

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
services or 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

Local Resources

L'EntourElle
819-683-2709 (and Facebook)
Women victim of violence or
experiencing hardships

AutonHomme Pontiac
819-648-2309
<https://autonhommepontiac.ca/>
Support for men experiencing
hardships and families

Connexions Resources Center
819-968-9861
<https://centreconnexions.org/>
Referral and information for English-
speaking community

Centre Intervalle
819-683-3257
Services and activities for people
living with mental health problems

Centre Serge Bélair
819-683-2242
819-683-5669
Planned respite service (ID)

Maison de la famille du Pontiac
819-683-1337 (and Facebook)
Services for families

Maison de la famille de Quyon
819-458-2808 (and Facebook)
Services for families

Le Mont d'Or
819-683-5552
<https://lemontdorca-57.websself.net/>
Home services for people with
declining autonomy

Bouffe Pontiac
819-648-2550
Food Bank

Le Grenier des Collines
819-457-1010
Food Bank

