

HAVE YOU BEEN EXPOSED TO A POTENTIALLY TRAUMATIC EVENT?

There are resources!



More resources

La Vigile

Free support service
for uniformed professions,
available 24/7:
1-888-315-0007



811 Info-social phone line

Free and confidential telephone
consultation service, available 24/7

Centre d'écoute in your region

Free and confidential telephone
support service:
lignedecoute.ca

Écoute Entraide

Free listening and support service:
1-855-EN-LIGNE (365-4463)

Centre d'aide aux victimes d'actes criminels (CAVAC)

Free confidential services:
1-866-LE-CAVAC (532-2822)

Indemnisation des victimes d'actes criminels (IVAC)

Help for victims
of criminal offences:
1-800-561-4822

WHAT SHOULD YOU DO WHEN YOU HAVE BEEN EXPOSED TO A POTENTIALLY TRAUMATIC EVENT?

Depending on your situation, it might be advisable to take the following steps:



1. Report the event to your employer so that you get the initial psychological and physical care.
2. Fill out your employer's accident report form. If possible, keep a copy and inform your union.
3. Consult a doctor and request to open a file at the CNESST, even if you continue to work.
4. Contact your Employee Assistance Program (EAP).
5. Consult a social worker, psychotherapist or a psychologist.