



TAKING CARE OF YOUR MENTAL HEALTH

INTRODUCTION

Was there anything in yesterday’s teaching that you did not understand or was not clear? If yes, write down your question(s) to ask the nurse or doctor on your next visit.

My question(s):	Reason why I am asking:

Let’s talk about mental health today. Refer to the *Living Well with Heart Disease Book* (the book you received in the hospital Chapter 5 part one and part two, starting on page 79 or click here: <https://tinyurl.com/ycu9bb89> (part 1) and <https://tinyurl.com/ypwsyumf> (part 2).

SUICIDE RISK INCREASES AFTER A HEART ATTACK

If you are having thoughts of suicide, get help right away!

- The Manitoba Suicide Prevention and Support Line at 1-877-435-7170
- The Mobile crisis unit at 204-940-1781 (24/7)
- The KLINIC crisis line at 204-786-8686 Toll free: 1-888-322-3019 (24/7)
- Call 911 or your local emergency number or go to your local emergency department or the Crisis Resource Centre at 817 Bannatyne Avenue, Winnipeg, Manitoba

EMOTIONS AFTER A HEART ATTACK

It is common to have feelings like shock, denial, guilt, anger, sadness, anxiety, irritability, and depression following a heart attack. These feelings can last for several weeks and should get better over a period of time. These are common reactions after you return home. If you are still feeling bad after 4 to 8 weeks, it is important to talk with your nurse or doctor.

Stress is part of everyone’s life. Sometimes it is not easy to recognize we have stress. How we respond to stress is called your stress reactions and it is different for all of us. Stress can have strong negative effects of our body and is a risk factor for heart attack.

When you return home from the hospital, you may have a range of concerns and fears such as fear of another heart attack, family role changes, changes in finances, loss of supports, and the need to make lifestyle changes.

Figure out your emotional reactions to stress and talk with your family and friends. Set realistic goals for yourself. Your chance of reaching your goals increase if you:

- Set a goal that is specific to you and your needs
- Write your goal down
- Plan how you will achieve your goal
- Get support from others
- Joining one of our cardiac rehab programs may help you (see Cardiac Rehab Sunday education session)

Know when you need help. Asking for help is not a sign of weakness but a sign of courage. The following situations may indicate you need help:

- Trouble dealing with your heart attack
- Trouble following your medical treatments
- Trouble dealing with new physical limitations
- Persisting grief or sadness
- Trouble with changes to your lifestyle
- Fear of death
- Problems with relationships
- Not sleeping well
- Drinking too much
- Cannot control anger
- Feeling too much stress

IF YOU NEED HELP

- Listing of Mental Health Services: <https://www.gov.mb.ca/mh/mh>
- Mental Health Resource Guide: https://mbwpg.cmha.ca/wp-content/uploads/2017/11/MHRG_ALL_2020.pdf

OR TALK WITH YOUR NURSE OR DOCTOR AT YOUR NEXT VISIT.



LEARN MORE ABOUT MENTAL HEALTH

At the MB ACS Network website: <https://mbacsnetwork.ca/education> or scan the QR code.

