

COVID-19 Resources



Government of Canada

Service Canada hotline for more information related to COVID-19:

1-833-784-4397

Government of Quebec

If you are worried about COVID-19 or have symptoms, from Monday to Friday between 8am and 6pm dial:

Toll-free number 1-877-644-4545 or the regional numbers 819-644-4545, 418-644-4545, 514-644-4545 and 450-644-4545.

For the hearing impaired: 1-800-361-9596 (toll free).

Mental Health Support

Dial 811 and select option 2 to connect with psychosocial services.

Call local CLSC and ask to be connected with psychosocial department.

Ordre des Psychologues du Quebec:
Find a psychologist call 1-800-561-1223 or visit www.ordrespy.qc.ca.

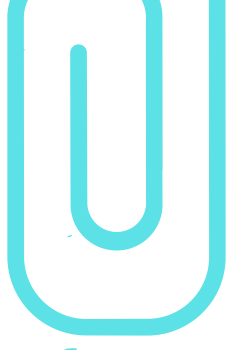
Suicide prevention lines

JEVI: 819-564-1354 (Estrie)
Provincial line: 1-866-277-3553

Talk or help lines

Tel-Aide: 514-935-1101
Tel-Jeune: 1-800-263-2266
Kids Help Phone: 1-800-668-6868








COVID-19 Resources







Click  for more information







Government of Canada Resources

-  "Coronavirus disease (COVID-19): Awareness resources".
-  COVID-19 App and self-assessment tool - Track symptoms, check updates.
-  Wellness Together Canada - Mental health and substance use support, resources and counselling with mental health professionals.

Government of Quebec Resources

-  "Self-care guide - COVID-19 (revised edition)".
-  "Decision fact sheet" - What do I do if I have COVID-19 symptoms?
-  "Stress, anxiety, and depression associated with the coronavirus COVID-19 disease".
-  "Protecting your well-being in the COVID-19 pandemic".
-  "Coronavirus COVID-19 - Information for indigenous communities".
-  Up-to-date publications, instructions, guidelines - Government of Quebec website.

Coping tools and strategies

-  WellCan by Morneau Shepell - Well-being resources for Canadians during COVID-19.
-  "Tolerance for uncertainty: A COVID-19 workbook" by Dr. Sachiko Nagasawa.
-  "FACE COVID - How to respond effectively to the Corona crisis" by Dr. Russ Harris.
-  "Bystander intervention and community care during the COVID-19 pandemic" by A.W.R.C.S.A.S.

