

Signs that I should be concerned

> Physical symptoms



Fatigue



Lack of energy/
agitation



Trouble
sleeping



Reduced/
increased
appetite



Reduced or no
interest in sex



Headaches, back
pain or stomach
aches



Difficulty
concentrating

> Psychological symptoms



Sadness or
false joy



Loss of
interest



Excessive
guilt



Reduced
self-esteem



Indecision



Thoughts
of suicide



Staying hopeful

We are likely to overcome a difficult situation more easily with support from a health care professional.

Don't wait to ask for help.



I get the help I need

If you or a loved one have been feeling the symptoms listed in this brochure for over two weeks, get in touch with a resource that can help.

811: Info-Social (Choose option 2)

24/7 phone assistance

A psychosocial professional will analyze your needs and refer you to the right resource for your circumstance.

1-866-277-3553 (Suicide prevention)

Text (SMS): 535353

Chat and information: suicide.ca

24/7 assistance

This intervention service is available to people who are suicidal, their loved ones who need guidance and support, as well as people grieving a suicide. When you call, you will automatically be directed to the suicide prevention resource for your region.

Visit: <https://quebec.acsm.ca/en/>
or contact your local CMHA.

Translated with
the support of the CHSSN



Experts: Amélie Seidah PhD, psychologist - Marc-André Dufour, psychologist
Content adapted from the Good Vibes strategy

How to help someone

IN DISTRESS



Canadian Mental
Health Association
Quebec Division
Mental health for all



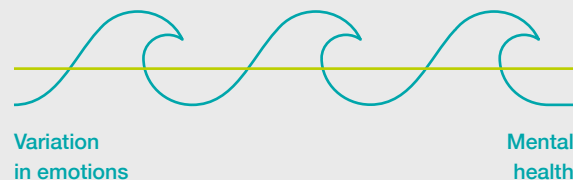
Understanding the function of emotions

Are you worried about someone you feel is struggling?

It's hard to see a loved one suffer. But it's important to step back from so-called "negative" emotions to help them.

Difficult emotions work like physical pain: they draw our attention to a problem and prompt us to take a look at what's going on. This helps us find solutions and regain our balance.

Remember that good mental health doesn't mean feeling good every day, with no difficult emotions; it means maintaining your inner equilibrium despite emotional ups and downs.



It's important to note that sometimes painful emotions can last a long time and require the help of a health care professional. Don't hesitate to talk to one.

Learning to respond to a person in distress

What should I say to someone I'm worried about?

Have you noticed that someone you know isn't doing well and want to talk to them?

- » **Choose a quiet moment:** Here are a few tips: Pick a moment away from day-to-day stresses to share your concerns. Don't forget that many people who experience mental health problems have a hard time talking about them, out of fear of being judged or misunderstood.
- » **Address them with kindness:** Without judgement, simply tell them: *"I'm worried about you. I've noticed recently that you have been..."*. Then describe your observations and ask them whether they want to talk about it.
- » **Respect their pace:** If they don't want to open up, don't force the conversation or try to convince them. Let them know they can count on your support and that you'll listen. If things don't improve, try talking to them later on. You can also check whether someone else you know is in a better position to intervene.

How should I act with someone who is confiding in me?

- » **Be available:** Find the right time to listen attentively to the person who is struggling. Try to choose a time when you aren't too preoccupied with your own concerns.
- » **Listen with empathy:** Offer an attentive ear and be open. Let the person express themselves rather than rushing in to give advice. Avoid passing judgement, such as: *"Why did you do that? It would have been better to..."*.
- » **Clarify:** Ask them to describe what they are currently feeling. When and how did it start? What recent changes have they observed? What is the specific concern? What have they tried so far? Do they have help?

How far do you need to intervene?

- » **Support and orient:** Listening and being supportive is important, but if they don't improve, you can encourage them to consult a health care professional.
- » **Stay present:** You can support them by pointing them toward assistance resources. Help them make an appointment with a doctor, call a help line together and support them as much as possible through these encounters.
- » **Take care of yourself:** If the situation is affecting you, get support for yourself first. Don't forget that the best way to take care of someone else is to take care of your own well-being.