

# EMERGENCY RESPONSE PLANNING



Taking care of one's mental health is just as important, if not more important than doing our everyday tasks. If we let our mental health diminish, we will not be able to handle stress or make overall healthy choices, resulting in the increased risk of mental illness.

Remember, you must take care to give care. Mental health matters

## MENTAL HEALTH FOCUS: RESPONDING TO EMERGENCIES

### DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of the [Responding to Stressful Events](#) by the Public Health Agency of Canada. After everyone is done reading, use the guiding question below to facilitate a group discussion.

### SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are some common stressors that caregivers are faced with?
- What are some signs of stress?
- When should you seek help?
- How can you relieve stress?

Notes to the Team Leader: Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



Continuing Care  
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