

# Need help?

Psychosocial support is available for you

If you experience several of these symptoms:

- ⇒ Concentration problems
- ⇒ Sleep problems
- ⇒ Tendency to stay socially isolated
- ⇒ Decreased interest for pleasant activities
- ⇒ Increased alcohol or drug consumption
- ⇒ Irritable mood or sadness (mood swing, discouragement)
- ⇒ Suicidal thoughts

Get help to figure it out...

**INFO-SOCIAL**



**SUICIDE PREVENTION CENTRE**

**1 866-APPELLE (277-3553)**

*Access to a psychosocial worker*  
Professional and confidential service  
**7 days a week / 24 hours a day**

or

Contact the nearest CLSC

*Centre intégré  
de santé  
et de services sociaux  
de la Côte-Nord*

Québec 