

My personal network support

"Peer Support Workers"

PSYCHOLOGICAL DISTRESS SIGNS

- Distress, suffering, sadness
- Withdraw into oneself, isolation
- Loss of self-esteem, self-depreciation
- Anxiety
- Loss 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



YOU'RE NOT ALONE

HELP RESOURCES IN THE COMMUNITY

Health Promotion
Base Valcartier



INTERNAL RESOURCES

- **Psychosocial services**

Social workers, psychologists, psychiatrist, nurses and toxicologist counsellors

418-844-5000, ext. 5802

- **Medical Clinic (Valcartier)**

418-844-5000, ext. 7815

- **Health Promotion**

418-844-5000, ext. 4677

- **Chaplain**

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)**

418 844-6060

- **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

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