

## INTERNAL RESOURCES

- **Psychosocial services**  
Social workers, psychologists, psychiatrist, nurses and toxicologist counsellors  
418-844-5000, #5802
- **Valcartier Health Centre**  
418-844-5000, #8169
- **Health Promotion**  
418-844-5000, #4677
- **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



# YOU'RE NOT ALONE!

**Help Resources**  
in the **community**



## My personal network support

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## “Peer Support Workers”

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## Psychological distress signs

- Distress, suffering, sadness
- Withdraw into oneself, isolation
- Lost of self-esteem, self-depreciation
- Anxiety
- Lost of appetite
- Insomnia or hypersomnia
- Lack of concentration, irritability
- Fatigue
- 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