

INTERNAL Resources

- **Psychosocial services**

Social workers, psychologists, psychiatrist, nurses and toxicologist counsellors

418-844-5000, #666-5802

- **Valcartier Health Centre**

418-844-5000, #666-8169

- **Health Promotion**

418-844-5000, #666-4677

- **Military Police**

418-844-5000, #666-7911

- **Chaplain**

Regular business hours:

418-844-5000, #666-5473

Outside regular business hours:

418-844-5000, #666-5777

- **Valcartier Military Family Resources Centre (VMFRC)**

418 844-6060

- **Family information line**

1-800-866-4546

- **Canadian Forces Member Assistance Program (CFMAP) and Employee Assistance Program (EAP)**

CAF members and their families, civilian public service employees:

1-800-268-7708 or 1-800-567-5803*

**for people with hearing impairments*

- **CFMWS Employee Assistance Program (EAP)**

login.lifeworks.com • 1-800-361-5676

- **Operational Stress Injury Social Support**

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

- **CAF Ombudsman**

1-888-828-3626

- **Sexual Misconduct Response Centre (SMRC)**

1-844-750-1648

- **Conflict and Complaint Management Services (CCMS)**

418-844-5000, #6427



Help
Resources in
the community

**YOU'RE
NOT
ALONE!**



My personal network support

“Peer Support Workers”

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 drugs 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 cavation
- To let go
- Learn to say no

EXTERNAL Resources

Suicide Crisis Helpline 988

Crisis Centre 418-688-4240

Gaming: Help and references 1-800-461-0140

Drugs: Help and references 1-800-265-2626

Alcoholics Anonymous 418-529-0015

SOS domestic violence 1-800-363-9010

Rape Helpline 418-522-2120

Crime Victim Assistance Centre 418-648-2190
or 1-888-881-7192

SCAN THE QR CODE TO
CONSULT MORE RESOURCES

