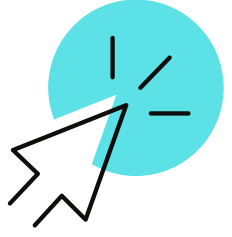


Off-Campus Resources

Click  to visit websites

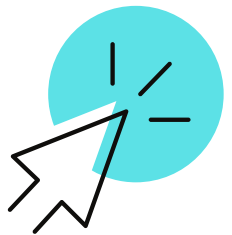
Crisis Lines



JEVI - Center for Suicide Prevention

Call: 819-564-1354 (Estrie)

Services for those experiencing distress or who are in crisis.

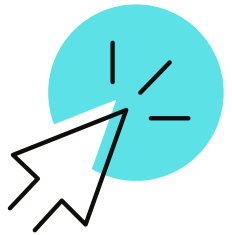


Crisis Services Canada

Call (Canada): 1-833-456-4566 or text 45645

Call (Quebec – Provincial Helpline for
Suicide Prevention): 1-866-277-3553

Services for those experiencing distress or who are in crisis.



Youthspace.ca

Text: 778-783-0177 or chat online

An online crisis and emotional support chat from 6 p.m. to midnight
for everyone across Canada under 30 years old.

**Emergencies
Dial 911**

811

Option 1 - Physical health

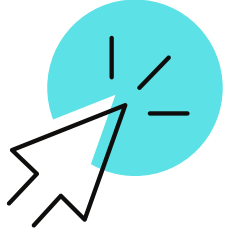
Option 2 - Psychosocial
services (includes crisis line)



Off-Campus Resources

Click  to visit websites

Talk Lines



Tel-Aide

Call: 514-935-1101

Free and confidential. Open 24/7.

Listening services: abuse and intimidation, addiction, emotional distress, relational issues and conflicts, feeling isolated, work-related stress, domestic violence, etc.



Tel-Jeunes

Call: 1-800-263-2266 or text 514-600-1002

Free and confidential. Open 24/7.

Listening services for youth: relationship issues, sexuality, well-being, mental health, drugs and alcohol.



Kids Help Phone

Call: 1-800-668-6868 or text 686868

Free and confidential. Open 24/7.

Listening services: emotional well-being, bullying and abuse, school and work, friends and family, identity, physical health.



Parent helpline

Call: 1-800-361-5085

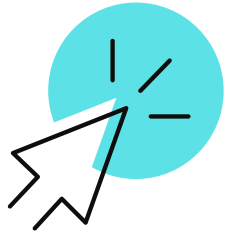
Chat online from 2 a.m. to 10:30 p.m.

Listening services for parents: stress and anxiety, family relationships, being a parent, communication, mental health, developmental stages of children, emotional support.

Off-Campus Resources

Click  to visit websites

Talk Lines

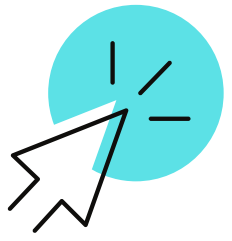


Hope for Wellness line for Indigenous peoples across Canada

Call: 1-855-242-3310

Chat online. Open 24/7. English, French, Cree, Ojibway, Inuktitut.

Listening services: offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada.



Secours Amitié Estrie

Call: 819-564-2323 (Estrie)

Listening services: to break isolation, to ensure maintenance for mental health and overall well-being.

Drug and alcohol helpline

Call (Montreal): 514-527-2626

Call (outside Montreal): 1-800-265-2626

Free and confidential. Open 24/7.

Listening services: provides support, information and referral to those coping with an addiction throughout Quebec.

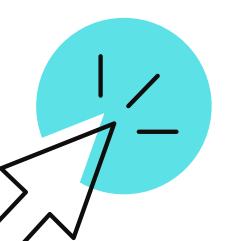


SOS Conjugal Violence helpline

Call: 1-800-363-9010

Free and confidential. Open 24/7.

