Francais English

CONTINUUM OF PSYCHOLOGICAL WELL-BEING

BUREAU DU DÉVELOPPEMENT DURABLE ET SOCIÉTAL

	HEALTHY	REACTING	DYSREGULATED	DISTRESSED
INDICATORS	▪ Stable mood with normal fluctuations ▪ Generally positive thoughts and emotions, resilience in the face of challenges ▪ Restorative and regular sleep ▪ Balanced eating habits ▪ Energy and mental clarity ▪ Social activity, healthy bonds and relationships ▪ Consistent performance and motivation ▪ Moderate use of screen time, social media, video games or digital leisure activities ▪ Limited or no use of alcohol, cigarettes, drugs or gambling	▪ Stress, increased anxiety, irritability ▪ Emotional vulnerability, more frequent worrying or intrusive thoughts ▪ Difficulty sleeping ▪ Changes in appetite (e.g., skipped meals, junk food) ▪ Fatigue, reduced energy ▪ Decreased interest in certain activities ▪ Procrastination, trouble concentrating, forgetfulness ▪ Increased screen time ▪ Occasional but controlled use of alcohol, cigarettes, drugs or gambling	▪ Persistent anxiety, anger, overwhelming sadness, hopelessness ▪ Negative thought patterns or emotions ▪ Restless or disturbed sleep, frequent nightmares ▪ Significant increase or decrease in appetite, digestive issues ▪ Exhaustion, aches and pains ▪ Loss of interest in usual activities, social withdrawal or avoidance ▪ Difficulty fulfilling obligations (work, studies) ▪ Excessive use of screens, social media or video games ▪ Increased and difficult-to-control consumption of alcohol, cigarettes, drugs or gambling	▪ Crippling anxiety, panic attacks, emotional instability ▪ Severe depressive symptoms, suicidal thoughts ▪ Insomnia, unable to fall or stay asleep ▪ Eating disorders (e.g., anorexia, bulimia) ▪ Complete exhaustion, significant physical symptoms ▪ Social isolation ▪ Inability to complete daily tasks, absenteeism ▪ Addiction to screens, social media or video games ▪ Substance abuse or risky behaviours with serious consequences
ACTIONS	▪ Maintain a healthy lifestyle (rest, balanced diet, physical activity, socializing, community, nature) ▪ Strengthen management strategies ▪ (relaxation, leisure, gratitude, journaling, breathwork, mindfulness, meditation, setting boundaries, digital detox, helping others, spending time in nature) ▪ Break problems into manageable steps ▪ Identify support systems and build positive relationships	▪ Identify stressors and adopt healthy coping strategies (taking care of sleep and nutrition as well as physical, mental and spiritual well-being) ▪ Take breaks, relax and practice self-care ▪ Engage in activities that promote well-being (moving your body, creativity, nature) ▪ Express emotions and surround yourself with supportive people	▪ Consult a health professional ▪ Set clear boundaries with your time, screen exposure and emotional energy ▪ Engage in calming and restorative activities, talk to someone you trust instead of withdrawing ▪ Adjust your environment (reassess expectations, manage time)	▪ Immediately consult a mental health professional ▪ Reach out to helplines or crisis support services ▪ Follow healthcare recommendations ▪ Maintain a support network ▪ Focus on recovering physical and mental health
HELP	▪ Polytechnique Student Services or Human Ressources ▪ Your supervisor or manager ▪ Friends, family and trusted individuals ▪ Therapist, psychotherapist	▪ Polytechnique Student Services or Human Ressources ▪ Your supervisor or manager ▪ Friends, family and trusted individuals ▪ Therapist, psychotherapist	▪ Polytechnique Student Services or Human Ressources ▪ Your supervisor or manager ▪ Trusted individuals (for emotional support) ▪ Therapist, psychotherapist ▪ Psychologist ▪ Social worker	▪ Polytechnique Student Services or Human Ressources ▪ Your supervisor or manager ▪ Trusted individuals (within their capacity) ▪ Therapist, psychotherapist ▪ Psychologist ▪ Social worker ▪ Healthcare provider, doctor, psychiatrist
