HEALTH AND WELL BEING ADVICE

CHANGE OF ENVIRONMENT

SUICIDE ACTION MONTREAL
CHANGE OF ENVIRONMENT

Sometimes changing rooms or getting fresh air can have a positive impact on your mood and energy. This simple change of environment can help you feel better and reconnect with yourself. It can also help us to see more clearly in our thoughts and take a distance from what is bothering us in our daily lives.

1-866-APPELLE (277-3553)  
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ACCEPTING OR ASKING FOR HELP

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ACCEPTING OR ASKING FOR HELP

It is normal to need help. We are not superheroes! Sometimes asking for help, accepting help or even delegating tasks are the most responsible choices. Trust others and accept the help that is available to you.
YOU HAVE THE RIGHT TO CANCEL PLANS
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Give yourself the right to reverse a decision if it is no longer what you need. Sometimes we need to take a break to do better the next day. It is also possible that the pressure of your previous commitments is too great for you at this time. So now is the time to cancel commitments to respect your new limits brought by the special situation we are all living in. Allow yourself to say "no". It's okay to be less available to others at times. It’s important to set your limits, to listen to yourself and above all to respect yourself within your own limits.
HEALTH AND WELL BEING ADVICE

HELP SOMEONE IF YOU THINK HE / SHE IS IN NEED

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HELP SOMEONE IF YOU THINK HE / SHE IS IN NEED

If you are worried about a loved one and you feel emotionally available, you can get help to give a better support and to accompany them. The prospect of suicide is so disturbing and the suicidal person’s discomfort is so complex that you may feel overwhelmed but still want to support them. Suicide Action Montreal is here to help you help your loved ones. Please do not hesitate to contact us for assistance. It is also important to keep in mind and respect our own personal ability to help someone in distress.

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IS YOUR CELL PHONE CAUSING YOU ANXIETY?

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IS YOUR CELL PHONE CAUSING YOU ANXIETY?

What are your ways to take time for yourself and disconnect? Sometimes disconnecting helps reconnect with yourself. If you have to, hide your cell phone in another room and take a moment for yourself. This may allow you to reconnect with a sidelined passion like reading, drawing or even give you time to relax.
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DID YOU TAKE TIME FOR YOURSELF TODAY?

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DID YOU TAKE TIME FOR YOURSELF TODAY?

Making time for yourself can be very beneficial for your mental health. Your day can be so busy that you feel like you don't have time to relax. Why not make a date with yourself?

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