## CANADIAN & QUÉBEC RESOURCES

Helplines and Websites for Students and Parents

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<thead>
<tr>
<th>Resources (Click on name for website)</th>
<th>Description</th>
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<tr>
<td><strong>1. Kids Health</strong></td>
<td>A trusted source for physician-reviewed information and advice on children's health and parenting issues.</td>
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<tr>
<td><strong>2. 211</strong></td>
<td>List of all services by province and region. Information on community, public and para-public services.</td>
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<tr>
<td><strong>3. 811</strong> Line 1: info-santé Line 2: info social</td>
<td>For all referral about health and psychosocial services and resources by region</td>
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<tr>
<td><strong>4. Tel Jeunes (English) youth</strong></td>
<td>A 24/7 confidential resource for youth seeking information/support on personal topics such as: family, health, sexuality, relationships and more. There is also a helpline for parents.</td>
</tr>
<tr>
<td>Tel Jeunes (French) jeunes</td>
<td>1-800-263-2266 514-600-1022 (text) Tel Jeunes (Parents) 1-800-361-5085 (parents)</td>
</tr>
<tr>
<td><strong>5. Jeunesse J’écoute (French)</strong></td>
<td>Canada's only 24/7 national service offering professional counselling, information, referrals and volunteer-led, text-based support for young.</td>
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<tr>
<td>Kids Help Phone (English)</td>
<td>1-800-668-6868 (phone) Text CONNECT to 686868</td>
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<tr>
<td><strong>6. Food banks of Quebec</strong></td>
<td>Information on food banks of all regions of the province of Quebec.</td>
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<tr>
<td><strong>7. Alcohol, Drugs and Gambling Resources</strong></td>
<td>1. Ministry (MEES) support and advice in the prevention of consumption and gambling problems. Resources for help and information. 2. Available 24 hours a day and 7 days a week, this specialized helpline service is bilingual, free, anonymous and confidential.</td>
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<tr>
<td>MEES</td>
<td>1-800-265-2626</td>
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<tr>
<td>Drugs, Help and Referral / Drogues, aide et références</td>
<td>1-800-363-9010</td>
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<tr>
<td><strong>8. Domestic violence</strong></td>
<td>24/7 helpline and resource for domestic violence</td>
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<tr>
<td>SOS violence conjugale/domestic violence</td>
<td>1-800-363-9010</td>
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<tr>
<td><strong>9. Suicide Prevention and Crisis</strong></td>
<td>A 24/7 confidential hotline for people in crisis offering support, counselling, crisis intervention or grief follow-up regarding suicide.</td>
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<tr>
<td>1-866-APPELLE or 1-866-277-3553</td>
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# LANAUDIÈRE RESOURCES

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| **1. Health and social services in English**  
- ECOL Lanaudiere  
  Phone: 450 421-5379 | English Community Organization of Lanaudiere’s website promoting health and social services resources |
| **2. Food Banks**  
- Moisson Lanaudiere  
  phone 1-866-755-4143  
- List of Lanaudiere food banks | Moisson is the organization supplying food counters of Lanaudiere.  
List of food banks to look for a counter in your local region |
| **3. Mental health resources**  
- 811  
- Laurentides/Lanaudière resources | List of main resources for mental health, in both Lanaudièr and Laurentides regions |
| **4. Alcohol, Drugs and Gambling Resources**  
- 811  
- CISSS Lanaudiere-CRD  
- Le Réseau - Addiction prevention  
- Uniatox - Addiction prevention  
  Mascouche: 450 968-0363  
  Terrebonne: 450 582-2983 | Le Réseau- serves the clientèle of Lanaudière North  
Uniatox serves the clientèle of Lanaudière South.  
Both are non-profit organizations for addiction prevention, referral and reintegration for the region of Lanaudière. |
| **5. Domestic violence**  
- Shelters and resources for domestic violence | Resources for safe shelter helping and supporting women and their children going through domestic violence. Also, resources for men. |
| **6. Sexual Assault- Support and Prevention**  
- Calac- Coup de Coeur  
  Phone: 450-756-4999 or 1-866-756-4999  
- Enfance libre Lanaudière  
  Phone: 450- 760 -4848 | Organizations helping adolescent girls aged 12 and over (secondary school) and women who have experienced one or more sexual assaults.  
Organization helping children who are or have been victims of violence or sexual assault. |
| **7. Suicide Prevention**  
- CPS Lanaudière  
  Phone: 1-866-APPELLE OR 1-866-277-3553 | A 24/7 confidential hotline for people in crisis offering support, counselling, crisis intervention or grief follow-up, regarding suicide. |
| **8. Info - Director of Youth Protection Lanaudière** | The DYP is responsible for protecting children and youth when their safety or development may be endangered. |
| **DPJ/DYP Lanaudière**  
| 450-756-4555 – 1-800-665-1414 | Reporting a situation to Youth Protection – information and steps to take. |
# Laurentians Resources

