

When financial instability becomes too heavy to bear



There's help

Losing a job, a business shutting down, financial instability... These events can make you lose your bearings, derail your plans and bring on intense emotions.

When everything is falling apart around you, it's normal to feel overwhelmed.

You may experience:

- Anger
- Fatigue, irritability
- Stress
- Inability to cope, confusion
- Difficulties with concentration, sleep and appetite

These are normal reactions. But there are solutions.

Do you think a loved one is going through a difficult period?

Here's how to help them, without judging:

- Invite them to go out or take a walk.
- Encourage them to do a calming activity (nature, music, bath, sport).
- Just be there for them, without any pressure.
- Remind them that there are resources that can help them.

Is your anger taking over?

This is a common reaction during a period of uncertainty. If anger is taking over or you're losing control, don't hesitate to ask for help. Talking to someone can change everything!

811, option 2

Specialists in psychosocial intervention

1 866 APPELLE (277-3553)

24/7 suicide prevention helpline

AppSanteMentale.ca/en

Website with excellent mobile apps

santelaurentides.gouv.qc.ca

Consult the **mental health** page for resources and support services in the Laurentians.

