

Holidays  
2020

UPDATED DECEMBER 14, 2020

# RESOURCES FOR THE CLC COMMUNITIES

\*AVAILABLE IN ENGLISH



## FOR ALL HEALTH-RELATED ISSUES:

Dial 811\* to reach Info-Santé and Info-Sociale.

Dial 1 for physical health concerns. Dial 2 for mental health or social services.



### EMERGENCY SUPPORT

Info-social\* 811, option 2

JEVI Estrie\* 819-564-1354 If you have suicidal thoughts 24/7

[www.suicide.ca](http://www.suicide.ca)\* - Emergency support by phone, text or chat 24/7



### CHILDREN & TEENS

Kid's Help Phone\* 1-800-668-6868, [www.kidshelpphone.ca](http://www.kidshelpphone.ca) -  
Phone, text, Messenger 24/7

JEVI Estrie\* 819-564-1354 If you have suicidal thoughts 24/7

[www.suicide.ca](http://www.suicide.ca)\* - Emergency support by phone, text or chat 24/7



### PARENTS

Ligne Parents\* 1-800-361-5085, [www.ligneparents.com](http://www.ligneparents.com) -  
Phone, text, emails 24/7

Secours Amitié 819-564-2323 (8 a.m. to 3 a.m.)

SOS Violence Conjugale\* 1-800-363-9010, [www.sosviolenceconjugale.ca](http://www.sosviolenceconjugale.ca)



### FOOD AID

Val-Saint-François:

Tabliers en Folie 819-826-6517

\*last food coupon distribution on Dec.  
21st. Closed until Jan. 11th

Drummondville:

Comptoir alimentaire 819-478-4243

MRC Des Sources:

If emergency: Accueil  
psychosocial: 819-879-7158,  
poste 39438

Victoriaville:

Sécurité alimentaire 819-752-5305  
Resto populaire 819-758-4615