information on resiliency through:

Educational Opportunities:

- Mental Health First Aid (MHFA) for Adults who interact with Youth and Basic Versions
- Applied Suicide Intervention Skills Training (ASIST)
- safeTALK Training

Mental Health Specific Presentations/Information on request to suit your needs:

Contact: Jennifer Whalen

Mental Health Promotion Coordinator
Northern Regional Health Authority
302-83 Churchill Drive, Thompson,
MB. R8N 0L6

Telephone: 204-778-6513 ext 222
Fax: 204-778-9250

Email: jwhalen@nrha.ca

Northern Crisis Services for Youth

**HELP FOR YOUTH 12 – 17 years of age,
who are experiencing Mental Health
Crisis, Suicidal Thoughts
and/or Addictions Issues**

Accessible 12:00 noon- 12:00 midnight

Local Phone: 204-778-1472

Toll Free 1-866-242-1571

Where to call when help is needed:

Thompson Specific Resources:

- Community Mental Health, NHR 204-677-5350
- Mobile Crisis Services (youth) 204-778-1472
(services available 12:00 noon—12:00 midnight)
- Thompson General Hospital 204-677-2381
- Thompson Crisis Center 204-778-7273
- RCMP 204-677-6911
- Ambulance and Fire 204-677-7911

Mood Disorders Association of MB:

- Local (Thompson)—204-679-2324
- Provincial—1-800-263-1460
- Postpartum Warm Line - 204-391-5983
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Canadian Mental Health Association:

- Local (Thompson) Self Help— 204-677-6056

Anxiety Disorders Association of MB:

- Provincial—1-800-805-8885

MB Schizophrenia Society

- Local (Thompson)—204-677-6056
- Provincial—1-800-263-5545

Addictions Supports:

- Addictions Foundation of MB 204-677-7300

Support Line

- MB Farm, Rural & Northern Support Services
1-866-367-3276

Crisis Support Lines: (24/7)

- Clinic Community Health 1-888-322-3019
- MB Suicide Line 1-877-435-7170
- Kids Help Phone 1-800-668-6868
- Sexual Assault Crisis Line 1-888-292-7565
- Seniors Abuse Support Line 1-888-896-7183



**NORTHERN
HEALTH REGION**

RESILIENCY



Bouncing Back

Information for parents
on the resilience of
children

RESILIENCY - “BOUNCING BACK”

Resiliency:

A combination of skills and positive attributes that people gain from their life experiences and relationships.

These attributes help them solve problems, cope with challenges and bounce back from disappointments.

We can help our children develop attributes or “assets” that enable them to be resilient and will help them throughout their lives.



Information for brochure adapted from the booklet ***Kids Can Cope: Parenting Resilient Children at Home and at School***

Assets That Work Together:

• **Relationships and reaching out:**

strong parent–child relationships, social skills and self-confidence, the ability to ask for help, understanding of personal boundaries, belonging to communities and groups

• **Emotional skills:** positive self-esteem, ability to calm oneself, ability to talk about feelings, sense of humor, ability to distract oneself, ability to see hopeful side of problems and challenges, knowing how to act appropriately in various situations

• **Competence:** goal setting and planning, problem solving and reasoning skills, practical skills like being able to cook, clean, budget, fix things and find information, the ability to look after one self and be independent, assertiveness, perseverance, good judgment and critical thinking skills

• **Optimism:** confidence in one’s own skills and abilities, ability to judge risks, positive childhood experiences, supportive family and community, being generous and supportive of others

How Parents Build Resiliency in Children:

- Positive parent-child relationship
- Positive parent-child communication – listen, listen, listen and respect feelings
- Optimistic thinking – challenge negative thoughts, show a positive view, model optimistic thinking
- Dealing with stress – model positive coping strategies and provide skills and techniques that children can learn



Children and Adolescents have the ability to bounce back from adverse situations and illness. This is RESILIENCE