

NEED IMMEDIATE HELP?

Below is a list of immediate support services available outside of St. Lawrence.
Bilingual services are in blue. Organizations in black may offer services in English, however, it is not guaranteed.

Name	Information	Contact
Centre de Crise de Québec	Crisis counselling and shelter 24 hrs / day, 7 days / week	418-688-4240
Tel-Jeune	Anonymous counselling over the phone or texting 24 hrs / day, 7 days / week	Phone line: 1-800-263-2266 Texting line: 514-600-1002 Website: teljeunes.com
Tel-Aide	Anonymous support phone line 9 am until midnight, 7 days / week	418-686-2433 1-877-700-2433
Centre de prévention du suicide	Counselling and referral phone line 24hrs / day - 7 days / week	418-683-4588 1-866-APPELLE (277-3553)
Info Sante	Phone line whereby nurses answer non-urgent health related questions 24 hrs / day - 7 days / week	Dial 811
Info Sociale	Professionals answer psychosocial-related questions and offer support and referral. 24 hrs / day - 7 days / week	Dial 811
Fraser Recovery Program	Alcohol, drug and addictions support 24-hour help line	418-527-5858 www.fraserrecovery.com
Drogue: Aide et Reference/ Drug: Help and Referrals	Anonymous phone line providing support, information and referrals related to drug use and abuse. 24 hrs / day - 7 days / week	1-800-265-2626
Jeu: Aide et References/ Gambling : Help and Referral	Phone line providing information, counselling, and referrals for individuals experiencing problems with gambling 24 hrs / day - 7 days / week	1-800-461-0140
Sexplique	Phone support, information and referral for people with questions related to sex, including pregnancy, contraception, and sexually transmitted diseases. Monday, Tuesday, Thursday and Friday from 9 am to 5 pm and Wednesday from 9 am to 8:30 pm.	418-624-6808 ext. 23 1-877-624-6808 ext. 23
SOS Grossesse / SOS Pregnancy	Phone line providing assistance and support related to pregnancy, open 7 days / week from 9 am until 9 pm	418-682-6222 1-877-662-9666
La Roseliere: Grossesse imprevue/ Unplanned Pregnancy	Support and assistance for women who would like to make informed and clear decision related to unplanned pregnancies. Appointments by phone Monday-Friday 9 am to 4pm	418-570-0552
Interligne	Provide help (through the phone, chat and email) and information concerning sexual orientation and gender diversity 8 am - 12 am	1-888-505-1010 Online chat and email: interligne.co/en/chat
GRIS Québec	Individual and group counselling for the LGBTQ community (age 14-25). Monday - Friday from 9 am until 5 pm.	418-523-5572
Sexual Assault / Aggressions Sexuelles	Phone line providing support, information and referrals for sexual assault victims and their loved ones 24 hrs / day, 7 days / week	1-888-933-9007
Viols-Secours	Phone line for female victims of sexual violence 24 hrs/day, 7 days/week	418-522-2120 http://www.violsecours.qc.ca
La ligne-ressource provinciale pour les victimes d'agression sexuelle	Phone line for male and female victims of sexual violence and their loved ones. Support, information and referral provided. 24 hrs/day, 7 days/week	1-888-933-9007
CAVAC (Centre d'aide aux victimes d'acte criminel)	Phone line for individuals who have been victim of or witness of a crime or a close relation of a victim. Monday-Friday 8:30-4:30 or in office by appointment	1-866-532-2822 https://cavac.qc.ca/en/
La Boussole	Phone line and services for to those with family or friends struggling with mental illness 24 hours/day, 7 days/week	418-523-1502
SOS Violence Conjugale/ SOS Domestic Violence	Anonymous phone line providing information, support, and referrals for victims and/or those concerned with matters of domestic violence, 24 hrs / day, 7 days / week	1-800-363-9010