

Tips

TO BETTER DEAL WITH ANGER



Preparing to

go back home

Douglas

INSTITUT MENTAL HEALTH
UNIVERSITAIRE EN UNIVERSITY
SANTÉ MENTALE INSTITUTE

www.douglas.qc.ca

Going home

Going home

If you've experienced the aggressive actions or words of a loved one, you may be worried for this person and yourself. You may wonder about the future and feel the need to be reassured: this is normal.

If your loved one is getting ready to leave the hospital soon, you can prepare for this event and develop tools to rediscover a mutual sense of trust.

Understanding what happened and finding out how to get involved and help your loved one are ways to make the "coming home" process easier.

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Did you know...

Did you know that...

- The majority of people who have violent behaviour do not suffer from mental illness.
- In fact, people with mental illness are twice as likely to be the victims of violence than other members of society.
- The following factors influence the risk of violent actions: poverty, transiency and narcotics and/or alcohol abuse.
- Social stressors (work, money, a life change), social isolation, lack of self-esteem and personality problems contribute to risk factors of violence.
- People with violent behaviour generally strike out at their friends and family members, not strangers.
- Aggressive acts usually take place in the home, not in public.
- A history of violence indicates a higher risk index.

Reach my limits

I have reached my limits if:

I am the target of the person's anger.

I feel overwhelmed by my loved one's problems.

I feel tired, anxious, depressed or angry.

I am no longer able to relax or concentrate.

I have insomnia.

I am developing physical problems: migraines, a knot in my stomach, disrupted appetite, etc.

I feel guilty.

I no longer recognize myself.

What to do?

What should I do?

ALWAYS STAY AT A SAFE DISTANCE

If the person lives with you...

Always make sure you can exit a room at all times.

Ask the person if you are safe if his behaviour starts to worry you.

If the person lives elsewhere...

Arrange to meet the person in a public place if possible.

Have someone accompany you if you think that there could be a risk.

Inform someone of the place where you are going to visit the person, and ask him to contact you at a specific time.

Do not take a lot of cash with you if this is a source of friction between you and the person.

Help my loved one

I can help my loved one if:

I am not the target of the person's anger.

I have a good connection with the person.

I am interested in helping.
I know how to deal with his emotions.

I have the ability to take the person seriously.

I am able to tell the difference between what stems from the relationship and what stems from the illness.

I know my limits.

I encourage the person to adhere to the treatment plan with his care team.

Take care of myself

How to take care of myself?

I don't take everything upon my shoulders.

I learn to acknowledge and express my limits.

I express my fears to my loved one, my friends and family.

I allow myself to ask for help.

I give myself space to breathe, laugh and relieve my stress.

I plan time for relaxation.

I exercise regularly.

I maintain a healthy lifestyle.

I learn to forgive others and myself.

I do things that I enjoy.

I have developed my own support network.



Indicators to watch

Indicators to watch out for in your loved one

TAKE YOUR TIME BEFORE INTERVENING

A loss of control may be imminent if your loved one:

Wants to be left alone for long periods of time.

Stays away from friends and gives up favourite activities.

Has difficulty sleeping.

Communicates direct or indirect messages of a possible loss of control.

Physical signs of possible risk:

- Quick and deep breathing.
- Cold, penetrating look.
- Hands on hips.
- Closed fists.
- Does not want to speak to you, ignores you.
- Red face.
- Shaking.



Indicators to watch

Psychological signs of possible risk:

- The person feels like a victim of injustice.
- The person experiences a situation that is reminiscent of another unpleasant situation.
- The person experiences very intense stress (pain, psychosis, intoxication, mourning, divorce, loss of employment, etc.).
- The person has a feeling of accumulated frustration.

Does your loved one exhibit these types of symptoms?

- Auditory hallucinations where “they” give him orders to perform violent acts.
- The impression that external forces are controlling his mind.

Has your loved one adopted disruptive behaviour?

- Speeding, abusive drinking.
- Seeks out confrontation.
- Intimidation, veiled threats.
- Refuses to respect the agreed-upon personal safety considerations (medication as needed, adhering to therapeutic follow-up).



Where to get help

HOSPITAL CENTRE: _____

INFO-SANTÉ: _____

CRISIS CENTRE: _____

OTHER: _____

OTHER: _____

OTHER: _____

POLICE AND AMBULANCE: _____ **911**

ADDITIONAL TOOLS

Safety measures identified by your loved one:

Safety measures identified by you:

Useful information (case worker, appointments, etc.):

