

Psychological Distress



EMERGENCY:
CALL **911** IF

- You are thinking about harming yourself or others.
- You are losing control.

When to seek **professional** help

- You are experiencing distress.
- You have trouble concentrating, sleeping, eating or performing your regular activities because of how you are feeling.
- You feel like you are no longer able to manage your emotions or cope with certain situations.
- You are very anxious or depressed.
- Your sadness or worries are robbing you of your ability to do things you enjoy.

How to get **help**

- 24/7, dial **811** *option 2*
- Call the helpline 1-866-APPELLE
- Go to your CLSC
- If you have a case worker, call them
- Call Drugs Help and Referral - Alcohol, Drugs and Medication at 1-800-461-0140 or aidedroque.ca/en
- Call your clinic to make an appointment
- If you do not have a doctor, dial **811** *option 3*
- Find an appointment on rvsq.gouv.qc.ca

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

All content available on sante.quebec

Distress is a feeling of anguish or imbalance that can occur at any time. Sadness, anxiety, irritability or trouble sleeping and concentrating are signs of distress.

Self-care



Breathe: Inhale slowly through the nose and exhale gently through the mouth.



Feelings: Talk about your feelings with someone you trust. If that person isn't available, writing down your thoughts can be helpful.



Location: Go somewhere that makes you feel good.



Relaxing activity: Do something relaxing: listen to soothing music, read a book or meditate.



Temporary feeling: Distress is often temporary. Remember that unpleasant emotions fade with time.