

General resource



- (ກີ))) Écoute Entraide
 - Phone: 514 278-2130
 - Toll free: 1855 365 4463
 - Website: ecouteentraide.org
 - 7 days from 8 am to 10 pm
 - French

Helpline for anyone going through a difficult time

Health Info 8-1-1

Tel Help Montreal

Poisoning or intoxication hotline.

General resource

Center of Quebec

• Phone: 1800 463-5060

• Website: ciusss-

antipoison

• 24 hours, 7 days

• French and English

Poison Control

capitalenationale.gouv.qc.ca/

- Phone: 514 935-1101
- Website: telaidemontreal.org
- 7 days from 7 am to 11 pm
- French and English

Anonymous and confidential helpline for any need: mental health, addiction, couple in crisis, domestic violence, stress at work, abuse and intimidation, loneliness, strained relationships.

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Tel-Écoute
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- Phone: 514 493-4484
- Website: tel-ecoute.org
- 7 days from 10 am to 10 pm

General resource

CListening and

Face à Face

• Website: faceafacemontreal

• Monday, Tuesday and Friday 9 am to 5

pm, last week of the month: Monday to

• Phone: 514 934-4546

Friday 9 am to 5 pm

alone and isolated.

• French and English

Listening and referral line for people

looking for housing, homeless or at risk of

homelessness, living with mental health

problems with or without addictions and

intervention center

• French and English

Crisis and referral lines

Bureau de Consultation Jeunesse (BCJ)

- Phone: 514 270-9760
- Monday, Wednesday and Thursday from 1 pm to 6 pm
- French

Line of intervention to support young people aged 14 to 25 in their journey towards greater autonomy and in the implementation of solutions to improve their living conditions,

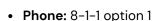
Resource for young people

211 Montreal

General resource

- Phone: 2-1-1
- Website: 211qc.ca
- 7 days from 8 am to 6 pm
- + 200 languages

Referral line for everyone to community, public and parapublic resources close to home.



- 24 hours, 7 days
- French and English

Information line for health advice. Allows you to guickly reach a nurse in the event of a non-urgent health problem.



General resource



Resource for young people Resource for young people Resource for Parents E. **Youth I Listen Emergency pregnancy Tel-Jeunes** • Phone: 1800 668-6868 • Phone: 1800 263-2266 • Phone: 514 271-0554 • Website: • Website: jeunessejecouta.ca Website: grossesse-secours.org • 24 hours, 7 days teljeunes.com/accueil • 7 days from 9 am to 9 pm • Arabic, Dari, French, English, • 7 days from 6 am to 10:30 • French and English Mandarin, Pashto, Russian and pm Ukrainian • French and English Confidential and pro-choice helpline for anyone concerned by a pregnancy, planned or not: listening, information Confidential help and intervention Listening and psychosocial line for young people aged 5 to 29. and referrals. intervention line for young people aged 20 and under. Elder Abuse Helpline Harmony group • Phone: 514 939-2640 • Phone: 1888 489-2287 Website: groupeharmonie.org • Website: aideabusaines.ca • Monday to Friday 8:30 am to • Monday to Sunday 8 am to 8 4:30 pm pm • French and English • French and English Telephone line for seniors who are Support for people aged 55 and over struggling with alcohol, drug or other victims of abuse or mistreatment and for adults in vulnerable situations. substance use problems. **Resource for Parents Resource for seniors and Resource for seniors and** caregivers caregivers

Resource for Parents



ParentLine

- Phone: 1800 361-5085
- Website: ligneparents.com
- 24 hours, 7 days
- French and English

Listening and intervention line for parents of children aged 20 and under.

Info-Suppliers Line Cvml

• Monday to Friday from 9 am

free line to help people aged 50 and over living on the territory of the

• Phone: 514 307-4636

• French and English

CIUSSS de l'Ouest de l'Ile-de-

Montréal find service providers.

