



PUBLIC HEALTH NOTES

JUNE 2019

VOLUME 1, ISSUE 1

HIGHLIGHTS

For local information, direct patients to the RCDHU website to access *Mental Health Resources* and a *Mental Health & Addiction Events/Clinics Calendar*.

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Mental health crisis lines available 24/7 to share with patients:

Ages 16 or older
Mental Health Crisis Line
<https://www.crisisline.ca/>
1-866-996-0991

Ages 18 and under
Child, Youth & Family
Crisis Line
www.icrs.ca
1-877-377-7775

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Long term health issues, such as depression, anxiety and post-traumatic stress disorder, can affect people for a long time after a flood (e.g. up to two years after the event).



Mental Health - It's OK to NOT be OK!

Patients experiencing mental health issues need help from health professionals such as a family doctor, social worker, or nurse. Recognize, acknowledge and encourage your patients to express their feelings and to ask for help if they have:

- Feelings of shock, numbness, or disbelief
- Difficulty concentrating
- Feelings of extreme helplessness
- Difficulty taking care of themselves or their loved ones

Youth & Mental Health

The three most pressing challenges identified by local youth 12-24 years are:

anxiety, depression and substance use.

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For full details visit the RCDHU Website > For Professionals > Health Care > Renfrew County Youth Needs Assessment Report

Mental Health and Addiction Resources for Residents in Renfrew County

Mental Health Services of Renfrew County	Services supporting mental wellness and recovery for individuals ages 16 years and older, who are in distress or living with mental illness and/or addiction.	Phone: 613-732-8770 or 1-800-991-7711 Website: https://www.pemreghos.org/mentalhealthservices
Phoenix Centre for Children and Families	Mental health services for children and families (ages 17 and under or caregivers) and walk-in counselling that provides a free 1-hour counselling session.	Phone: 613-735-2374 or 1-800-465-1870 Website: https://phoenixctr.com/ Walk-In Counseling Clinics: https://phoenixctr.com/walk-in-counselling/
Robbie Dean Family Counselling Centre	Free crisis counselling walk-in clinics for individuals ages 16 and over across Renfrew County.	Phone: 613-629-4243 Website: https://robbiedeancentre.com/
Petawawa Military Family Resource Centre	Mental health services for military families of all ages and a free mental health walk-in clinic every Wednesday evening.	Phone: 613-687-2104 ext. 224 Walk-In Clinic: https://www.cafconnection.ca/Petawawa/Adults/Mental-Health/Walk-In-Clinic.aspx
Veterans Affairs Canada	Veterans can access information and emergency funding for members who are in financial distress and who meet the criteria for services/funding.	Phone: National Contact Centre 1-866-522-2122 Website: https://www.veterans.gc.ca/eng/health-support/mental-health-and-wellness
Veterans Affairs Canada Assistance Service	Veterans and serving members can access up to 8 therapy sessions through this service at no cost.	Phone: 1-800-268-7708 Website: https://www.veterans.gc.ca/eng/contact/talk-to-a-professional
Aboriginal Mental Health and Addictions Services	Community-based and culturally appropriate activities and services to support aboriginal children, youth, adults, and families.	Phone: 613-625-1551 Website: https://www.algonquinsofpikwakanagan.com/health-services/
Renfrew County Addiction Treatment System	Delivers comprehensive, integrated alcohol, drug and gambling addiction assessment, counselling and treatment programs.	Phone: 1-866-531-2600 Website: http://www.renfrewcountyaddictiontreatment.ca/
Kids Help Phone	Provides confidential 24/7 phone, live chat and text counselling support to children, youth and young adults.	Phone: 1-800-668-6868 Live Chat: kidshelpphone.ca Text: text TALK to 686868
North Renfrew Family Services	A free walk-in clinic is open to all Renfrew County residents every Wednesday from 1-6 p.m. (last appointment at 4:30 p.m.). Mental health services by appointment are available for residents living from Chalk River to Deux Rivieres.	Phone: 613-584-3358 Website: http://bright-ideas-software.com/nrfs/