

Coping with a Disaster or Traumatic Event

You might be experiencing a range of feelings after the violent incident that took place in Lynn Valley on Saturday March 27th, 2021. After a disaster, it is important to take care of your emotional health. Pay attention to how you and your family members are feeling and acting. It is important to remember that you are not alone and there are various resources available to help support you and your family.

The tips below may help you and your family cope or find support:

Tips to Manage Stress and Anxiety

1. Take care of yourself

Self-care is very important at this time, as worries can get worse if we are not taking care of ourselves. Stick to a daily routine, eat well, exercise regularly, get enough sleep, and make time for relaxation. Avoid excessive exposure to media coverage of the event.

2. Stay connected with family and friends

Connect with others on how they are feeling and share how you are feeling.

3. Talking to Children

Check in to see how your child understands the event, and offer any explanations or discussion at your child's developmental level.

- Share age-appropriate information and talk about feelings that come up.
- Reassure your child that the community is safe. Address rumors and answer questions.
- Set a good example by taking care of yourself and spend some family time together
- Limit exposure to media and social media coverage of the event

4. Explore self-management strategies

Explore self-management strategies like mindfulness, yoga, meditation, art, or exercise to manage anxious thoughts. You can find self-management strategies for anxiety from credible web sources, such as [Anxiety Canada](#) and [Canadian Mental Health Association](#).

5. Maintain a sense of hope and positive thinking

Focus on the positive aspects of your life and things you can control. For situations that are beyond your control, you may want to shift your emotional response by distracting yourself with another task.

6. Seek help when needed

Seek help when needed— for an emergency call 911.

If distress impacts activities of your daily life call 310-6789 for information and emotional support or visit <http://www.crisislines.bc.ca/services> for more options.



For more information to help manage stress and anxiety please visit:

- [Canadian Mental Health Association: Mental health and well-being](#)
- [Anxiety Canada](#)

Immediate Crisis Support

- **North Shore Virtual Mental Health & Resilience Centre:** The centre was created specifically in response to the events that took place in Lynn Valley Village on March 27. It is a virtual space for the community to access short-term services to support their mental and emotional well-being. Call 1-888-686-3022 or email MRT@phsa.ca and request a telephone support call. They will get back to you within 24 hours. Find more information here: <https://nsem.ca/>
- Mental Health Support: 310-6789 (24-hour service, no area code needed)
- Crisis Centre: 1-800-784-2433 (24-hour service)
- KUU-US Crisis Line Society: 1-800-588-8717 (24-hour service)
- Kids Help Phone: Text CONNECT to 686868 or visit kidshelpphone.ca
- Indigenous Initiatives Network: Text "First nations" "metis" or "Inuit" to 686868 (youth) or 741741 (adults) or call 1-800-668-6868
- Crisis Centre: Youth in BC Crisis Chat: Visit youthinbc.com (noon to 1:00 am)

Other Services Available on the North Shore:

Foundry: Virtual drop-in counselling sessions, peer support check-ins, and group offerings for young people ages 12–24 and their caregivers (no referral or assessment required). Call 1-833-308-6379 between 1:15 and 7:15 pm Monday to Friday, email at online@foundrybc.ca or register online to book an appointment at <https://foundrybc.ca/virtual>

Canadian Mental Health Association North

WestVancouver: Adults can access a full continuum of prevention and early intervention services in-person and online. Services include low services/ counselling/ to learn more.

Family Services of the North Shore:

Children, youth, and families can access a full continuum of prevention and early intervention services in-person and online. Services include low cost / free counseling. Visit <https://www.familyservices.bc.ca/find-support/counselling-support/> to find support.

Here to Help: Find the information you need to manage mental health and substance use problems, and learn how you can support a loved one by visiting <http://www.heretohelp.bc.ca/>

Sources:

Canadian Mental Health Association: <https://northwestvancouver.cmha.bc.ca/news/coping-after-a-traumatic-event/>

Centers for Disease Control and Prevention: <https://www.cdc.gov/mentalhealth/>