

RESOURCES

Information about coronavirus (COVID-19)

- [514-644-4545](tel:5146444545)
- [418-644-4545](tel:4186444545)
- [450-644-4545](tel:4506444545)
- [819-644-4545](tel:8196444545)
- [1-877-644-4545](tel:18776444545) (toll free)
- For the hearing impaired (TTY)
[1-800-361-9596](tel:18003619596) (toll free)

<https://ca.portal.gs/> *This one is new, for wellness and connections, nation-wide.
811 <https://www.quebec.ca/en/health/finding-a-resource/info-sante-811/>

Mental Health: 450-829-3491

Chateauguay CLSC - (450) 699-3333

Beauharnois CLSC - (450) 429-6455

Valleyfield CLSC - (450) 371-0143

Info Sante + CLSC Huntingdon 450-829-2321

Huntington Medical Center 450-261-6101

Ormstown Medical Center 450-829-2331

YOUTH:

Ages 14-25 you can make an appointment for: contraception, pregnancy test, referral for pregnancy or abortion follow-up an STBBI screening and treatment and support or a referral to social service:

<http://www.santemonteregie.qc.ca/en/node/9913>

National Kids help line: if you need to reach out and chat with someone: <https://kidshelpphone.ca/>

1- 800-668-6868 or Text 686868

Youth Protection Services 1-800-361-5310

HELP for PARENTS:

Ligne Parents: 1-800-361-5085 or chat : Ligneparents.com

(note, they present as French speaking, but we have been assured that they have English representatives to speak with)

EMERGENCY OR CRISIS:

Emergency 911

Tel-Aide 450-377-0600 or 514-935-1101

Crisis Services Canada : Appelle:1-866-277-3553 or Call [1.833.456.4566](tel:18334564566) | Text [45645](tel:45645) (from 4pm to midnight)

Le Tournant (crisis/suicide intervention service) 1-833-371-4090 or 450-371-4090

Suicide Prevention 1-514-723-4000 (collect calls accepted)

La Maison Sous Les Arbres 450-699-5935 or 1-855-699-5935

VIOLENCE:

SOS Violence 1-800-363-9010 or 514-973-9010 <https://itsnotviolent.com/>

Sexual Violence : Residence Elle 450-264-2999

La Vigie 450-371-4222

Via L'Anse 450-370-3200

ADDICTIONS:

Drugs Help and Referral 1-800-265-2626

Huntington Foster Pavillion 450-264-6108 #1235

Wellness Together Canada : Mental Health and Substance Use Support

https://ca.portal.gs/?lang=en-ca&fbclid=IwAR1z7fblAwaj9U2YeCFiNTMAqj_QQoi4zubYr1F-D2mMsXPonpKmOcfI1_I

Adults Text Wellness to 741741

Youth: Text wellness to 686868

Front Line Workers: Text Frontline to 741741

LINKS:

4-7-8 Breathing Technique with Dr. Andre Weill:

<https://youtu.be/gz4G31LGyog>

The Honest Guys, Self-Guided Meditation:

<https://youtu.be/aKYI24ed77E>