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| **HELP LINES** |
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| **Crise-Ado-Famille-Enfance (CAFE)** |
| 811: health and psychosocial support |
| CLSC Huntingdon: 450-829-2321, ext 1346 |
| CLSC Chateauguay: 450-699-3333, option 8 |
| CLSC Salaberry-de-Valleyfield: 450-371-0143, ext 3127 |
| CLSC Vaudreuil-Dorion: 450-455-6171, ext 71363 |
| CLSC Vallee des Forts (Lacolle): 450 299-2828 |
| CLSC Jardin-du-Québec - Napierville: 450-245-3336 |
| **Directory of Community Resources** |
| 211 or 211qc.ca |
| **Kids Help Phone** |
| 1-800-668-6868 |
| text: 686868 |
| **LGBT Youth Line** |
| Phone 1-800-268-9688 |
| Chat 647-694-4275 |
| <https://www.youthline.ca/> |
| Peer support volunteer from Sunday to Friday, 4:00PM to 9:30 PM. |
| **Ligne Parents -** 1-800-361-5085 |
| Phone counseling and support for parents of children and teens, E/F, 24/7 |
| **Multi-Écoute**  - 514-737-3604 |
| Listening, assistance, psychosocial support for immigrant populations, E/F/S |
| **Outreach Streetworkers -** (450) 370-2420 |
| **Sexual Assault Centre -** CALACS Chateauguay (12+): 450-699-8258 |
| **S0S Violence -** 1-800-363-9010 |
| **Suicide Action Montreal -** 1-866-APPELLE (1-866-277-3553) |
| **Suicide Prevention** La Maison Sous les Arbres: 450-699-5935 |
| **Tel-Aide** |
| Free, anonymous, non-judgmental listening centre for people in distress, E/F, 24/7 |
| Tel-Aide du Suroît: 450-377-0600 |
| **Tel-Jeunes** |
| 1-800-263-2266 (phone) |
| 514-600-1002 (text) |
| Support and helpline; phone counseling for kids and teens under 20, E/F, 24/7 |
| **Treatment of Drug and Alcohol Abuse -** Pavillon Foster 1-866-851-2255 |
| **Violence Prevention Resources** |
| La Re-Source (women’s shelter): 1-877-699-1988 or 450-699-0908 |
| SOS Violence Conjugale: 1-800-363-9010 |
| AVIF (Action sur la violence & intervention familiale): 450-692-7313 |
| **Youth Protection** 1-800-361-5310 |
| **Youth Shelter -** Elan des Jeunes (16-22): 450-844-3835 |