HELPING TREE

In an emergency, call 911

Human Relations Therapists
Saint-Quentin: 235.3066
Private Clinic

* Indicates that fees or travel may be involved.

(Continued)

Employee and Family Assistance Program
Private agencies*

Family Services
Restigouche 753.4161
Priorité Santé 739.0899

Labour

Suicidal thoughts, mental health problems, emotional problems and reduce stigma***

Take a look at the yellow boxes at the bottom of the Helping Tree and identify the issue that concerns you.

Determine the difficulty and then the resource

Listen – Do not judge - Guide

START HERE

Awareness documentary: La Vie au Masculin (J.R. Vieux)
on YouTube

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1-888-236-2444

of the following questions:

- What do you want to say to a person in distress?
- What to say to a person in distress?

1. What do you want to say to a person in distress?
2. What to say to a person in distress?

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2. What to say to a person in distress?

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