

HOW TO REGISTER FOR THE PSYCHOLOGY TREATMENT SEMINARS

For those already attending or planning to attend the Cardiac Rehabilitation Program, contact the

- **Reh-Fit Centre (204) 488-8023 OR**
- **Wellness Institute (204) 632-3907**

to get more information about seminar dates and times, and to register.

If you have not been involved in the Cardiac Rehabilitation Program, you are strongly encouraged to participate, since it provides a range of services (diet and exercise planning, group support, and health monitoring) that help people cope effectively with heart disease.

If you are unable to attend Cardiac Rehabilitation but still want to participate in the seminars, contact the **Cardiac Psychology Service** at St. Boniface Hospital **(204 237-2979)** to get information on alternate locations for the seminars and to register for them.

WHAT IF I REQUIRE ADDITIONAL HELP?

Most patients find these seminars quite useful and all that is needed to address their adjustment issues. However, if you continue to experience emotional difficulties after attending both seminars, then brief individual therapy or other types of treatment may be offered.

You can access additional treatment by contacting your Cardiac Rehabilitation centre, or the Cardiac Psychology Service, to request an assessment of your current emotional status and review of treatment needs.

Alternatively, if you have access to extended health benefits or an employee assistance program (EAP), you may be able to access services from a psychologist in private practice fairly quickly.

OTHER RESOURCES

If you are in crisis you can contact:

- Clinic Crisis Line **(204) 786-8686**
- Mobile Crisis Unit **(204) 940-1781**
- Emergency department of your nearest hospital

If your emotional distress is not due to your cardiac problems:

Family issues, work stress, and financial strain are other common life challenges. If these challenges are the main reasons you are feeling emotionally distressed, tell your family doctor and consider counseling through your EAP or a community counseling centre.

Examples include:

- The Family Centre: (204) 947-1401
- Aurora Family Therapy Centre: (204) 786-9251
- Clinic Community Health Centre: (204) 784-4090



Patient Information for

CARDIAC PSYCHOLOGY SERVICES

IN THE WINNIPEG HEALTH REGION



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg

À l'écoute de votre santé

CLINICAL HEALTH PSYCHOLOGY PROGRAM

For Cardiac Psychology Service Inquiries:
Ph (204) 237-2979

For general inquiries or information:

General Office: Health Sciences Centre

Ph (204) 787-7424

Fax (204) 787-3755

website: www.wrh.mb.ca/prog/psychology

COPING WITH HEART DISEASE AND CARDIAC EVENTS

Being diagnosed with heart disease or experiencing a heart attack or heart surgery can be a shock. It often leaves people feeling emotionally upset for months and can result in many new life challenges.

HOW DO I KNOW IF I NEED TO CONTACT MY DOCTOR AND GET PROFESSIONAL HELP?

Most people have some anxiety, depression, and/or irritability after their cardiac event. This is especially true during the first few weeks of recovery. These symptoms often go away gradually and are noticeably better within about four months.

You should contact your doctor to get help if you:

- do not notice any change for the better
- feel your symptoms are getting worse and are interfering with your ability to do daily activities
- often feel overwhelmed and/or frightened
- have lost interest in pleasurable activities
- have frequent crying spells and often feel worthless
- feel hopeless and have lost a desire to improve your health
- have thoughts of harming yourself.

You may also consider getting help if you:

- are having more frequent arguments with your spouse or other family members since your cardiac event
- are finding it very difficult to make healthy lifestyle changes
- have difficulty getting to sleep or staying asleep most nights

WHAT CAN BE DONE?

Both medications and psychological treatments can help reduce your symptoms of anxiety, depression, and/or irritability. You can speak to your doctor about what medications are available for your condition.

Psychological treatments such as stress management techniques, relaxation training, and approaches to feel more in control of your life can improve your recovery. For example, you can start to increase your sense of control by: 1) focusing on what you can do physically now rather than what you could have done in the past; and 2) recognizing your successes in dealing with your heart condition.

You can improve your likelihood of success in making healthy lifestyle choices related to diet and lifestyle by:

- 1) setting realistic goals (e.g., "I will avoid snacking in the evening);
- 2) keeping a record of your progress (e.g., graph how many minutes you walk each day); and
- 3) getting support and motivation from a cardiac rehabilitation program, self-help group, or exercise class.

WHERE CAN I GET HELP?

The Cardiac Rehabilitation Program (based at the Reh-Fit Centre and Wellness Institute) to which you have been referred offers psychological services for patients experiencing difficulty coping with their heart condition. Your level of emotional distress is assessed at the beginning of the program. Individuals who could benefit from assistance for emotional adjustment attend two group seminars that teach stress management and relaxation techniques, as a key step in the treatment process. These seminars are specifically designed for cardiac patients and provide strategies that have been shown by research to be effective in helping people cope with their heart disease.

"Stress Busters" - Teaches people how to identify and change their stress triggers, including stress causing thoughts. It provides tips on how to re-establish a sense of control, improve self-esteem and supportive relationships, and behave like an optimist.

"Relaxation for Health" - Trains people in several common relaxation strategies and provides them with tips on how to use these strategies to deal with everyday stressors, including problems with sleep.



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