

# Social Navigator News



## SOCIAL NAVIGATOR INITIATIVE

The Social Navigator Initiative is a program through the UCCM Anishnaabe Police Service. The purpose of the program is to connect and support at-risk individuals or repeat offenders by ensuring access to appropriate services through early intervention and outreach using a multi-sectoral approach.

If you or somebody you care about is going through a difficult time, whether that involves changes in behavior, struggles with addiction, family problems, or trouble with the law, we are here to help.

We also provide public education and awareness on different topics including but not limited to: violence prevention (domestic, sexual, elder, child and lateral), healthy relationships, bullying and cyber-bullying, addiction and substance misuse, drug awareness, parenting, community safety, crime prevention, mental health and more.

We are currently planning for the future and are looking to hear from community members in our service area. All responses go directly to Lorrilee McGregor of Community Based Research and only de-identified information is shared in the report. If you are interested in taking this quick five minute survey check out the link at

<https://www.surveymonkey.com/r/DRHCGTK>

**To learn more or to access available supports please drop in for a visit and ask to speak with the Social Navigator, call 705-377-7135 or email at [daughness.migwans@uccmpolice.com](mailto:daughness.migwans@uccmpolice.com)**

## UPCOMING EVENT

October 4th: Mnidoo Mnising Missing Persons Awareness Day

Join us in Aundeck Omni Kaning for our full day conference on Missing Persons Awareness. For detailed information please check the website at [www.uccmpolice.com](http://www.uccmpolice.com)





# SUICIDE PREVENTION awareness

September 10th is World Suicide Prevention Day, this years theme is "Working together to prevent suicide".

Every day in Canada approximately 10 people take their own lives, and an estimated 200 individuals make a suicide attempt. The majority of individuals who commit suicide give some indications of their intentions prior to. Warning signs of suicide may include:

- ▶ thinking or talking about suicide
- ▶ withdrawal from family, friends and activities
- ▶ increasing substance use
- ▶ feeling trapped or hopeless
- ▶ talking about being a burden to somebody
- ▶ anxiety
- ▶ significant mood changes

If you are having suicidal thoughts or are concerned about someone else, do what you can to make sure you/they are safe. If you believe there are immediate safety risks take them to the nearest health centre or hospital emergency room. If they won't go with you voluntarily, call the Police for support.

Remember you are never alone, we are here to help.

In the case of an emergency or crisis call 9-1-1

UCCM Anishnaabe Police: (705) 377-7135

OPP: 1-888-310-1122

Wikwemikong Tribal Police: 1-866-684-1136

Crisis Line (24/7):  
1-877-841101

Canada Suicide Prevention Service  
(24/7): 1-833-456-4566



## Welcome to the Social Navigator Assistant Intern!



Hi everyone! My name is Brittany Allen and I am the new Social Navigator Assistant at the UCCM Anishnaabe Police Service. I will be assisting the Social Navigator to:

- ▶ provide out reach services to adults and youth
- ▶ create care plans for individuals, families or groups along with community partners
- ▶ coordinate and liaise with community services
- ▶ plan and organize working groups and conferences to address community safety and crime prevention
- ▶ provide consultation services for those addressing complex needs

In my position I will get the opportunity to partake in community events, and get to know the community members. I am very excited to be taking on this new role as Social Navigator Assistant with the UCCM Anishnaabe Police Service and am looking forward to meeting all of you!