

Information for the population - several resources

On June 15, you received a newsletter from the CSSDM. It contained a link directing you to several resources. We are forwarding them to you again.

-811 Info-Social Line

Free and confidential telephone consultation service offered 24 hours a day, 7 days a week, which allows the population to reach a professional in psychosocial intervention for advice and referrals to a resource in the health and social or community services network.

-CLSC psychosocial reception centres

Reception, follow-up, referral and consultation services are available in all CLSCs for anyone experiencing personal, professional or family difficulties. See table overleaf for contact information.

-Line211-Ressources Montréal

Free information, 7 days a week, from 8:00 a.m. to 6:00 p.m., on local socio-community resources: food, homelessness, immigration, ethno-cultural communities, etc. Website: <https://www.211qc.ca/>

-Tel-jeunes

Bilingual support service for youth, 24 hours a day, 7 days a week, by phone, email, text message or chat. Phone: 1800263-2266 or website: <https://www.teljeunes.com/Accueil>

-Kids Help Phone

Bilingual support service for youth, 24 hours a day, 7 days a week, by phone, text message or chat. Phone: 1800668-6868 or website: <https://jeunessejecoute.ca/>

-Suicide Action Montreal

Services for suicidal people, their entourage and the workers who work with them. Phone: 1866277-3553 or website: <https://suicideactionmontreal.org/nous-contacter/>

-ParentLineSupport for parents by phone, chat and email. Phone: 1800361-5085 or website: <https://www.ligneparents.com/LigneParents>

-SOS Conjugal Violence

A free, anonymous and confidential 24/7 bilingual support and referral service for victims of conjugal violence and all persons concerned by this problem (teenagers and parents). Tel: 1800363-9010 or website: <http://www.sosviolenceconjugale.ca/>

-Tel-AidLine, 24/7, in French and English, Tel: 514935-1101 or WEB site: <http://www.telaide.org/>