

Tips for taking care of oneself

Spend time with
your
**friends and
family**



Give yourself
time for
hobbies



Adopt or maintain
**healthy living
habits**

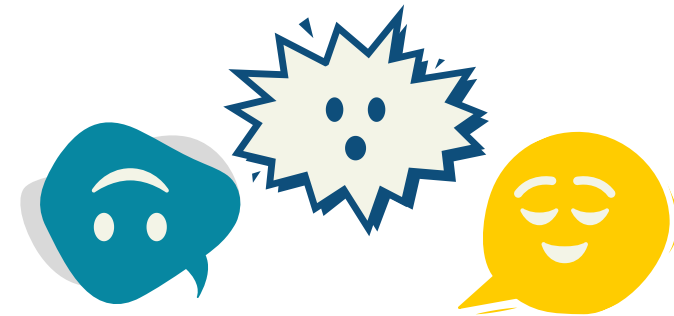


And
**anything else
that does you
good**



Share local resources here

LE CISSS DES LAURENTIDES
complice du bien-être des jeunes



Talking always helps

Our helplines are there for you

LE RÉSEAU
D'ÉCLAIREURS

EN SANTÉ PSYCHOLOGIQUE

santelaurentides.gouv.qc.ca

Centre intégré
de santé
et de services sociaux
des Laurentides

Québec

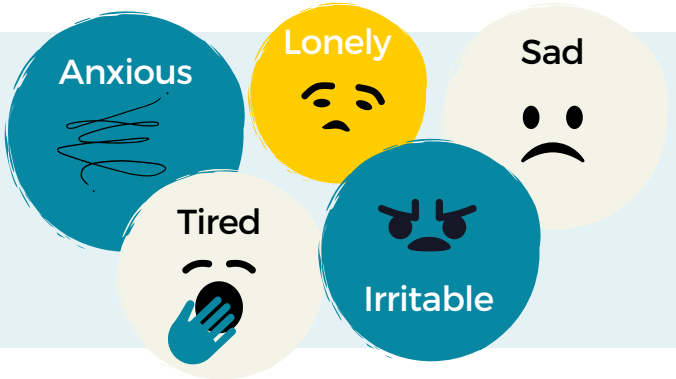
Québec

Signs that all is not well

Call anytime

Anonymous and confidential

If you often feel :



Or if you :

- **Have difficulty concentrating** in class, at home or during activities
- **Are isolating and avoiding others**
- **Are losing interest** in the things you love

Don't hesitate to talk to :

- ✓ a friend
- ✓ an adult you trust
- ✓ a help resource





Info-Social / Info-Santé

 **811**
For any difficulty or health issue

Centre prévention suicide Faubourg

 **1-866-APPELLE (277-3553)**
 cps-le-faubourg.org/


Tel-Jeunes

 **1-800-263-2266**
 **514-600-1002**

Jeunesse J'écoute

 **1-800-668-6868**
 **Text 686868**

Interligne

 **1-888-505-1010**
Support for **LGBTQ+** and their loved ones



ANEB Anorexia and bulimia Québec

 **1-800-630-0907**
 anebados.com/en



SOS Violence conjugale

 **1-800-363-9010**
 **438-601-1211**
 sosviolenceconjugale.ca/en

Sexual Violence Helpline

 **1-888-933-9007**
 infoaideviolencesexuelle.ca/


Drugs: help and referral

 **1-800-265-2626**
 aidedrogue.ca/en

Gambling: help and referral

 **1-800-461-0140**
 aidejeu.ca/en

Director of Youth Protection (DYP-reporting)

 **1-800-361-8665**



Call



Text



Website