

My resource directory

- Reminder sheet -



Sometimes, you may face difficult situations that are heavy to bear. Here are some resources that can help you through such difficult times. Add the contact information of people you trust to whom you could turn in times of need.



Info-social

811 (24/7)

Telephone support for psychosocial difficulties



Crisis centers

To find the nearest center :

➔ centredecrise.ca

Centres spécialisés en gestion de crise



Food banks

To find the nearest food bank:

➔ banquesalimentaires.org/en

Free food



Maison de la famille

To find the nearest center :

➔ fqocf.org

Various family support services (daycare center, parental education, thrift store...)



Employment assistance

To find the nearest employment service organization :

➔ quebec.ca/en/employment/job-search-tips/employment-assistance/employability-services-organizations/

Résumé and job interview preparation, job listings



Saint-Vincent-de-Paul Society

To find the nearest SSVP :

➔ ssvp.ca

Clothing, food and free furniture



Suicide prevention

➔ 1 866 APPELLE (24/7)
(1 866 277-3553)

Telephone support in case of suicidal thoughts



Drugs: Help and Refer

➔ 1 800 265-2526 (24/7)

➔ Droque-aidereference.qc.ca/www/index.php?locale=en-CA

Telephone support for substance use



Ligne Parents

➔ 1 800 361-5085 (24/7)

➔ ligneparents.com

Telephone support and instant messaging for parents



Shelters for victims of violence

To find the nearest shelter :

➔ maisons-femmes.qc.ca

Shelters for women and children who are victims of violence

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I can contact them when :

☐ I am sad

☐ I have good news

☐

I am angry

☐

I need to talk about my personal problems

☐

I am unable to take care of my child



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