

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!



It's good for mental health

