

Mental Health Resources for Pontiac

Other Resources for a Crisis:

Distress Centre of Ottawa region 24/7 – 613-238-3311

The Distress Centre offers anonymous, confidential, 24-hour emotional and mental health support and crisis intervention.

Centre d'Aide 24/7 – 1-866-277-3553

Bilingual psychosocial and suicide crisis intervention, referral services and short term stays. www.centredaide247.com

Kids Help Phone – 1-800-668-6868

24-hour anonymous phone counseling, referral & internet counseling service for children / youth. www.kidshelphone.ca

Tel-jeunes 1-800-263-2266 or text 514-600-1002

A free, confidential resource, 24/7, provides a platform for young people to express themselves. <http://en.teljeunes.com>

Gambling: Help and Referral – 1-800-461-0140

Tele-counselling and referral service. www.jeu-aidereference.qc.ca/www/homepage_en.asp

Drugs: Help and Referral (DAR) – 1-800-265-2626

DAR provides support, information and referral to people coping with addiction throughout Québec. 24/7, bilingual, free, anonymous and confidential. www.drogue-aidereference.qc.ca

Addiction Services for Youth (12-18 years old) - 819 776-5584

Programme régional d'évaluation spécialisé (PRÉS) Outpatient services throughout the Outaouais. Internal services, including detoxification, at 25 rue St-François, Gatineau.

Maison Le Ricochet – 819-456-4230

A community organization supporting those with serious mental health issues in their social rehabilitation and work integration. www.maisonlericochet.com

Maison L'Entourelle (819) 683-2709

Shelter for women victims of violence and their children.

Centre for Addiction and Mental Health (CAMH) – www.camh.ca

Canadian Mental Health Association – www.cmha.ca

Parents Help Line – 1-800-361-5085

Bilingual service 24/7 with listening and intervention assistance to parents of kids under age 20.

www.ligneparents.com

Call 811
Info-Santé
Info-Social



Info-santé is a free service available 24 hours-a-day to answer any questions regarding your health or that of a family member. Info-social complements Info-Santé by connecting you to a qualified social worker 24/7. By calling **8-1-1**, you can consult a nurse who will evaluate the situation and give you advice and / or direct you to the proper agency (such as a medical clinic or hospital emergency ward).

To access psycho-social services in Québec's public health system, please call Info-social 811 and press option 2, or if using a 613 area code phone, call 819-966-0180 or 1-866-567-4036. You will reach a social worker who can help you in a crisis, direct you for immediate attention or arrange follow-up services for you

80, rue Daniel-Johnson, Gatineau, (Quebec) J8Z 1S3

Opening the door to better Mental Health for your Youth, a guide for parents and caregivers.

http://rightbyyou.ca/uploads/docs/Right_By_You_Guide.pdf

CHEO topics: Grief and Bereavement (www.cheo.on.ca/en/Grief-and-bereavement)

Do you have a health problem, but have no doctor?

- Register for a family doctor: **Registering with a family doctor (GAMF) service** at the Portail santé mieux-être of the Ministère de la Santé et des Services sociaux – (819) 689-5080 www.sante.gouv.qc.ca/en/programmes-et-mesures-daide/inscription-aupres-d-un-medecin-de-famille This is the way to become a patient of doctors who work in any location in the Pontiac, including the CLSCs and clinics of the Family medicine group (GMF).
- In the Pontiac, Walk-in services are available at the emergency department at the Hospital in Shawville and the CLSC in Mansfield (Fort Coulonge.)
- In the meantime, you can contact **Info-Santé** by dialing **811**. A nurse or social worker will assess your problem, provide information, and direct you on where to go, if needed.
- If your problem is serious and urgent, go to the hospital emergency or call 911.

Six Habits to Improve Mental Wellness (www.ahealthiermichigan.org/2012/09/20/six-habits-to-improve-mental-wellness)

1. **Nutrition-** Introducing whole foods to your diet is the simplest way to improve your overall health. The nutrients contained in fruits and vegetables feed every cell of our body, including those that regulate your neurotransmitters like serotonin.
2. **Fitness-** Today we have substantial proof that physical activity affects mental wellness. A quick round of jumping jacks will get the blood flowing, release tension and can be done right in your office. www.hhs.gov/fitness/index.html
3. **Mental Stillness-** A few moments of meditation or even just a bit of peace and quiet can assist anyone in becoming consciously relaxed during hectic times and even help treat depression. Try focusing on your favorite scripture, place, person or memory for just 5 minutes a day.
4. **Mental Exercises-** These help the mind function better and longer as people grow older. It's typical for people living with a mental illness to experience forgetfulness and dull thinking. Training your brain to feel happy will help you stay happy. Play a memory game with your kids, do a Sudoku puzzle on the bus or try balancing your checkbook with a pencil and paper. www.livestrong.com/slideshow/1011294-8-warning-signs-depression-shouldnt-ignore
5. **Therapy-** Whether it's talking with friends about problems or seeing a professional, some type of therapy is always helpful when dealing with mental issues. It doesn't have to be a gushy journey of self-discovery. Start by writing down a list of things that frustrate you in your current situation and then ask yourself why each one negatively affects you.
6. **Kindness-** Perhaps the best method for increased mental wellness is to simply display acts of kindness. It's proven to improve your mental state and is a basic requirement of being a good human. www.huffingtonpost.com/david-r-hamilton-phd/kindness-benefits_b_869537.html

Additional Resources and Self-Help Tools

Online Information and Supports:

- The Centre for Addiction and Mental Health (CAMH) offers great resources for families and anyone looking for help. www.camh.ca/en/hospital/Pages/home.aspx
- Ementalhealth.ca offers lots information with lists of resources and supports. <http://www.ementalhealth.ca/>
- Anxiety Disorders Association of Canada www.anxietycanada.ca
- Mental Health Commission of Canada www.mentalhealthcommission.ca/English
- Parents lifeline of Eastern Ontario (PLEO) is a non-profit family support organization for parents and caregivers whose children to age 24 are dealing with mental health and/or addiction challenges. www.pleo.on.ca
- National institute for Mental Health www.nimh.nih.gov/index.shtml
- The Ottawa Network for Borderline Personality Disorder www.on-bpd.ca
- The Ottawa Anxiety and Trauma Clinic www.traumaclinic.ca

Self-Help Websites:

- Anxietybc.com
- Getselfhelp.co.uk
- Moodgym.com.au
- cci.health.wa.gov.au

Examples of Books:

Don't Let Your Emotions Run Your Life by Scott Spradin
Mind over Mood by Greenberger and Padesky
Anxiety and Phobia Workbook by Edmund Bourne

Mindfulness:

Mindful.org
Mindfulness Based Stress Reduction <http://mbsrottawa.com/>
Calm.com is a free phone App.

Connexions' Online Directory of Resources for Youth

Make sure to visit our Resources for Youth Webpage where we've included a list of various resources for youth and their parents who are searching for information on suicide, mental health and mental illness; crisis services including 24/7 telephone support, addiction services and shelters; financial aid and employment services; local food banks; sexual health and relationships; and legal assistance. <http://centreconnexions.org/resources-for-youth>