## **INTERNAL RESOURCES**

 Psychosocial services
 Social workers, psychologists, psychiatrist, nurses and toxicilogist counsellors
 418-844-5000, #5802

418-844-5000, #8169
• Health Promotion
418-844-5000, #4677

Valcartier Health Centre

 Military Police 418-844-5000, #7911

Chaplain

Regular business hours: 418-844-5000, #5473 Outside regular business hours: 418-844-5000, #5777

 Valcartier Military Family Resources Centre (VMFRC) 418 844-6060

• Family information line 1-800-866-4546  Canadian Forces Member Assistance Program (CFMAP) and Employee Assistance Program (EAP)

CAF members and their families, civilian public service employees: 1-800-268-7708 or 1-800-567-5803\*
\*for people with hearing impairments

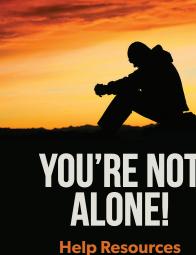
 CFMWS Employee Assistance Program (EAP) login.lifeworks.com • 1-800-361-5676

 Operational Stress Injury Social Support
 (www.osiss.ca) 1-800-883-6094

CAF Ombudsman
 1-888-828-3626

 Sexual Misconduct Response Centre (SMRC)
 1-844-750-1648

 Conflict and Complaint Management Services (CCMS) 418-844-5000, #6427



Help Resources in the community



Му ре	rsonal network suppo	rt
"Peer	Support Workers"	

## Psychological distress signs

- Distress, suffering, sadness
- Withdraw into oneself, isolation
- Lost of self-esteem, self-depreciation
- Anxietv
- Lost of appetite
- Insomnia or hypersomnia
- Lack of concentration, irritability
- Fatique
- Alcohol and drugs abuse
- Black thoughts

## Advices on how to take care of ourselves

- To be connected with our needs and to know how to fulfilled them
- Take time for ourselves, to relax, to have fun and to please ourselves
- Learn to forgive
- Respect our limits
- Take our place among others and to express ourselves
- · Have friends and make some new ones
- To develop new interest
- To have passions
- Take cavation
- To let go
- · Learn to say no

## **EXTERNAL RESOURCES**

Québec Suicide Prevention Centre	418-683-4588
Québec Provincial Suicide Intervention Line	1-866-277-3553 or 988
Crisis Centre	418 688-4240
Police Services	9-1-1
GAPI – Help group for impulsive people	418-529-3446
Autonhommie (Resources for men)	418-648-6480
Gaming: Help and references	1-800-461-0140
Drugs: Help and references	1-800-265-2626
Alcoholics Anonymous	418 529-0015
Interligne	1-888-505-1010
Parent Helpline	1-800-361-5085
SOS domestic violence	1-800-363-9010
Rape Helpline	418 522-2120
Crime Victim Assistance Centre	418 648-2190
ou	1-888-881-7192
Poison Centre	1-800-463-5060
Info-Santé	8-1-1
Narcotics Anonymous	1-855-LigneNA