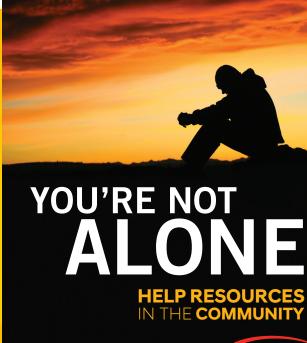
My personal network support			
"Peer Support Workers"			
r eer support workers			

## 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





## **INTERNAL** RESOURCES

Psychosocial services

Social workers, psychologists, psychiatrist, nurses and toxicilogist counsellors 418-844-5000, ext. 5802

Medical Clinic (Valcartier)

418-844-5000, ext. 7815

Health Promotion
418-844-5000, ext. 4677

Chaplain

418 844-6060

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

 Canadian Forces Member Assistance Program (CFMAP) and Employee Assistance Program (EAP)

CAF members and their families, civilian public service employees: (24 hrs/7 days) 1-800-268-7708

 Valcartier Military Family Resources Centre (VMFRC)  CFMWS Employee Assistance Program (EAP)

login.lifeworks.com • 1-800-361-5676

• Family information line 1-800-866-4546

 Operational Stress Injury Social Support

(www.osiss.ca) 1-800-883-6094

• Military Police 418-844-5000, poste 7911

• CAF Ombudsman 1-888-828-3626

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

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

## **EXTERNAL** RESOURCES

Outline Colletele Description Court

Québec Suicide Prevention Centre	418-683-4588
Québec Provincial Suicide Intervention Line	1-866-277-3553 or 1-866-APPELLE
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