



**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**

**[Child, Youth and Family Crisis Line
and Crisis Chat \(ages 17 and under\)](#)**

1-888-377-7775

**Visit us at 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

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).	Phone: 613-735-2374 or 1-800-465-1870 Website: https://phoenixctr.com/
Robbie Dean Family Counselling Centre	Free short-term counselling and support groups for individuals 16 years and over.	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. Services in French available by appointment only.	Phone: 613-687-7587 ext. 3226 Website: https://cfmws.ca/support-services/health-wellness/mental-health
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.algonquinsopikwakanagan.com/health-services/
Renfrew County Addiction Treatment System	Delivers comprehensive, integrated alcohol, drug and gambling addiction assessment, counselling and treatment programs.	Phone: 1-800-265-0197 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: https://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/

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