

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 