

# Emergency Response



## Psychosocial Supports after an Emergency

### What is psychosocial support?

“Psychosocial support” refers to services that help an individual cope with the aftermath of an emergency. Psychosocial support is less about counselling and more about empowering a person by providing the tools necessary to deal with a situation and allowing them to adequately control their responses and decision-making.<sup>1</sup>

### Who needs psychosocial support?

After experiencing traumatic events, people may become so overwhelmed that they are unable to cope.

Psychological trauma often builds up when events keep running over and over in your mind, leaving you unable to keep your thoughts together.

Many people regularly use psychosocial support services:

- First responders (fire, police, ambulance)
- Spouses/family members of first responders
- General public after a traumatic event
- Self-identified individuals

### Where can I get psychosocial support services?

Anyone who identifies the need for psychosocial support can access them from a variety of non-government and government organizations. These agencies provide psychosocial support to individuals and communities. Please see the listings below and/or consult with your health care provider or Employee Assistance Program (if available through your employer).

<b>Simcoe Muskoka District Health Unit</b>  <i>Your Health Connection</i> is the public health information and referral service for the Simcoe Muskoka District Health Unit. When you have questions or concerns about your health or a public health emergency, help is just a phone call or computer click away.	15 Sperling Drive, Barrie ON, L4M 6K 9	705-721-7520 1-877-721-7520 Monday to Friday, 8:30 am to 4:30 pm <a href="http://www.simcoemuskokahealth.org">www.simcoemuskokahealth.org</a>
<b>211 Ontario</b>  Easy phone access to information about local community, social, health and related government services. Translation services are also available.		Dial 211 (24 hrs a day / 7 days a week) 1-888-435-6086 (TTY Services) <a href="http://www.211ontario.ca">www.211ontario.ca</a>
<b>North Simcoe Muskoka Health Line</b>		<a href="http://www.nsmhealthline.ca">www.nsmhealthline.ca</a>

<sup>1</sup> Regional Emergency Psychosocial network (2006). <http://www.psychosocialnetwork.org/learn-about-psychosocial-support.htm>

<b>Mental Health Crisis Line</b>  An Information and Referral Specialist will answer your call, email or web chat 24/7. We provide health services information for anywhere in Ontario. Free, confidential and anonymous.		1-888-531-2600 24/7
<b>Georgian Critical Incident Stress Management Team</b>  The Team is a registered charity. Team members include peer support personnel (firefighters, police officers, paramedics, etc.), spouses, mental health professionals, chaplains.	P.O. Box 20157 Barrie, ON L4M 6E9	Tel: 705-466-5102 Pager (24/7) - 705-727-3807
<b>Muskoka- Parry Sound Community Mental Health Services</b>  24-hour a day telephone support service. Any person interested in receiving service may call. Crisis support in the community. Post-crisis follow-up intervention to ensure the stability of the client and family. 24 hour consultations to general hospitals.	67 Main Street W., Unit 1 Huntsville	1-888-893-8333 Tel: 705-789-8891 Fax :705-789-3002 <a href="http://www.mpscmhs.on.ca/">http://www.mpscmhs.on.ca/</a>
<b>Canadian Mental Health Association</b>  Service, support, and education for individuals and families of Simcoe County experiencing effects of mental illness and addictions.	15 & 21 Bradford St Barrie, ON	705-728-5044 1-800-461-4319 (Toll Free) 1-888-893-8333 (Crisis Line) <a href="http://www.cmha-mhassc.ca/">http://www.cmha-mhassc.ca/</a>
<b>Red Cross – Muskoka Branch</b>	109C Kimberley Avenue North Bracebridge, ON	705-645-6233 <a href="http://www.redcross.ca">www.redcross.ca</a>
<b>Red Cross- Simcoe County Branch</b>	809B 65 Cedar Pointe Rd. Barrie, ON	705-721-3313 <a href="http://www.redcross.ca">www.redcross.ca</a>
<b>Salvation Army</b>  Offers social support, however not professional counselling.	Barrie: 16 Bayfield St.  Bracebridge: 456 Manitoba St.  Orillia: 157 Coldwater Rd.	Tel: 705-728-3737 Tel: 705-645-2602 705-326-3284 <a href="http://www.salvationarmy.ca">www.salvationarmy.ca</a>