

A lot of feelings and memories are coming up. What can I do?

Thinking about harmful things that happened in the past can create strong feelings and bring up trauma from your life. This is normal. But it can be very hard.

Please be kind to yourself, and allow yourself to feel what you feel.

What happened to you as a young person is not your fault.

Important things to know:

- Reaching out is a sign of strength, not weakness. Reaching out can feel scary. But most people want to support you. Talking about your feelings can help you.
- DO NOT remain alone if you are having thoughts of hurting yourself or hurting others. Tell someone you feel safe with.
- Please do not use alcohol or drugs to try to numb your feelings or memories. Alcohol and drugs can make things worse and can add to your trauma.
- **Healing is possible.** Though it can sometimes be difficult and painful, healing is a journey that can make life better and more enjoyable.

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Revisiting painful memories can be an important step in the healing process but it can also lead to difficult thoughts, feelings and behaviours. You should not be surprised if you experience emotional reactions hours, days or weeks later.

When past emotions or memories are triggered, be kind to yourself and others.

It is helpful to have a plan of how to take care of yourself as a way to honour what you have been through.

These are some common reactions you might experience when past memories are triggered:

Emotional

- Sadness, anger, frustration, feeling alone, mistrust of others, feelings of guilt, shame, blame, fear, hopelessness, overwhelmed.

Spiritual

- Wondering about your spiritual/religious beliefs, and/or values, doubting the goodness and kindness of people, not feeling in touch with yourself.

Behavioural

- Flashbacks, agitation, appetite changes, additions, quick to anger, isolating self, mood swings, shock, conflict in relationships, can't concentrate.

Physical

- Trouble sleeping, nightmares, stomach ache, nausea, general body aches, headaches, crying, panic attacks.

Some self-care strategies

Here are some suggestions for self-care:

- Be kind to yourself
- Take walks
- Spend time in Nutshimit
- Do activities you enjoy
- Spend time with family and friends
- Laugh, cry, talk
- Sleep, get plenty of rest
- Consider spiritual or religious support, or ceremonies
- Eat healthy foods
- Meet with a counsellor
- Consider a healing/treatment program



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Connect with the people who provide support in your life, and reach out. When dealing with emotional reactions, it can be helpful to talk to someone you feel comfortable with.

Here are some support services:

Natuashish

MIFN Healing Lodge

Walk in or call 709-478-2501

Health Clinic, Mental Health & Addictions Counselling or emergencies

Walk in or call 709-478-8834

Sheshatshiu

SIFN Mary May Healing Centre

Walk in or call 709-497-8739

Mani Ashini Health Clinic, Mental Health & Addictions Counselling or emergencies

Walk in or call 709-497-8331





Goose Bay

Hospital (Labrador Health Centre), Mental Health and Addictions Department

Walk in Monday-Friday, or call 709-897-2343

Hospital (Labrador Health Centre), emergency department

Anytime, 24/7

IRT Outreach Worker at the Housing Hub

By Phone or Online Chat

HealthLine (provincial health nurses)

Anytime, 24/7, call 811

Hope for Wellness, an Indigenous-specific help line (24/7), but it does not have Innu-aimun services

Anytime, 24/7, call 1-855-242-3310 or chat online at www.hopeforwellness.ca

Some of the content above is adapted from materials of the Truth and Reconciliation Commission of Canada.

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