

# References for Pathfinders

Here are some **resources, helplines** and **websites** to recommend and share



## 211

### Number / Reference website

Community, public and para-public **organisations and services** (food assistance, material help, housing, resources for seniors, etc.)

## 811

### Info-Social / Info-Santé (24/7)

To request psychosocial services or for health issues

## YOUTH AND FAMILIES

### Tel Jeunes

**1 800 263-2266** (call)  
**514 600-1002** (text)

### Jeunesse J'écoute/Kids Help Phone

**1 800 668-6868**

### LigneParents

**1 800 361-5085**

Free professional support. The website has information on numerous subjects, from the birth of a baby to adolescence

Online chat:

<https://www.ligneparents.com/LigneParents>

### Parents.Qc

A reference site with resources to help and support parents

<https://parents.quebec/en/>

### Director of Youth Protection (DYP-reporting)

**1 800 361-8665**

## ADULTS AND EVERYONE

### Tel-Aide

**514 935-1105**

To talk and be listened to  
<http://www.telaide.org/en/>

### SOS Violence conjugale

**1 800 363-9010**

<https://sosviolenceconjugale.ca/en>

### Provincial Helpline for Victims of Sexual Assault

**1 888 933-9007**

### Centre prévention suicide Faubourg

**1 866 APPELLE (277-3553)**

Suicide prevention hotline and support for loved ones of suicide victims

### Interligne

**514 866-0103** or  
**1 888 505-1010**

Support for **LGBTQ+** people and their loved ones, call or text

<https://interligne.co/en/>

### ANEB Anorexie et boulimie Québec

**514 630-0907** (call)

**1 800 630-0907** (text)

<https://anebquebec.com/en>

### Drugs: help and referral

**514 527-2626** or

**1 800 265-2626**

<https://www.aidedrogue.ca/en/>

### Gambling: help and referral

**514 527-0140** or

**1 800 461-0140**

<https://aidejeu.ca/en/>

## SENIORS

### Tel-Aînés

**514 353-2463**

A place for seniors to talk and be listened to  
<https://tel-ecoute.org/>

### Les Petits Frères

**1 877 805-1955**

“Au bout du fil”: helpline for listening, accompaniment and pairing of persons aged **75 and over**

### L'Appui pour les proches aidants

**1 855 852-7784**

Caregiver Support

<https://www.lappui.org/en>

### Elder Mistreatment Helpline

**1 888 489 2287**