

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
Centre de Crise de Quebec/ Quebec Crisis Center	Crisis counselling and shelters available immediately in French, 24 hours a day, 7 days a week	Phone line: 418-688-4240
Tel-Jeune	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: teljeunes.com
Tel-Aide	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
Kids Help Phone/Jeunesse J'Ecoute	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: kidshelpphone.ca
Entraide Jeunesse Quebec	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
Centre de Prevention du Suicide/Suicide Prevention Centre	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)
Info Sante/ Health Information	Confidential phone line providing nurses to answer non-urgent health related questions, available 24/7 in English and French	Dial 811
Fraser Recovery Program	Alcohol, drug and addiction prevention, awareness and intervention services, including 24-hour help line	(418) 527-5858 www.thefrp.org/
Le Pavois	Program to support and accompany students with a mental health difficulty in their academic achievement and career path	418-627-9779 www.lepavois.org
Drogue: Aide et Reference/ Drug: Help and Referrals	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
Chat-Écoute	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.	http://www.acetdq.org
Sexplique	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
SOS Grossesse/ SOS Pregnancy	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
La Roseliere: Grossesse imprevue/ Unplanned Pregnancy	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
Gai Écoute/ LGBTQ Phone Line	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: gaiecoute.org
GRIS Quebec	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
Sexual Assault/ Agressions Sexuelles	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
Centre D'Aide aux Victimes de Violence/ Help Centre for Victims of Violence	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
La Boussole	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
SOS Violence Conjugale/ SOS Domestic Violence	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
Jeu : Aide et References/ Gambling : Help and Referral	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