

How do I talk about my situation?

Talking about yourself and your situation can be hard, but confiding in kind people will help you:

- » be less critical of yourself
- » get support and comfort
- » restore your energy so you can stay hopeful and cope

Choose your words carefully to talk about your situation with loved ones

Avoid diagnosing yourself (only a health care professional can do that), and pick a calm moment to talk about your symptoms and concerns with someone you trust. This will help you feel better and give you the support you need to move forward.

Give health care professionals accurate information

Before your appointment, take time to think about:

- » your situation: when did it start, what was the context?
- » what triggers your suffering.
- » stressful events in your life (family drama, separation, etc.).
- » your social relationships: friends, family, etc.



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.

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Content adapted from the Good Vibes strategy



How to get help

WHEN THINGS GO WRONG



Canadian Mental
Health Association
Quebec Division
Mental health for all



Taking stock of your mental health

Have you noticed that you've been feeling sadder for a while, and despite your efforts, it's not getting better?

Personal, professional, family or financial problems can have an impact on your mental health.

Should I be worried?

Take a short [quiz](#) to take stock of your mental health by scanning the QR code:



What is good mental health?

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



Variation in emotions

Mental health

It's important to note that there are situations when painful emotions linger and require the help of a health care professional. Don't hesitate to talk to one.

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

Why it's important to ask for help

What are the benefits?

Would you go to the emergency room if you broke your leg? So, why not consult a professional for psychological pain?

- » **Reduce risks:** By getting the help you need, you're making sure your situation doesn't get worse and you limit its negative effects.
- » **Improve the situation:** By getting professional help, you're giving yourself a chance to recover faster.
- » **Check for physical illness:** Some physical illnesses can have symptoms similar to mental health problems. A simple blood test can identify an iron deficiency or hypothyroidism, which would explain recent intense fatigue and loss of interest. This is why it's essential to consult a doctor for a reliable diagnosis and to find solutions that help.

Dare to ask for help

1/5

Canadians will experience a mental illness during their lifetimes

It can be tempting to hide your condition out of fear of being judged, disappointing others or worrying your loved ones. But anyone can be affected by mental health problems, and you deserve the attention and support of the people who care about you.

Do you have no one to talk to? Don't hesitate to contact the resources on the back of this brochure.