

## 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 drug 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 vacation
- To let go
- Learn to say no



# YOU'RE NOT ALONE

**HELP RESOURCES  
IN THE COMMUNITY**



# INTERNAL RESOURCES

## MENTAL HEALTH SERVICES (CSV)

*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

## MEMBER ASSISTANCE PROGRAM

(24 hrs / 7 days) 1-800-268-7708

## MILITARY FAMILY RESOURCES CENTER (MRFC)

418-844-6060

## CONFLICT RESOLUTION CENTER (CRC)

418-844-5000, ext. 3421 • 1-888-589-1750

## EMPLOYEE ASSISTANCE PROGRAM (EAP)

1-800-268-7708

## DEPLOYMENT SUPPORT COORDINATION CELL (DSCC)

(24 hrs / 7 days) 1-877-844-5607 (option 1)

## OPERATIONAL STRESS INJURY SOCIAL SUPPORT (OSISS)

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

## MILITARY POLICE

418-844-5000, ext. 7911

## CAF OMBUDSMAN

1-888-828-3626

## SEXUAL MISCONDUCT RESPONSE CENTRE (SMRC)

1-844-750-1648

# EXTERNAL RESOURCES

## QUÉBEC SUICIDE PREVENTION CENTER

418-683-4588

## QUÉBEC PROVINCIAL SUICIDE INTERVENTION LINE

1-866-277-3553  
or 1-866-APPELLE

## CRISIS CENTER

418-688-4240

## POLICE SERVICES

9-1-1

## GAPI (HELP GROUP FOR IMPULSIVE/VIOLENT MEN)

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

## ALCOHOLIC ANONYMOUS

418-529-0015

## GAY HELPLINE

1-888-505-1010

## PARENT HELPLINE

1-800-361-5085

## SOS FAMILY VIOLENCE

1-800-363-9010

## RAPE HELPLINE

418-522-2120

## CRIME VICTIM ASSISTANCE CENTER

418-648-2190  
or 1-888-881-7192

## POISON CENTER

1-800-463-5060

## INFO-SANTÉ

8-1-1

## NARCOTIC ANONYMOUS

1-855-LigneNA