

# TOOLBOX

Resources, helplines and websites to refer to and share



## Pontiac service Map:

<https://tdspontiac.org/en/pontiac-essential-services-map/>

*Community, public and para-public organizations and services (mental health, resources for seniors, food aid, housing, etc.)*

### 811 – Info social

24/7  
Requests for psychosocial help and health issues

### Adults/Everybody

**Tel-Aide Outaouais (FR)**  
1-800-567-9699  
To talk and to be listened to  
<https://telaideoutaouais.ca/>

**SOS Violence conjugale**  
1-800-363-9010  
Domestic violence help  
<https://sosviolenceconjugale.ca/en>

**Helpline for Victims of Sexual Assault**  
1-888-933-9007  
Help and info for victims of sexual assault

**Suicide Prevention**  
1-866-APPELLE (277-3553)  
Suicide prevention and support for families of suicide victims  
<https://www.cpsquebec.ca/en/>

**Interligne**  
1-888-505-1010  
Support for LGBTQ+ people and their loved ones, calls and texts  
<https://interligne.co/en/>

**Drugs: Help and Referral**  
1-800-265-2626  
<https://aidedrogue.ca/en/>

**Gambling: Help and Referral**  
1-800-461-0140  
<https://aidejeu.ca/en/>

**Addiction**  
811, option 2

**CAVAC**  
1-877-648-2764  
Crime victims assistance  
<https://cavac.qc.ca/en/>

### Seniors

**Tel-Aînés (FR)**  
1-877-353-2460  
To talk and to be listened to  
<https://tel-ecoute.org/>

**Les Petits Frères (FR)**  
1-877-805-1955  
« Au bout du fil » :  
Helpline, support, and pairing for people **ages 75 and up**

**L'Appui pour les proches aidants**  
1-855-852-7784  
Caregiver support  
<https://www.lappui.org/en>

**Elder Mistreatment Helpline**  
1-888-489-2287  
<https://www.aideabusaines.ca/en/>

### Youth and Families

**Tel-Jeunes**  
1-800-263-2266 (call)  
1-514-600-1002 (text)  
<https://www.teljeunes.com/Home>

**Kids Help Phone**  
1-800-668-6868  
<https://kidshelpphone.ca/>

**Ligne Parents (FR)**  
1-800-361-5085  
Free professional support  
<https://ligneparents.com/>

**Director of Youth Protection (DYP-Reporting Abuse)**  
1-800-361-8665