Listening services: related to domestic violence (those directly and indirectly affected), support, information and referrals.



Sexual Abuse helpline

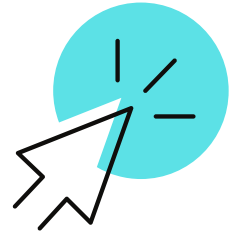
Call: 1-888-933-9007

Listening services: for those who are victims of sexual assault, sexual abuse or incest. Services offered: medical and legal help, clinical follow up, listening, support and referral.

Off-Campus Resources

Click  to visit websites

Local Organisations



Aggression Estrie - CALACS

Call: 819-563-9999 or 1-877-563-0793

Helps women and teenagers over 12 years old who have been sexually assaulted. Services offered: call line for support 24/7, individual and group counselling, juridical, medical and social accompaniment, support for relatives, referral and information.



CAVAC – Crime Victims Assistance Centre

Call (toll-free): 1-866-532-2822 (free and confidential)

Offer front-line services to any crime victim or witness. Services offered: accompaniment, post-traumatic and psychosocial intervention, legal information, information on rights and remedies, technical assistance and referrals.



SHASE

Call: 819-933-3555

Organisation that provides support, in the form of support groups, for men who have been sexually assaulted during their childhood.



Mental Health Estrie

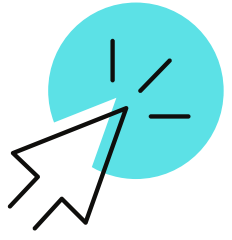
Call: 819-565-3777

Organisation committed to helping the English-speaking population in the Estrie region. Services offered: support groups for those struggling with mental illness and for caregivers, information and referral, lending library, telephone assistance.

Off-Campus Resources

Click  to visit websites

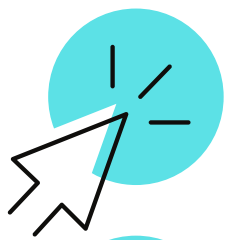
Local Organisations



Arrimage Estrie

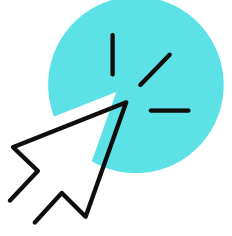
Call: 819-564-7885

Helps those struggling with body image issues, disordered eating behaviors and eating disorders. Services offered: support groups, information and workshops.



ANEB Québec (Anorexie et boulimie Québec)

Call: 1-800-630-0907



Text (for teenagers): 1-800-630-0907

Helps people with an eating disorder and their loved ones. Services offered: help and reference phone line service, online, open and closed support groups, kiosk and presentations, how to help a friend or loved one and other resources.



Lennoxville and District Women's Center

Call: 819-564-6626

Empowers and connects English-speaking women and their families in the Estrie region through education, support and advocacy.



Carrefour jeunesse-emploi de Sherbrooke

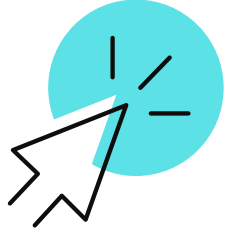
Call: 819-565-2722

For youth between 16 and 35 years old. Support for individuals who are seeking employment, returning to school or looking to launch a personal project.

Off-Campus Resources

Click  to visit websites

Food Banks



Moisson Estrie (Sherbrooke)

Call (need for food): 819-562-5840

Administration: 819-822-6025

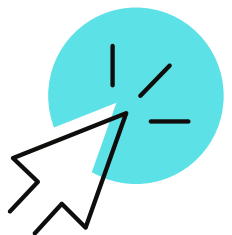
Socio-economic organisation that reduces food waste and redistributes food for those in need.



Banque Alimentaire Memphremagog (Magog)

Call: 819-868-4438

Food bank, help with budgeting, provides nutritional information and referral.



Cornerstone Food Bank (Lennoxville)

Call (Hope Community Church): 819-822-2627

Food bank for families in Lennoxville and Sherbrooke areas.