RESOURCES	**Polytechnique Student Services (SEP)** Confidential support, counseling and resources C-240 pavillon principal sep@polymtl.ca https://etudiant.polymtl.ca/sep/en **Human Ressources (STC)** Quality of work life, health and wellness initiatives, employee recognition program intranet.polymtl.ca/srh **Polytechnique Graduate Student Association (AÉCSP)** aecsp.qc.ca **Polytechnique Undegraduate Student Association (AEP)** www.aep.polymtl.ca **Student Committees** www.polymtl.ca/edi/ressources/comites-etudiants **Station Polytechnique** Student committee for the promotion of well-being and mental health www.stationpolytechnique.com **CEPSUM Sports Center** www.cepsum.umontreal.ca/avantages-etudiants	**Polytechnique Student Services (SEP)** Tutoring, mentoring, financial aid, immigration, disability services, housing assistance, psychological consultation, workshops, French conversation coffee breaks and more C-240 pavillon principal sep@polymtl.ca etudiant.polymtl.ca/soutien **Wellness Program for Students** Dialogue App www.dialogue.co/en/members/studentcare **Wellness Program for Employees** Employee and family assistance program, telemedicine 1 (833) 711-2327 intranet.polymtl.ca/srh/programme-pour-mieux-sepanouir-mieux-etre-au-travail ------- EXTERNAL RESOURCES ------- **Student Mental Health Support** stationsme.ca/en **Information and Referral Center** Local community, social and public resources (food assistance, mental health support, emergency housing, etc.) 211 www.211qc.ca/en **Interligne** Helpline and information service for LGBTQI+ people and their loved ones 1 (888) 505-1010 interligne.co/en	**Polytechnique Student Services (SEP)** Toolkit for psychological distress C-240 pavillon principal sep@polymtl.ca etudiant.polymtl.ca/soutien/boite-outils **Frigo-Raton** This community fridge aims at reducing food waste while supporting students facing food insecurity, on a take-what-you-need basis C-215 pavillon principal **Human Ressources (STC)** 2nd floor, 3535 Queen Mary stc@polymtl.ca **Conflict and Violence Intervention and Prevention Office (BIPCV)** www.polymtl.ca/bipcv/en ------- EXTERNAL RESOURCES ------- **Quebec Student Union** List of Psychological Resources unionetudiante.ca/en/student-mental-health **Aire ouverte** Services offered to youth aged 12-25 (psychosocial support, nursing care, nutrition, sexual health, etc.) www.ciussscentreouest.ca/programs-and-services/aire-ouverte **Montreal Women's Health Centre** Reproductive health services csfmontreal.qc.ca/en/home **Info-Santé & Info-Social** Telephone consultation service for health advice or psychosocial support 811	**Polytechnique Student Services (SEP)** Immediate intervention protocol etudiant.polymtl.ca/soutien/besoin-daide-urgent **Employee Assistance Program** 1 (833) 711-2327 **Institutionnal Security Service** (514) 340-4444 ------- EXTERNAL RESOURCES ------- **Tel-Aide** 24/7 active listening service (514) 935-1101 telaide.org/en **Tracom Crisis Intervention Center** (514) 483-3033 www.tracom.ca/home **Suicide Prevention Centre** 1 (866) 277-3553 Texto : 535353 suicide.ca/en Self-assessment tool **SOS Domestic Violence** 1 (800) 363-9010 Texto : (438) 601-1211 sosviolenceconjugale.ca/en **Sexual Violence Support Line** 1 (888) 933-9007 cvasm.org sexualviolencehelpline.ca **Emergency Services** Ambulance · Police · Firefighters 911

All the above helplines provide services in both French and English

POLYTECHNIQUE MONTREAL