

# 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](http://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](http://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.



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



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