

SOSI

SUPPORT FOR OPERATIONAL STRESS INJURY PROGRAM

Support • Connection • Resilience



What is an Operational Stress Injury (OSI)?

A non-clinical term to describe a persistent psychological difficulty resulting from operational duties that may include:

- anxiety
- depression
- PTSD
- substance abuse
- any other condition that interferes with your daily functioning

An OSI can develop following exposure to a single traumatic event, or accumulated exposure to:

- trauma, grief or loss
- high stress situations
- operational fatigue
- ongoing workplace issues

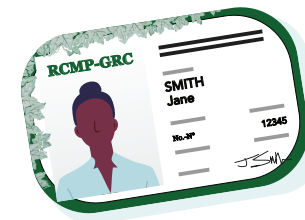
Self-check

As the OSI develops, you may experience changes in your displays of emotions:

- anger
- increased worry and or panic attacks
- symptoms of re-experiencing or reliving traumatic event
- withdrawal from social interests, family/friends



- difficulty sleeping (e.g., nightmares or insomnia)
- feeling that you are in a constant state of hypervigilance



Who can access SOSI?

All current RCMP employees, former and retired employees.

Why peer support?

If you have an OSI, the road to wellness can be hard to navigate. Peer support connects you with:

- an understanding ear
- a supportive community of people with similar experiences
- with effective resources that can help to improve your quality of life

How SOSI coordinators can help?



- they know and understand the impacts of an OSI through their own lived experiences
- they are there to listen and provide support without judgement
- they provide information about resources that can be discussed with your professional health care providers/team
- they offer both one-on-one support and group sessions



Confidentiality

All interactions with the SOSI program are confidential.



SOSI coordinators are exempt from the Duty to Report under the Code of Conduct.

Where you can get more information?



Let's connect!

Your divisional SOSI coordinator.



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