

Tips for taking care of oneself

Spend time
with family ...



... and friends
or colleagues



Adopt or maintain
healthy living
habits



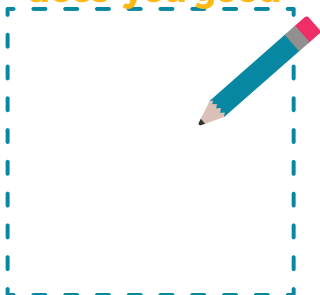
Move!



Give yourself
time for
hobbies



and anything
else that
does you good



YOU matter too

Talk
to your
loved ones
or to a
resource

It really helps

LE RÉSEAU
D'ÉCLAIREURS 

EN SANTÉ PSYCHOLOGIQUE

www.santelaurentides.gouv.qc.ca

Centre intégré
de santé
et de services sociaux
des Laurentides

Québec 

LE CISSS DES LAURENTIDES
complice du bien-être des hommes



You matter too

We have
tools
to help you

Québec 

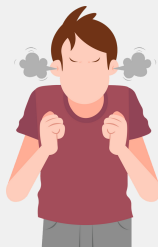
Signs that all is not well

Resources you can call anytime

anonymous
and confidential

If you are feeling :

- Aggressive
- Angry
- Irritable
- Sad
- Low in energy



Or if you :

- Are isolating yourself
- Are overcommitting yourself at work, in sports or in your sex life
- Are using more (alcohol, drugs, gambling, etc.)
- Are developing self-destructive behaviours

You can:

Talk to your loved ones or get

SUPPORT 

Immediately
and anonymously

Info-Social

811 (press 2)
For any psychological or social situation

Centre prévention suicide Faubourg

1-866-APPELLE (277-3553)
cps-le-faubourg.org/home_eng-faubourg-suicide-prevention-centre/

Tel-Aide

514-935-1105
To talk and be listened to

Centre d'écoute de Laval

1-888-664-1558
To talk and be listened to

Ligne Parents (Helpline)

1-800-361-5085
Free professional support, from baby's arrival to adolescence

Pères Séparés Inc.

514-254-6120
Maintaining perspective during separation, support groups and legal information

Maison Oxygène

579-887-8843
819-660-2842 (MRC d'Antoine-Labelle)
Housing and support for fathers in vulnerable situations and their children

Interligne

1-888-505-1010
Support for LGBTQ+ and their loved ones, also via text

Écoute agricole

514-929-AGRO (2476)
Help and support line for people in the agricultural industry

Accroc

1-877-460-9966
Help for violent behaviour in men and teens

PAIX

1-800-267-3919
To live free of violence

CETAS

450-431-6400
Sexual assault help and treatment centre

Drogue : aide et référence

1-800-265-2626
aidedrogue.ca/en

Gambling: help and referral

1-800-461-0140
aidejeu.ca/en