Resource for seniors and

caregivers

to 5 pm

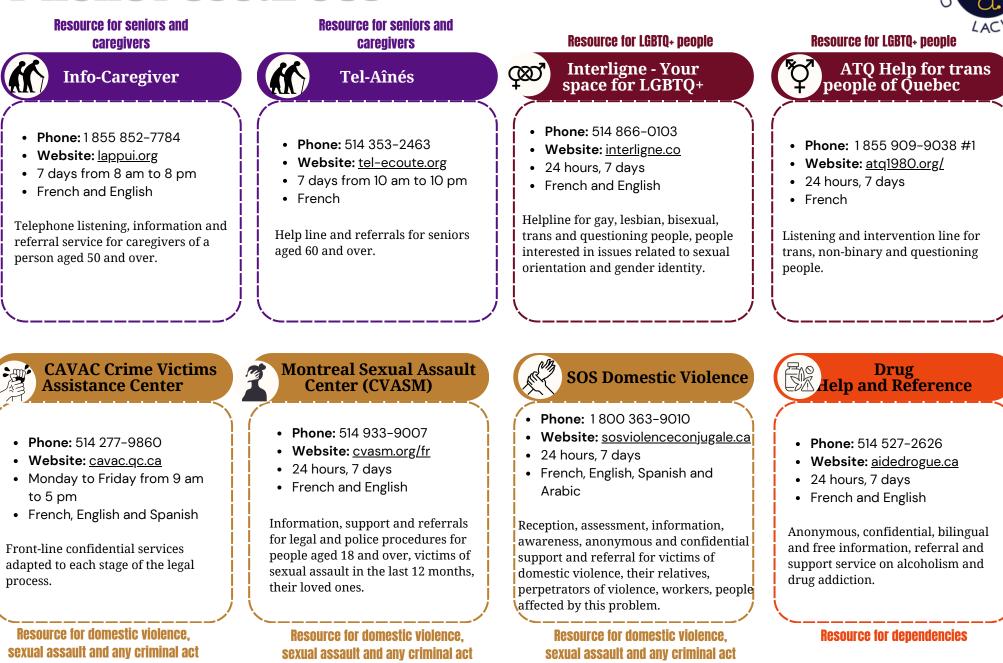
First Resource, help for parents

- Phone: 1866 329-4223
- Website:

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- premiereressource.com
- Monday to Friday from 8 am to 5 pm
- French and English

Professional and confidential consultation by telephone, with possible follow-up for parent-child relations.



those around you

Resource for mental health Resource for mental health Resource for mental health Resource for dependencies and those around you and those around you and those around you Réseau **ANEB - Anorexia and** Game Help and Reference Arborescence **Bulimia Quebec Avant de craquer** • Phone: 514 524-7131 ext. 102 • Phone: 514 527-0140 Website: arborescence.guebec • Phone: 1855 272-7837 • Website: aidejeu.ca • Phone: 514 630-0907 • Monday to Friday from 9 am to Website: avantdecraquer.com • 24 hours, 7 days • Website: anebguebbec.com 5 pm • Monday to Friday from 8:30 am • French and English • 7 days from 8 am to 3 am • French and English to 4 pm • French and English • French Anonymous, confidential, bilingual and free telephone service for Listening and referral line for parents, Listening and referral line for young friends, caregivers and loved ones of Reference telephone line for people information, referral and support people and adults with eating adults living with a mental health close to people living with mental on gambling and gambling disorders and their loved ones. problems, as well as problem, in the different spheres of illness. cyberaddiction. their lives. **Centre d'écoute Info-Social 811 Phobies-Zéro REVIVRE** le Havre • Phone: 1866 922-0002 • Phone: 1866 738-4873 • Phone: 514 982-0333 • Phone: 8-1-1 option 2 • Website: phobies-zero.qc.ca • Monday to Friday from 9 am Website: le-havre.gc.ca • 24 hours, 7 days • Monday to Friday 9 am to 9 to 9 pm Monday to Friday from 9 am • French and English pm • French to 5 pm French • French Free and confidential telephone Listening, information and referral consultation service that allows you line for people affected, directly or Helpline for adults and young people to quickly reach a professional in Confidential telephone hotline, by indirectly, by anxiety, depressive or aged 14 and over living with anxiety psychosocial intervention in the volunteers trained in active bipolar disorders, as well as their disorders including obsessiveevent of a psychosocial problem. listening. loved ones, that they have a compulsive disorder, their families telephone line at their disposal. and loved ones. **Resource for mental health and Resource for mental health Resource for mental health and Resource for mental health**

those around you

and those around you

and those around you



Resource for immigrants



- Phone: 514 378-3430
- Website: multiecoute.org
- 24 hours, 7 days
- French and English

Confidential and anonymous helpline for anyone in need of help and immigrants

and those around you Suicide Action Montréal

Resource for mental health

- Phone: 1866 277-3553
- Website: <u>suicideactionmontreal.org</u>
- 24 hours, 7 days

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• French and English

Confidential 24-hour telephone intervention line for suicidal people, their loved ones, people bereaved by suicide and workers Resource for bereavement

1 888 LE DEUIL

- Phone: 1888 533-3845
- Website: tel-ecoute.org
- 7 days from 10 am to 10 pm
- French

Help line for anyone who has lost a loved one.

Resource for bereavement

Mourning-Youth

- Phone: 1855 889-3666
- Website: deuil-jeunesse.com
- Monday to Friday from 8 am to 4 pm
- French and English

Toll-free helpline that helps young people and families experiencing serious illness, the disappearance or death of a loved one or losses related to parental separation, abandonment or adoption.

Sport'Aide Stella • Phone: 1833 211-2433 • Phone: 514 285-8889 • Website: sportaide.ca • Website: chezstella.org • 24 hours, 7 days • Monday, Wednesday, • French and English Thursday and Friday from 11 am to 5 pm Guidance line, listening and support for young athletes who are victims of • French and English violence in sport, parents, coaches, sports organizations, officials and Hotline for sex workers and ex-sex volunteers who have witnessed or workers. been victims of violence. **Resource for violence in sport Resource for sex work**