



Renfrew County and  
District Health Unit

# FACT SHEET

## Responding to Stressful Events



### It's OK to NOT be OK

It is natural to feel stress, anxiety, grief, and worry during and after a stressful event or emergency. 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 situation:

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

### When should you 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
- Feelings of extreme helplessness

**Stressful events, such as emergencies, require communities to support each other.**

**If you or someone you know is experiencing feelings of stress, anxiety, grief, worry, anger or suicide, contact a crisis line, 24/7:**

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](http://www.icrs.ca)  
1-877-377-7775

Visit us at [www.rcdhu.com](http://www.rcdhu.com) or call 613-732-3629  
or 1-800-267-1097

"Optimal Health for All in Renfrew County and District"

## Mental Health and Addiction Resources for Residents in Renfrew County

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

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