

# When you're worried about finances, your health remains a priority

When facing financial uncertainty, it's normal to feel on edge. Everyone reacts differently: anxiety, irritability, sadness or fatigue. You may think it will pass. But sometimes, we wear ourselves out without realizing it.

These are signs that it's time to get help:

- You're having difficulty concentrating.
- Your sleep is disrupted.
- You're isolating yourself, even from the people you love.
- You've lost interest in the things that used to make you feel good.
- You're drinking or using drugs more.
- You're feeling on edge, irritable or discouraged.
- You're having dark thoughts or suicidal ideas.

## Are you worried about a loved one?

A person close to you seems to be running out of steam? You've noticed a change in their behaviour? These may be signs that they need help.

### How can you help them?

- Listen to them, without minimizing their emotions.
- Encourage them to talk about it, consult or call 811.
- Suggest an outing, a coffee date or just a moment to reconnect.
- Remind them that there are people who care.
- Remind them of the activities they used to enjoy.



## Are you in this situation?

There are accessible, compassionate and confidential resources. It's never too late to ask for help.

### 811, option 2

Specialists in psychosocial intervention

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**1 866 APPELLE (277-3553)**

24/7 suicide prevention helpline

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**AppSanteMentale.ca/en**

Website with excellent mobile apps

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**santelaurentides.gouv.qc.ca**

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

