



Indigenous Services
Canada



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION

INTENDED FOR HEALTHCARE INTERVENERS AND WORKERS

The upheavals caused by the COVID-19 pandemic are a major source of stress, insecurity and questions for everyone. It is in this context that, in order to bounce back and face this difficult situation, we must be resilient. Resilience, which is innate for some, can be acquired and developed. Here are some ways to get there.

AT A PERSONAL LEVEL

- Establish a routine that is adapted to the new reality, including work schedules;
- Rest and take time to recover, regain your strength and recharge your batteries;
- Seek professional support if symptoms of post-traumatic stress disorder or burnout appear;
- Maintain a balance between work and private life;
- Practice traditional activities and ceremonies that can bring comfort;
- Talk to an elder to learn from them;
- Reflect on the new realities imposed by the pandemic, the lessons learned and ways to adjust.

IN THE WORKPLACE

- Listen to and offer support to colleagues when necessary, especially those whose work has been disrupted by COVID-19;
- Restore the functioning of routines and services that were suspended or modified by the pandemic;
- Comply with preventive measures to reduce anxiety and ensure everyone's safety;
- Create self-help groups among colleagues or participate in an existing group, where appropriate.

If necessary, you can contact your health centre for support or any of the following resources:

First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310

Revivre help line (anxiety, depression, etc.): 1-866-738-4873

Centre de prévention du suicide help line: 1-866-277-3553