

CANADIAN & QUÉBEC RESOURCES

Helplines and Websites for Students and Parents

Resources (Click on name for website)	Description
1. Kids Health	A trusted source for physician-reviewed information and advice on children's health and parenting issues.
2. 211	List of all services by province and region. Information on community, public and para-public services.
3. 811 Line 1: info-santé Line 2: info social	For all referral about health and psychosocial services and resources by region
4. Tel Jeunes (English) youth Tel Jeunes (French) jeunes 1-800-263-2266 514-600-1022 (text) Tel Jeunes (Parents) 1-800-361-5085 (parents)	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.
5. Jeunesse J'écoute (French) Kids Help Phone (English) 1-800-668-6868 (phone) Text CONNECT to 686868	Canada's only 24/7 national service offering professional counselling, information, referrals and volunteer-led, text-based support for young.
6. Food banks of Quebec	Information on food banks of all regions of the province of Quebec.
7. Alcohol, Drugs and Gambling Resources • MEES • Drugs, Help and Referral / Drogues, aide et références- 1-800-265-2626	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.
8. Domestic violence • SOS violence conjugale/domestic violence 1-800-363-9010	24/7 helpline and resource for domestic violence
9. Suicide Prevention and Crisis 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.



LANAUDIÈRE RESOURCES

Helplines and Websites for Students and Parents

Resources (Click on name for website)	Description
1. Health and social services in English <ul style="list-style-type: none"> • ECOL Lanaudiere Phone: 450 421-5379 	English Community Organization of Lanaudiere's website promoting health and social services resources
2. Food Banks <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 811 • Laurentides/Lanaudière resources 	List of main resources for mental health, in both Lanaudière and Laurentides regions
4. Alcohol, Drugs and Gambling Resources <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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

Resources	Description
<p>1. <u>Laurentians Health and Social Services</u></p> <ul style="list-style-type: none"> • 4 Korners 	<p>4 Korners is dedicated to assisting people of all ages to access information, resources and services in English</p>
<p>2. Main info on Food Banks:</p> <ul style="list-style-type: none"> • Moisson Laurentides - info counters <p>Other Food banks</p> <p>Centre d'aide St-Maurice: 450-562-5151 ext.106 Rosemère, Lorraine, Bois-des-Filion</p> <p>MRC Two Mountains/Mirabel S Counters and Entraide Racine Lavoie 450-623-6030</p> <ul style="list-style-type: none"> • Centre d'aide Argenteuil 450-562-5151 • Garde manger Pays-d'en-Haut 450-744-0363 • Bouffe Laurentienne: 819-430-6383 	<ul style="list-style-type: none"> • 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
<p>3. Mental health resources</p> <ul style="list-style-type: none"> • 811: line 2 • Laurentides/Lanaudière resources 	<p>List of main resources for mental health, in both Lanaudiere and Laurentides regions</p>
<p>4. Alcohol, Drugs and Gambling Resources</p> <ul style="list-style-type: none"> • 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 	<p>Health promotion and drug Prevention non-profit organizations for youth and their surrounding</p>
<p>5. Domestic Shelters</p> <ul style="list-style-type: none"> • 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 	<p>Safe shelter providing help and support to women and their children, going through domestic violence.</p>

<p>6. Sexual Assault- Support and Prevention From Ste-Thérèse to Ste-Adèle:</p> <ul style="list-style-type: none"> • CALAC l'Ancrage: 450-565-6231 <p>MRC Laurentides: CALAC L'ELAN: 819-326- 8484</p> <p>CETAS Laurentides 450-431-6400</p>	<p>Organizations helping adolescent girls aged 12 and over (secondary school) and women who have experienced one or more sexual assaults.</p>
<p>7. Suicide Prevention Centre</p> <ul style="list-style-type: none"> • CPS Faubourg <p>1-866-APPELLE OR 1-866-277-3553</p>	<p>A 24/7 confidential hotline for people in crisis offering support, counselling, crisis intervention or grief follow-up, regarding suicide.</p>
<p>8. Info - Director of Youth Protection Laurentides</p> <ul style="list-style-type: none"> • DYP/DPJ Laurentides <p>1-800-361-8665</p>	<p>The DYP is responsible for protecting children and youth when their safety or development may be endangered. Reporting a situation to Youth Protection.</p>

LAVAL RESOURCES

Helplines and Websites for Students and Parents

Resources	Description
1. Laval youth and family resources <ul style="list-style-type: none"> • AGAPE LAVAL • Got my Info - Laval resources • As-tu mon numéro - ressources Laval 	<p>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.</p> <p>Gotmyinfo.com is a website promoting resources for families and youth of Laval</p>
2. Food Banks: <ul style="list-style-type: none"> • Centre de bénévolat & moisson de Laval 	<p>Develop, support and promote volunteer work and social assistance through service offerings and skill development of volunteers, individuals and organizations. Ensures the fair redistribution of foodgoods to organizations working in food aid and to people in difficulty.</p>
3. Mental Health resources <ul style="list-style-type: none"> • 811 • CISSS Laval - mental health info/resources 	<p>Referral, resources and information</p>
4. Alcohol, Drugs and Gambling Resources <ul style="list-style-type: none"> • 811 • CISSS Laval 	<p>Centre de réadaptation en dépendances/ Drug and Alcohol Rehabilitation</p>
5. Domestic violence and resources <ul style="list-style-type: none"> • CISSS Laval domestic violence info • List of shelters and centres 	<p>Information on domestic violence</p> <p>List of safe shelters and resources helping and supporting women and their children, going through domestic violence.</p>
6. Sexual Assault- Support and Prevention <ul style="list-style-type: none"> • CPIVAS Laval <p>450-669-9053</p>	<p>Organizations helping adolescent girls aged 12 and over (secondary school) and women who have experienced one or more sexual assaults.</p>
7. Suicide Prevention <ul style="list-style-type: none"> • Suicide Prevention Resource Laval <p>1-866-APPELLE 1-866-3553</p>	<p>Information, resources, information about suicide prevention</p>
8. Info - Director of Youth Protection Laurentides <ul style="list-style-type: none"> • DYP/DPJ Laval 	<p>The DYP is responsible for protecting children and youth when their safety or development may be endangered.</p>

450-975-4000

Reporting a situation to Youth Protection – information and steps to take.