## Helplines and Websites for Students and Parents

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<tr>
<td>1. Laurentians Health and Social Services</td>
<td>4 Korners is dedicated to assisting people of all ages to access information, resources and services in English</td>
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| 2. Main info on Food Banks: | • Moisson Laurentides: This site lists all the food banks in every MRC of the Laurentian territory. Choose your MRC and you will find your counter.  
• Bouffe Laurentienne: reference centre for MRC Laurentides food banks |
| • Moisson Laurentides - info counters | |
| Other Food banks | |
| • Centre d'aide St-Maurice: 450-562-5151 ext.106 Rosemère, Lorraine, Bois-des-Filion  
• MRC Two Mountains/Mirabel S Counters  
and Entraide Racine Lavoie 450-623-6030 | |
| • Centre d'aide Argenteuil 450-562-5151  
• Garde manger Pays-d'en-Haut 450-744-0363  
• Bouffe Laurentienne: 819-430-6383 | |
| 3. Mental health resources | List of main resources for mental health, in both Lanaudiere and Laurentides regions |
| • 811: line 2 | |
| • Laurentides/Lanaudière resources | |
| 4. Alcohol, Drugs and Gambling Resources | Health promotion and drug Prevention non-profit organizations for youth and their surrounding |
| • 811: line 2 | |
| • Regroupement en toxicomanies Prisme: MRC Deux Montagnes 450-491-3670  
• Tangage Laurentides 819-324-2661  
MRC Laurentides and Pays-d’en-Haut | |
| 5. Domestic Shelters | Safe shelter providing help and support to women and their children, going through domestic violence. |
| • Ste-Agathe - L’Ombrelle: 819-326-1321  
• St-Jérôme: La Maison d’Ariane: 450-432-9355  
• Lachute - La Citad’Elle de Lachute  
• Two Mountains: La Mouvance: 450-472-7245  
• Ste-Thérèse: Le Mitan: 450-435-3651 | |
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| 6. **Sexual Assault- Support and Prevention**  
From Ste-Thérèse to Ste-Adèle:  
- **CALAC l'Ancrage**: 450-565-6231  
MRC Laurentides: **CALAC L'ELAN**: 819-326-8484  
**CETAS Laurentides** 450-431-6400 | Organizations helping adolescent girls aged 12 and over (secondary school) and women who have experienced one or more sexual assaults. |
| 7. **Suicide Prevention Centre**  
- **CPS Faubourg**  
  1-866-APPELLE OR 1-866-277-3553 | A 24/7 confidential hotline for people in crisis offering support, counselling, crisis intervention or grief follow-up, regarding suicide. |
| 8. **Info - Director of Youth Protection Laurentides**  
- **DYP/DPJ Laurentides**  
  1-800-361-8665 | The **DYP** is responsible for protecting children and youth when their safety or development may be endangered. Reporting a situation to Youth Protection. |
## LAVAL RESOURCES
### Helplines and Websites for Students and Parents

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| 1. Laval youth and family resources | AGAPE LAVAL  
Got my Info - Laval resources  
As-tu mon numéro - ressources Laval  
AGAPE is a non-profit organization that enhances the vitality of the underprivileged English-speaking and multicultural people of Laval by offering a wide variety of services that promote and improve mental and physical well-being.  
Gotmyinfo.com is a website promoting resources for families and youth of Laval |
| 2. Food Banks:  
Centre de bénévolat & moisson de Laval | Develop, support and promot volunteer work and social assistance through service offerings and skill development of volunteers, individuals and organizations. Ensures the fair redistribution of food goods to organizations working in food aid and to people in difficulty. |
| 3. Mental Health resources  
811  
CISSS Laval - mental health info/resources | Referral, resources and information |
| 4. Alcohol, Drugs and Gambling Resources  
811  
CISSS Laval | Centre de réadaptation en dépendances/ Drug and Alcohol Rehabilitation |
| 5. Domestic violence and resources  
CISSS Laval domestic violence info  
List of shelters and centres | Information on domestic violence  
List of safe shelters and resources helping and supporting women and their children, going through domestic violence. |
| 6. Sexual Assault- Support and Prevention  
CPIVAS Laval  
450-669-9053 | Organizations helping adolescent girls aged 12 and over (secondary school) and women who have experienced one or more sexual assaults. |
| 7. Suicide Prevention  
Suicide Prevention Resource Laval  
1-866-APPELLE 1-866-3553 | Information, resources, information about suicide prevention |
| 8. Info - Director of Youth Protection Laurentides  
DYP/DPJ Laval | The DYP is responsible for protecting children and youth when their safety or development may be endangered. |
450-975-4000 Reporting a situation to Youth Protection – information and steps to take.