

How Do I Get Help for My Mental Health?

It is normal and even positive to talk about mental health and ask for help when needed.

There are plenty of resources and information that can help.

You should not hesitate to consult them. The sooner the better.

1 I need immediate help

If your pain is overwhelming, it is important to ask for help immediately. Resources are available 24/7 to assist you.

- 911 emergency service
- Info-Social 811
- Help and suicide prevention line 1 866 APPELLE (277-3553)

2 My Mental Health is not good; I'm in crisis

A crisis is a major episode of psychological distress that can come on suddenly or gradually.

If you already have a care provider: quickly consult your attending professional.

If you don't have one: there are crisis centers and community organizations that can help quickly.



Psychological Distress: An Alarm Signal.

It can be experienced through emotions, thoughts, physical symptoms, and behaviors.

3 I need professional help for my Mental Health

If you need help identifying your needs and finding resources, you can contact:

- Your family doctor, a family medicine group (FMG), or the Primary Care Access Site (by calling 8-1-1)
- Info-Social (by calling 8-1-1)
- Your neighbourhood CLSC reception
- A community organization worker
- 211 Grand Montréal is a free, multilingual helpline and web service that points you to organizations and community services

Asking for Help When Needed: An Act of Kindness Towards Yourself!

PRACTICE KINDNESS

It's good for mental health