

# NEED IMMEDIATE HELP?

Below are a list of support services available outside of St. Lawrence, many being available 24 hours a day, 7 days a week for various reasons. Please read the information provided for services and availability.

**Bilingual services are written in green.** Other agencies may offer services in English; however, it is not guaranteed.

Name	Information	Contact
<b>Centre de Crise de Quebec/ Quebec Crisis Center</b>	Crisis counselling and shelters available immediately in French, 24 hours a day, 7 days a week	Phone line: 418-688-4240
<b>Tel-Jeune</b>	Anonymous and confidential phone line or texting available in French and English, 24 hours a day, 7 days a week	Phone line: 1-800-263-2266 Texting line: 514-600-1002 Website: <a href="http://teljeunes.com">teljeunes.com</a>
<b>Tel-Aide</b>	Anonymous and confidential phone line available in French, open daily from 9 am until midnight	Phone line: 418-686-2433 Toll free: 1-877-700-2433
<b>Kids Help Phone/Jeunesse J'Ecoute</b>	Anonymous and confidential phone line, texting or online chat available in French and English, phone line open 24 hours a day, 7 days a week; online chat open Wednesdays – Sundays 6PM – 2AM	Phone line: 1-800-668-6868 Website for chat: <a href="http://kidshelpphone.ca">kidshelpphone.ca</a>
<b>Entraide Jeunesse Quebec</b>	Confidential phone line or email for immediate counselling and assistance in French and for referrals to local counselling centres and mental health support	Local phone line: 418-649-9705 Toll free: 1-877-649-9705
<b>Centre de Prevention du Suicide/Suicide Prevention Centre</b>	Confidential phone line for immediate counselling and assistance in French and for referrals to local counselling centres and mental health support	Local phone line: 418-683-4588 Toll free: 1-866-APPELLE (277-3553)
<b>Info Sante/ Health Information</b>	Confidential phone line providing nurses to answer non-urgent health related questions, available 24/7 in English and French	Dial 811
<b>Fraser Recovery Program</b>	Alcohol, drug and addiction prevention, awareness and intervention services, including 24-hour help line	(418) 527-5858 <a href="http://www.thefrp.org/">www.thefrp.org/</a>
<b>Le Pavois</b>	Program to support and accompany students with a mental health difficulty in their academic achievement and career path	418-627-9779 <a href="http://www.lepavois.org">www.lepavois.org</a>
<b>Drogue: Aide et Reference/ Drug: Help and Referrals</b>	Anonymous and confidential phone line providing support, information and referrals in English and French concerned with drug use and abuse.	Toll free: 1-800-265-2626
<b>Chat-Écoute</b>	A web-chat service for all ages to discuss any difficulties in your life. It is available Monday to Saturday, 18:00 to 22:00.	<a href="http://www.acetdq.org">http://www.acetdq.org</a>
<b>Sexplique</b>	Confidential phone support, information and referrals in French for people with questions related to sex, including pregnancy, contraception, menstruation and sexual transmitted infections, available Monday, Tuesday, Thursday and Friday from 9 am to 5 pm and Wednesday from 9 am to 8:30 pm.	Local Phone line: 418-624-6808 ext. 23 Toll free: 1-877-624-6808 ext. 23
<b>SOS Grossesse/ SOS Pregnancy</b>	Confidential phone line providing assistance and support regarding pregnancy, open 7 days a week from 9 am until 9 pm	Local phone line: 418-682-6222 Toll free: 1-877-662-9666
<b>La Roseliere: Grossesse imprevue/ Unplanned Pregnancy</b>	Support and assistance in French for women with an unplanned pregnancy in regards to making an informed and clear decision, available for appointments by phone Monday-Friday 9 am to 4pm	Local phone number: 418-570-0552
<b>Gai Écoute/ LGBTQ Phone Line</b>	Anonymous and confidential phone line, online chat and email available daily from 8 am until midnight in English and French providing support and information for people with questions related to sexual orientation and gender identity	Toll free: 1-888-505-1010 Online chat and email: <a href="http://gaiecoute.org">gaiecoute.org</a>
<b>GRIS Quebec</b>	Organization providing individual and group counselling in French related to the LGBTQ community (age 14-25). Open Monday – Friday from 9 am until 5 pm.	Phone line: 418-523-5572
<b>Sexual Assault/ Agressions Sexuelles</b>	Confidential phone line providing support, information and referrals in French and English to sexual assault victims and their loved ones, available 24/7	Toll free: 1-888-933-9007
<b>Centre D'Aide aux Victimes de Violence/ Help Centre for Victims of Violence</b>	Confidential phone line open 24/7 for immediate counselling and assistance in French and for referrals to local counselling centres and mental health support	Phone line: 418-522-2120
<b>La Boussole</b>	Confidential phone line and services in French for support to those with family or close friends with mental illness, available 24/7	Phone line: 418-523-1502
<b>SOS Violence Conjugale/ SOS Domestic Violence</b>	Anonymous and confidential phone line providing information, support, and referrals for victims and/or those concerned with matters of domestic violence, available 24/7 in French and English.	Toll free: 1-800-363-9010
<b>Jeu : Aide et References/ Gambling : Help and Referral</b>	Confidential phone line providing information, counselling, and referrals for people experiencing problem gambling or their family/friends, available in French and English 24/7	Toll free: 1-800-461-0140