

Seniors

Tel-Aînés

514-353-2463

To talk and be listened to
tel-ecoute.org/

Les Petits Frères

1-877-805-1955

« Au bout du fil » : a helpline for listening, support and pairing, for seniors **75 and over**

L'Appui pour les proches aidants

1-855-852-7784

Support for caregivers
lappui.org

Elder Mistreatment Helpline

1-888-489-2287

Information service (support for loved ones)



Write down information from your local directory that you want to share

A spiral-bound notebook with a pencil icon at the top right, intended for writing down information from a local directory.

LE RÉSEAU
D'ÉCLAIREURS

EN SANTÉ PSYCHOLOGIQUE

santelaurentides.gouv.qc.ca

Centre intégré
de santé
et de services sociaux
des Laurentides

Québec

LE CISSS DES LAURENTIDES
complice de votre bien-être

LE RÉSEAU
D'ÉCLAIREURS

EN SANTÉ PSYCHOLOGIQUE

Resources for Pathfinders to share



Share this leafle

Québec

Youth and families

Tel Jeunes

1-800-263-2266 (telephone)
514-600-1002 (text)

Jeunesse J'écoute

1-800-668-6868

Ligne Parents (Helpline)

1-800-361-5085

Free professional support, from baby's arrival to adolescence

Parents.Qc

An online reference for parents to find help and support resources
parents.quebec/en

Director of Youth Protection (DYP-reporting)

1-800-361-8665



Adults and pour tous

Anonymous and confidential

Info-Social / Info-Santé

811

For any psychological, social or health issue

Centre prévention suicide Faubourg

1-866-APPELLE (277-3553)

cps-le-faubourg.org/home_eng-faubourg-suicide-prevention-centre/

Tel-Aide

514-935-1105

To talk and be listened to

Centre d'écoute de Laval

1-888-664-1558

To talk and be listened to

SOS Violence conjugale

1-800-363-9010

sosviolenceconjugale.ca/en

Sexual Violence Helpline

1-888-933-9007

sexualviolencehelpline.ca

ANEB Anorexie et Boulimie Québec

514-630-0907 or

1-800-630-0907 (text)

anebquebec.com/en

Interligne

1-888-505-1010

Support for LGBTQ+ and their loved ones, also via text

Écoute agricole

514-929-AGRO (2476)

Listening and support helpline for people in the agricultural industry

Drugs: help and referral

1-800-265-2626

aidedrogue.ca/en

Gambling: help and referral

1-800-461-0140

aidejeu.ca/en

Talk and be listened to

It really helps