

*Tips*

## TO BETTER DEAL WITH ANGER

Preparing to

go back home

*Douglas*

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## 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...

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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...

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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:**

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Safety measures identified by you:**

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

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