

Signs You May Need Help:

- Pain that seems to have no physical cause
- Headaches
- Stomach problems
- Inability to sleep or poor sleep
- Teeth grinding
- Tense muscles
- Problems with alcohol use or drug use
- No interest in the world / people around you
- Strong emotions / mood swings
- Forgetful
- Inability to relax / concentrate
- Changes in eating habits
- No energy
- Existing health problems getting worse
- Decreased or lack of sex drive
- Feeling depressed

Sleep:

- Follow a routine (take a bath/shower or read a book before bed, have a cup of herbal tea, go to bed at same time each night).
- Make sleep important.
- Have a good balance between rest and activities.
- Get 7-8 hours of sleep each night.

Get Moving:

- Maintain fun and social activities that get you moving.
- Do a physical activity each day like a walk or run, a yoga or fitness class, your favourite sport.
- Get involved with social activities and organized sports.

Eat Well:

- Eat a balanced diet with lots of fruit and vegetables.
- Food = Energy: don't run on empty.
- Try to make eating as a family or with friends a regular activity.
- Buy groceries and prepare meals ahead of time or with your kids on the weekend when you have more time.
- Drink water instead of coffee or pop.

Empower Yourself:

- Once a day do something that makes you feel in control of your life.
- Do something that's just for you.
- Do something that you are good at and that is positive.
- Do something that will give you a sense of mastery and accomplishment.

Take Care of Your Health:

- In order to care for someone else you have to stay healthy.
- In order to learn you have to sleep and eat well.
- Know your limits and practice self-care. Do not push yourself to burnout.

Build Your Relationships:

Think of your relationships:

- What is working well?
- What could be improved?
- How are you maintaining them?
- Does anxiety or fear get in the way of you being who you want to be with others?

Are You in Crisis?

Distress Centre of Ottawa and region

24-hour emotional and mental health support and crisis intervention.
613-238-3311

Kids Help Phone

24-hour telephone counseling, referral and internet counseling service.
1-800-668-6868
kidshelpphone.ca

Tel-jeunes

24-hour resource for young people to express themselves.
1-800-263-2266 or text 514-600-1002
en.teljeunes.com

Gambling: Help and Referral

Tele-counselling and referral service.
1-800-461-0140

Are You in Crisis? (Cont.)

Drugs: Help and Referral (DAR)

24-hour anonymous line for support, information and referral.
1-800-265-2626
drogue-aidereference.qc.ca

CALAS-Sexual Assault Help Centre

Confidential services
819-771-1773 or 1-866-757-7757
calas.ca

Crime Victims Assistance Centre

Confidential services
819-778-3555 or 1-800-331-2311
info@cavacoutaouais.ca
cavac.qc.ca

**All crisis services are anonymous and confidential.*

Health & Referral Services

Info-santé - 8-1-1

Open 24/7

Answer any questions regarding your physical health or that of a family member.

Connexions Resource Centre

Information and referral services

819-777-3206

info@centreconnexions.org

centreconnexions.org

Centre de ressources

conneXions

Resource Centre

Know Your Rights!

Éducaloi

Online legal information in easy-to-understand language.

educaloi.qc.ca/en

Centre de Justice de proximité

Free legal information, support and referral services.

1-844-606-4600

justicedeproximite.qc.ca/en/centres/outaouais

Shelters

L'Autre Chez Soi

Shelter for women victims of violence and their children.

819-685-0006 (Aylmer)

Shelters (Cont.)

Centre Mechtilde

Shelter for women victims of violence and their children.

819-777-2652 (Hull)

L'Appart Adojeune, une Auberge du Coeur

For urgent stays, 0-7 days

819-205-7204

adojeune.org/contactez-nous

Auberge du coeur Héberge-Ado

Shelters in Gatineau, Hull, Aylmer

819 778.0634 or 819 778.0191

administration@avenuedesjeunes.com

avenuedesjeunes.com/contactez-nous

What You Can Include in Your Mental Health First-Aid Kit

Every kit should support your personal development and help you cope with your day-to-day stresses- so make sure to tailor it to your needs. Here are a few examples.

Keeping your hands busy and your mind free and relaxed:

- Puzzles or Rubik's Cube.
- Journal or colouring book/paper and writing or colouring supplies for creativity.
- Activity books: dot to dots, mazes, word searches, I Spy, etc.
- Bubble wrap (we know you love it!)
- Tissue paper to rip: fill a zipper seal bag with tissue paper and just go crazy ripping.
- Play dough or silly putty.
- Playing an instrument.

Keeping you grounded and calm:

- Weighted lap cushion or blanket.
- Hearing protection (ear muffs, ear plugs or noise canceling headphones).
- Calming essential oil diffuser or candle.
- Smelling bottles filled with calming scents, such as lavender.
- Eye Mask.
- A worry-jar to leave your worries behind.
- Chewing gum, hard candies, or lollipops.
- Snacks with a variety of textures (pretzels, dried fruit or soft marshmallows).
- Mini massager.
- Photo album filled with photos of family and friends.
- Books to read and enjoy.
- Listening to music or audiobooks.

Daily Exercise:

- Yoga mat and book or printed cards with yoga poses.
- Skipping rope or hula hoop.
- Exercise bar or other exercise equipment
- Walk outdoors.

Helping you breathe, relax and enjoy the little things in life:

- Bottle of bubbles.
- Pinwheel.
- Simple whistle, harmonica, party blowers or similar small wind instrument.