

























# WE ARE STILL **HERE FOR YOU!**



The current coronavirus pandemic (COVID-19) and the preventive measures put in place constitute a special and unusual reality. They can affect you physically, but also psychologically. Indeed, in such a context, many people experience reactions of stress, anxiety and depression. This leaflet is intended to be a tool to help you recognize the signs that help is now needed and a list of resources available to you.

#### When does it become necessary to seek help?

Generally speaking, we overcome our reactions of stress, anxiety and depression. However, after a certain time (weeks or months), the discomfort may persist and worsen. The presence of several of the signs below can demonstrate that your personal resources no longer allow you to manage your daily worries. It may then be beneficial for you to seek help.

# **PHYSICALLY**

- Feeling of suffocation, heart beating faster, dizziness, nausea;
- Significant sleep difficulties;
- Decreased marked appetite, which may be associated with weight loss;
- Lack of energy and marked fatigue, exhaustion.

# **PSYCHOLOGICALLY AND EMOTIONALLY**

- Invasive anxiety and fears:
- Feeling panic when you hear about the virus;
- Invasive negative thoughts;
- Loss of pleasure and lack of interest in the activities you used to enjoy.

## **BEHAVIORAL**

- Difficulty taking on daily tasks;
- Constant monitoring of symptoms related to the virus;
- Intense and frequent crying;
- Marked irritability and aggressiveness, conflicts with those around them:
- Lack of concentration :
- Alcohol, drug or medication abuse.

The presence of several of these signs can demonstrate that your personal resources no longer allow you to manage your daily worries. It may then be beneficial for you to seek help.

**RESOURCES** 



# **HELP AND LISTENING RESOURCES**

#### Psychosocial reception of the CISSSAT

Intervention service for anyone experiencing a personal or family problem (stress, anxiety, depression, etc.).

Ville-Marie 819-629-2420 ext. 4222 Témiscaming 819-627-3385 ext. 1260



#### Groupe IMAGE of Abitibi-Témiscamingue

Intervention service for men, fathers and people experiencing homelessness 819-622-2666



#### Témiscamingue Suicide Prevention Center

SIntervention service for people with suicidal thoughts and their relatives 819-622-7777



#### Row worker in Témiscamingue

Listening, intervention and support service for farm families 819-629-7562 or via facebook @sabrinaaudetgodintravailleusederang

## **DOMESTIC VIOLENCE**



# Maison d'Hébergement l'Équinoxe

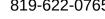
Intervention and accommodation service for women victims of domestic violence and their children 819-622-7001

# **FOOD AID SERVICE**



#### Regroupement d'Entraide Sociale du Témiscamingue

Food aid service 819-622-0765





#### Association Place au Soleil

Food bank assistance, listening and support services for the people of Témiscaming 819-627-1505 or via la page Facebook @placeausoleil

# WE ARE STILL HERE FOR YOU!

In the context we are currently living in, it is essential for community organizations in Témiscamingue to remain available to you. We have adapted our way of providing our services, in order to comply with the preventive measures requested by the Government, but we remain HERE FOR YOU.

(Please call the organization before coming to the site)

















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For contact information or information on Témiscamingue community organizations, communautain d please refer to the organization's Facebook page or the Témiscamingue Community Development Corporation web page. https://www.cdctemiscamingue.org/

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# RESOURCES 24/7

- Info-Social: 811 option 2
- Suicide prevention intervention line: 1-866-277-3553
- ÉQUINOXE / domestic violence : 819-622-7001 • Emergency line: 911
- Coronavirus Info Line 1-877-644-4545 (if you are about COVID-19 or if you symptoms like cough or fever)