



Renfrew County and
District Health Unit

FACT SHEET

Responding to Stressful Events



Crisis Support Line

1.844.751.2133

It's OK to NOT be OK

It is natural to feel stress, anxiety, grief, and worry during and after a stressful event. Everyone reacts differently, and your own feelings will change over time.

Notice and accept how you feel. Taking care of your emotional health during an emergency will help you think clearly and react to urgent needs to protect yourself and your loved ones.

Things you can do to take care of yourself during a stressful event:

- Eat healthy and try to get adequate sleep.
- Avoid alcohol or other drugs.
- Help other people in your community as a volunteer. Stay busy.
- Accept help from family, friends, co-workers, or clergy. Talk about your feelings with them.
- Reach out for support when needed.

When Should I get help?

Sometimes we need help from a health professional such as a family doctor, social worker, or nurse. Ask for help if you have:

- Feelings of shock, numbness, or disbelief
- Difficulty concentrating
- Sleeping problems or nightmares
- Feelings of extreme helplessness
- Headaches, body pain, or skin rashes
- Changes in appetite
- You are not able to take care of yourself or your loved ones

Stressful events, such as flooding, require communities to come together.

If you see a neighbour, friend or family member struggling to cope, offer help or refer them to the resources provided in this fact sheet.

Visit us at www.rcdhu.com or call **613-735-8666**
or **1-800-267-1097, Ext. 666**

"Optimal Health for All in Renfrew County and District"

Where can I get help?

Renfrew County and District residents and families can access the following community mental health resources available in Renfrew County:

- The [Mental Health Crisis Line](https://www.crisisline.ca/) (<https://www.crisisline.ca/>) answers calls for people ages 16 or older, 24 hours a day, seven days a week, at **1-866-996-0991**.
- [The Kids Help Phone](https://kidshelpphone.ca/) (<https://kidshelpphone.ca/>) provides confidential 24/7 phone (**1-800-668-6868**), Live Chat (kidshelpphone.ca) and text (**text TALK to 686868**) counselling support to children, youth and young adults.
- [Mental Health Services of Renfrew County](https://www.pemreghos.org/mentalhealthservices) (<https://www.pemreghos.org/mentalhealthservices>) is a program administered by the Pembroke Regional Hospital and offers a full range of public health services supporting mental wellness and recovery for individuals ages 16 years and older, living in Renfrew County, who are in distress or living with mental illness and/or addiction. Residents can call **613-732-8770 or 1-800-991-7711**.
- [Phoenix Centre for Children and Families](https://phoenixctr.com/) (<https://phoenixctr.com/>) offers mental health services for children and families and [Walk-In Counselling Clinics](#) that provide a 1-hour free, confidential counselling session. Residents can call **613-735-2374 or 1-800-465-1870**.
- [Petawawa Military Family Resource Centre Mental Health Services](#) offers a wide range of mental health services to military families and hosts a Mental Health [Walk-In Clinic](#) every Wednesday evening. For more information call **613-687-2104 ext. 224**.
- [Renfrew County Addiction Treatment Services](https://www.renfrewcountyaddictiontreatment.ca/) (<https://www.renfrewcountyaddictiontreatment.ca/>) offers confidential assistance to individuals 12 years of age or older who are experiencing problems with alcohol, drugs or gambling. Family and friends are also encouraged to contact for support at **613-432-9855 or 1-800-265-0197**.
- [Aboriginal Mental Health and Addictions Services](#) provide community-based and culturally appropriate activities and services to support aboriginal children, youth, adults, and families. For more information call **(613) 625-1551**.

Who should I talk to if I have any more questions?

Talk to your doctor/nurse practitioner or call Renfrew County and District Health Unit at 613-735-8666 or 1-800-267-1097 Ext. 666.

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7 International Drive Pembroke, ON, K8A 6W5
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