

Northern Saskatchewan Crisis line

Northern Saskatchewan's very own 24/7 Crisis Line. Northerners supporting northerners. Although the people who answer are not trained counsellors, they have received training in areas such as suicide prevention, mental health supports, grief resolution, and trauma-informed care. They can listen and will do so without judgment.

We do not subscribe to call display and you do not need to provide your name. The calls remain confidential unless you or someone else is at risk of being harmed. We have a moral requirement and duty to report all suspicions of child endangerment.

What we do

We answer the phone 24 hours per day, 7 days a week, 365 days per year. We can help people cope with many situations such as when they are:

- considering suicide
- considering violence because of
 - feeling overwhelmed with being a parent;
 - feeling frustrated or angry at loved ones;
- trying not to self harm;
- trying not to give into an addiction;
- feeling like no one understands or is listening;
- dealing with grief from loss and trauma; or
- looking for resources to help themselves or help others.

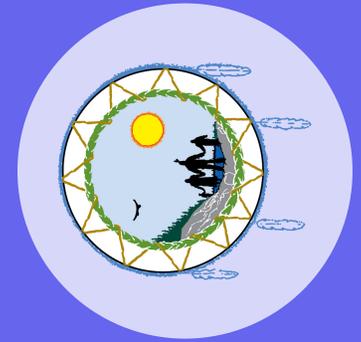
How we can help

We provide empathy, time, and compassion. Empathy in that we will listen and not judge your thoughts or feelings. Time in that we are always awake and expect each call to take several minutes. Compassion in that, if you want, we can help you find longer term solutions for healing and connect you with resources

24 - Hour Crisis Line

1-306-425-4090

We accept collect calls



PIWAPAN WOMEN'S CENTRE

A PROJECT OF THE LA RONGE NATIVE WOMEN'S COUNCIL INC.

**CRISIS
INTERVENTION
PROGRAM**

Community Crisis Intervention Preparedness Support

Piwapan Women's Centre's mission is to end violence in northern Saskatchewan. We recognize that trauma has been passed down for generations to many people in our communities. We want to help communities within our region assess their own strengths and needs; develop action plans to ensure strengths are utilized and needs are addressed; and help coordinate the implementation, training and continued evaluation of those plans.

What we do

We want to help community leadership prepare for when a crisis occurs. This means we help with reaction. However, this program is also focused on trying to prevent a crisis from occurring in the first place. Key community members will participate in reflection on what is going well in your community and where there are gaps within the current systems. From there, we will work together to develop clear pathways that work for the community to build and access services and training within the community, region and province.



How we can help

We help with research, organization, planning, and development, with this community-driven program. Each step involves the community and requires approval from the community representatives before implementation. These steps are:

1. Meet with community representatives to complete a strength and needs assessment; review available resources and compile concerns.
2. Work with the community to create action plans (short and long term) that address concerns and incorporate available community resources, shared services, and regional services.
3. Collaborate with services within the action plan to help develop procedures for mental health crisis scenarios such as suicide, grief, and missing persons.
4. Help to find and provide training for community members based on the assessment and action plans. This training will be primarily focused in mental health areas such as suicide intervention, dealing with grief, and healing from trauma.
5. Follow up regularly for feedback and on-going evaluation.

Crisis Intervention Worker

Cherise Chrispen

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Visit us online at:

www.pwcprograms.com

Funded by:



Indigenous Services
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