

MENTAL HEALTH & WELL-BEING

You don't have to figure it out alone.

Mental health is just as important as physical health.

Your pharmacist is here to support you.

We listen. We care. We can help.



RECOGNIZING WHEN YOU'RE STRUGGLING

It's okay to not be okay. Changes in mood, energy, sleep, appetite, or interest in daily activities can be signs you need support.



ANXIETY & DEPRESSION

You are not alone. Anxiety and depression are common and treatable health conditions.



STRESS & BURNOUT

Life can feel overwhelming. Learn simple strategies to manage stress and protect your well-being.



SLEEP & MENTAL WELLNESS

Good sleep supports your mood, focus, and overall health. We can help you improve your sleep habits.



MEDICATION & MENTAL HEALTH

Medications can play an important role in mental health treatment. We can answer your questions and help you stay on track.



SUPPORTING SOMEONE YOU CARE ABOUT

Know how to offer support, encourage help-seeking, and take care of yourself while helping others.



WHEN TO REACH OUT FOR HELP

If you're feeling overwhelmed, hopeless, or having thoughts of self-harm, please reach out. Help is available.



HOW YOUR PHARMACIST CAN HELP

We can provide guidance on your medications, answer questions, and connect you with local resources.



YOU MATTER

Taking care of your mental health is one of the most important things you can do. Small steps can make a big difference.

We're here for you.



TALK TO US. WE'RE HERE TO HELP.

Your health. Your well-being. Our priority.



519-491-6861

500 Exmouth St. #3
(Northgate Plaza)
Sarnia, ON N7T 5P4



COMPASSIONATE
CARE



CONFIDENTIAL
SUPPORT



WE LISTEN



MEDICATION
EXPERTS



YOUR HEALTH
PARTNER

We do not replace your doctor.
We work with your healthcare team to support your health.



MENTAL HEALTH & WELL-BEING



MENTAL HEALTH & WELL-BEING

You don't have to figure it out alone.

♥ There are people and places in our community who can help. ♥



WHERE TO START



TALK TO SOMEONE

Start with someone you trust – a friend, family member, pharmacist, doctor or healthcare professional.



FIND THE RIGHT FIT

There are many supports available. It's okay if it takes time to find what works for you.



YOU ARE NOT ALONE

Many people have been where you are. Support is available, and help can make a difference.



NEED HELP NOW?

If you or someone you know is in immediate distress, don't wait. Reach out right away.



IT'S OKAY TO ASK

Asking for help is a sign of strength. You deserve support and compassionate care.

LOCAL & COMMUNITY RESOURCES

These services are available for individuals, families and friends in Sarnia-Lambton.

I NEED SOMEONE TO TALK TO



CMHA Lambton Kent Mental Health First Response
24/7 support for people experiencing a mental health concern or crisis, for those supporting someone, and for professionals.

519-336-3000
or 1-800-265-3000
24/7



Kids Help Phone
Professional counselling for youth.

1-800-668-6868
24/7
KidsHelpPhone.ca



Hope for Wellness Help Line
Indigenous support and crisis counselling.

1-855-242-3310
24/7



Ontario Mental Health Helpline
Free, confidential support.
Talk to a professional counsellor.

1-866-531-2600
24/7

I NEED HELP RIGHT NOW



If you are in immediate danger or thinking about suicide, call or text 988 or go to your nearest hospital.

988
24/7



St. Clair Child & Youth Services Crisis Line

519-337-2202
24/7



Bluewater Health Emergency Department
For urgent medical or mental health crises.

519-464-4400
(ask for ED)
24/7



AT EXMOUTH PHARMACY

We care about more than prescriptions. Your pharmacist can:

- Listen without judgment
- Answer medication questions
- Help you understand your treatment
- Connect you with local resources
- Work with your healthcare team

We're here for you.



YOU MATTER. YOUR WELL-BEING MATTERS.

Small steps can lead to bright changes.
We're here to help you find your next step.



IMPORTANT

If this is an emergency, call 911 or go to the nearest hospital.

911