

NEED HELP?

Below is a list of immediate support services available outside of St. Lawrence.

Name	Information	Contact
Centre de crise de Quebec	Crisis counselling and shelter; <i>24hrs/day, 7 days/week</i>	418-688-4240
Tel-Jeune	Anonymous counselling over the phone or texting; <i>24hrs/day, 7 days/week</i>	Phone: 1-800-263-2266 Text: 514-600-1002 Website: teljeunes.com
Tel-Aide	Anonymous support phone line; <i>9 am until midnight, 7 days/week</i>	418-686-2433 1-877-700-2433
Centre de prévention du suicide	Counselling and referral phone line; <i>24hrs/day, 7 days/week</i>	418-683-4588 1-866-277-3553
Info Santé	Phone line whereby nurses answer non-urgent health related questions; <i>24hrs/day, 7 day /week</i>	Dial 811 (option 1)
Info Sociale	Professionals answer psychological questions and offer support and referral; <i>24hrs/day, 7 days/week</i>	Dial 811 (option 2)
Primary Care Access point	If you do not have a family doctor, a nurse will direct you to the best health professional; <i>24hrs/day, 7 days/week</i>	Dial 811 (option3)
Fraser Recovery Program	Alcohol, drug and addictions support; <i>24hrs/day, 7 days/week</i>	418-527-5858 thefrp.org
Drogue: Aide et Reference Drug: Help and Referrals	Anonymous phone line providing support, information, and referrals related to drug use and abuse; <i>24hrs/day, 7 days/week</i>	1-800-265-2626 aidedrogue.ca
Jeu: Aide et reference Gamblin: Help and Referral	Phone line providing information, counselling, and referrals for individuals experiencing problems with gambling; <i>24hrs/day, 7 days/week</i>	1-800-461-0140 aidejeu.ca
Sexplique	Phone support, information, and referrals for people with questions related to sex, including pregnancy, contraception, and sexually transmitted diseases; <i>Monday - Friday – 9am to 5pm</i>	418-624-6808 ext.23 1-877-624-6808 ext. 23 sexplique.org
SOS Grossesse/SOS Pregnancy	Phone line providing assistance and support related to pregnancy; <i>7 days/week from 9am to 9pm</i>	418-682-6222 1-877-622-9666
Interligne	Provide help and information for the LGBTQ+ community (including legal clinic); <i>7 days / week from 8am to 12am</i>	1-888-505-1010 aide@interligne.co
GRIS Québec	Free individual and group counselling and support for the LGBTQ+ community (ages 14-25) <i>Monday - Friday – 9am to 5pm</i>	418-523-5572
Viols-Secours	Phone line for female victims of sexual violence with in-person individual or group follow-ups <i>Monday - Friday – 8:30am to 4pm</i> <i>Saturday-Sunday – 9am to 5pm</i>	418-522-2120 violsecours.qc.ca
Info-aide violence sexuelle	Phone line for victims of sexual violence and their loved ones. Support, information, and referral provided; <i>24 hrs/day, 7 days/week</i>	1-888-933-9007
CAVAC (Centre d’aide aux victimes d’acte criminel)	Phone line for individuals who have been victim of or witness of a crime or a close relation of a victim; <i>Monday - Friday – 8:30am to 4:30pm or in-office by appointment</i>	418-648-2190 cavac.qc.ca
La Boussole	Phone line and services for those with family or friends struggling with mental illness; <i>Monday - Friday – 4:30am to 10pm</i> <i>Saturday-Sunday – 8:30am to 10pm</i>	418-523-1502
SOS Violence Conjugale/SOS Domestic Violence	Anonymous phone line providing information, support, and referrals for victims and/or those concerned with matters of domestic violence; <i>24 hrs/day, 7 days/week</i>	1-800-363-9010
JHCS-Wellness	Website proving information about local English-speaking mental health resources	wejh.ca/programs-and-activities/we-mind