

Contact:

- ◆ Walpole Island HELP Team
- ◆ Family doctor

Other Resources:

- ◆ Walpole Island Health Centre
519-627-0765
- ◆ Walpole Island Community Services Program
519-627-0767
- ◆ Walpole Island Social Services
519-627-6072
- ◆ Walpole Island Women's Shelter
519-627-3635
- ◆ Victim Services
1-888-281-3665
- ◆ Canadian Mental Health Assoc.
519-337-5411
- ◆ Family Counselling Centre
519-336-0120
- ◆ St. Clair Children & Youth
519-337-3701

Other 24-Hour Crisis Services:

- ◆ Emergency
911
- ◆ Sarnia Distress Line
1-888-347-8737
- ◆ Walpole Island Police
519-627-6011
- ◆ CMHA Crisis Response Team
1-866-299-7447
- ◆ Lambton Mental Health Crisis Service
1-800-307-4319
- ◆ Kids Help Line
1-800-668-6868

Walpole Island HELP Team



Bkejwanong Trauma Response Team

Offering support and services
to community members who
have experienced a traumatic
incident.

www.wifnhelpteam.org

Phone
519-627-3635

WHO ARE WE:

The Walpole Island HELP Team is a community-based Trauma Response Team, who offer support and assistance to community members who have experienced a Traumatic Incident (E.g.: house fire, car accident, homicide, unexpected death, etc.). Upon the request of Emergency Response Personnel, Service Provider or community member, the HELP Team will be able to offer support, intervention and debriefing services to community members during and after a Traumatic Incident.

The team is formulated of community service providers and volunteers (E.g. Health Services, Social Services, Women's Shelter, education and trained volunteers) who are trained and educated in trauma and related interventions (E.g. trauma, crisis, suicide, physical and sexual abuse/assault, debriefing, drugs/alcohol related incidents, etc.).

WHEN TO CALL:

When you or someone you know has experienced a Traumatic Incident. Also, if you or someone you know is experiencing reactions after the incident, such as: nightmares, flashbacks of the event, fearful, anger outbursts, avoiding anything related to the trauma, difficulty breathing, feel faint, nausea, forgetful, feeling hopeless and helpless, difficulty falling or staying asleep, difficulty concentrating, hyper, very easily startled, headaches or any other reactions or behaviours that are out of the ordinary.

WHERE TO CALL:

To activate the HELP Team you will need to contact the **WALPOLE ISLAND WOMEN'S SHELTER** at **627-3635**. The Women's Shelter staff will ask the caller specific questions to determine the nature of the incident and will activate the HELP Team when appropriate.

TYPES OF SERVICES OFFERED:

- ◆ Act as a liaison between Emergency Response Personnel and community members involved or related to the Traumatic Incident.
- ◆ Offer emotional support for family members and friends of the people involved in the Traumatic Incident.
- ◆ Offer intervention for family members and friends of the victim(s) and perpetrator.
- ◆ Offer intervention for community members exposed to or witnessing a Traumatic Incident.
- ◆ Offer appropriate referrals to those who may be experiencing short and long term affects.
- ◆ Willing to make appropriate referrals to other support programs/agencies, for those who do not accept HELP Team services and support.

YOU CAN HELP:

- ◆ **Be Understanding** ~ They're having reactions they may have never had before
- ◆ **Be Patient** ~ Need time to feel safe again
- ◆ **Be Nurturing** ~ Spend time with them
- ◆ **Keep it Simple** ~ The person can become forgetful, help them simplify things in their life
- ◆ **Normalize** ~ Reinforce that their reactions are not unusual for what they experienced