NEED TO TALK? WE'RE LISTENING.

SUPPORT AND HELP LINES FOR THE POPULATION OF THE CIUSSS CENTRE-SUD TERRITORY COVID-19 context

For other resources, please consult:
https://www.211qc.ca/soutien-psychosocial/lignes-ecoute-lignes-aide

Adults-general	
INFO-SOCIAL 811 Free and confidential telephone consultation service. It allows you to quickly reach a professional in psychosocial intervention in the event of a psychosocial problem. 24 hours a day, 365 days a year.	**811**
PSYCHOSOCIAL RECEPTION of YOURS CLSC **-CLSC des Faubourgs** (1705, de la Visitation) (Plateau, Centre-Sud, Faubourg St-Laurent) **-CLSC Verdun** (400, rue de l'église) **-CLSC St-Henri** (3833, rue Notre-Dame O.) **-CLSC Ville-Émard-Côte-Saint-Paul** (6161, rue Laurendeau)	**514-527-2361 Ext. 1466** **514-766-0546 Ext. 54 660** **514-933-7541 Ext. 58 417** **514-766-0546 Ext. 54 660**
TEL-AIDE MONTREAL Free, anonymous and confidential telephone listening service, in French and English by trained volunteers. 24hrs/24 with more availability between 7am and 11pm. 7 days. *Context of Covid-19, more volunteers in French.	**514-935-1101**
TEL-ÉCOUTE Listening and guidance by trained volunteers. Free and confidential. 10 a.m. to 10 p.m., 365	**514-493-4484**

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CENTRE D'ÉCOUTE LE HAVRE Warm and fraternal telephone listening. Anonymous, confidential and free service. Monday to Friday 9 am to 5 pm	**514-982-0333**
ÉCOUTE-ENTRAIDE Free, anonymous and confidential telephone listening service by trained volunteers. 8 am to midnight, 7 days.	**514 278-2130**
CENTRE D'ÉCOUTE ET DE RÉFÉRENCE HALTE AMI Free, anonymous, confidential telephone listening service. Tuesday to Friday 9 am to 5 pm	**438-796-8701**
ONLINE COVID 19 SUPPORT GROUPS One-hour sessions with brief opening comments from a Mindspace therapist or mindfulness teacher, followed by lively discussion to explore how to deal with the various emotional and psychological difficulties that arise in response to this event.	Online COVID-19 Support Groups | Mindspace - Healthy minds for a better world. (mindspacewellbeing.com)
Seniors and caregivers of seniors	
TEL-AÎNÉS MONTRÉAL- 60 years and over and caregivers Listening and referral services by trained volunteers. Free and confidential. 10am to 10pm, 365d.	**514-353-2463**
CAREGIVER SUPPORT Professional service offered by phone and email. Confidential and free. For caregivers, especially seniors, their entourage and health care providers and professionals. Listening, information and referral. Support for procedures if necessary. French, English. Every day from 8 am to 8 pm	**1-855-852-7784**
LIGNE AIDE ABUS AÎNÉS Specialized counselors. Abuse, bullying, mistreatment. Help for seniors who are suffering or those who witness (relatives, neighbors, workers, merchants, etc.) French, English. One can leave a confidential message or wait on line. 8 am. to 8 pm. 7d	**1-888-489-2287**

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Parents	
LIGNE-PARENTS Support by counselors by phone, 24 hours a day, 365 days; by live chat 2 am and 10:30 pm and by email. Lots of information on their website	**1-800-361-5085**
PREMIÈRE RESSOURCE Support by counselors by phone, chat and email (non-urgent) for parents and youth. Monday to Friday 9:00 a.m. to 4:30 p.m., September to June	**514-525-2573**
Children, Youth and Young adults	
TEL-JEUNES Support by counselors, 24h, 365d, by phone, text, chat, email	**1-800-263-2266** **Text : 514-600-1002**
Kids Help Phone Support by counselors, 24 hours a day, 365 days a year, by phone, text or chat. French and English. * Lots of information on their website including about Covid-19	**1-800-668-6868**
JAMAIS SEUL/NEVER ALONE An information and referral service created by Head Hands to support young people in Montreal during the COVID-19 outbreak. Anyone needing information or resources based in Montreal can access the conversation by calling, texting or instant message. Chat line operators (who are volunteers) can provide answers to common questions and direct you to resources for other types of support. Cannot provide medical or other advice. Currently, Monday to Friday, 4:00 p.m. to 7:00 p.m.	**English : 438-799-8315** **French : 438-700-3352** Never Alone | Montreal COVID-19 Youth Chatline (covidchatmtl.com)
Service d'assistance psychologique pour les membres de 18 à 30 ans de Desjardins Psychological and legal assistance service by telephone. The isolation created by the current situation can lead to psychological distress or anxiety in young people.	**514-871-3294 option 2**

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Crisis Situations	
SOS Violence conjugale Telephone support by counselors in French and English. TTY for deaf people or by email. anonymous 24 hours a day, 7 days a week, for victims of domestic violence and all those affected by this problem	**1-800-363-9010**
CENTRES DE CRISE Telephone intervention by counselors on 24/7 service to help defuse the crisis and emotions (fear, anger, anxiety, etc.)	**Sud-Ouest :** **Centre L'Autre Maison** **(514) 768-7225** **Centre-Sud :** **Centre de crise Le Transit** **(514) 282-7753**
SUICIDE-ACTION MONTRÉAL Services by counselors to suicidal people, their entourage, relatives, bereaved people, organizations affected by suicide (post-vention), stakeholders and organizations. 24/7	**1-866-277-3553**
Others	
TEL ÉCOUTE : LE DEUIL **Mourning : Talk about it to live a better life** Free helpline for all people who are grieving after the death of a loved one.	**1 888 LE DEUIL** **1 888 (533 3845)**
INFO-AIDANT (INFORMATION LINE) Professional, confidential and free telephone and email service offered to family caregivers of seniors and their families, workers and health professionals. Listening, information and referrals. In French and English. Monday to Friday, 8 a.m. to 8 p.m.	**1 855 852-7784**
INTERLIGNE A first response centre that provides help and information to those concerned with sexual orientation and gender diversity. Free, available daily, 24 hours a day	**514 866-0103** **Text: 1 888 505-1010** **aide@interligne.co** **online chat**

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