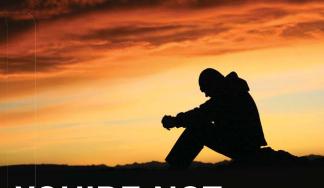
MY P	ERSONA	L NETW	ORK S	UPPORT
"PEE	R SUPPO	RT WO	RKERS	

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



Health Promotion
BASE VALCARTIER

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

119 693 1599

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QUEBEC SUICIDE PREVENTION CENTER	418-683-4588
QUÉBEC PROVINCIAL SUICIDE	1-866-277-3553
INTERVENTION LINE	or 1-866-APPELLE
CRISIS CENTER	418-688-4240
POLICE SERVICES	9-1-1
GAPI (HELP GROUP FOR	418-529-3446
IMPULSIVE/VIOLENT MEN)	
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