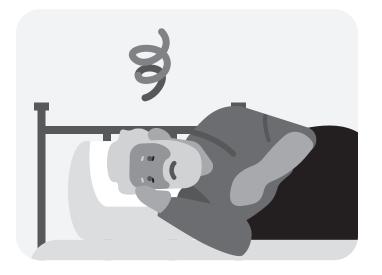
# Psychological Distress



### CRISIS

- You are thinking about harming yourself or others.
- You are losing control.
- Dial 911 or go to the Emergency.

Thinking about suicide?

Call the helpline 1 866 APPELLE (1 866 277-3553)

#### 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 (1 866 277-3553) or (suicide.ca/en
- If you have a case worker, call them
- Call Drugs Help and Referral Alcohol, Drugs and Medication at 1-800-461-0140 or (aidedrogue.ca/en)

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



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:** If possible, go somewhere you feel comfortable.



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



prary feeling: Distress is often rary. Remember that unpleasant ons fade with time.



**Help:** If you feel at risk or overwhelmed, call an emergency service such as 811 option 2.