

# Community Resources



ECO•O2

Action on Mental Health

1-877-303-0264

Kids Help Phone

Text 686868  
1-800-668-6868

Info-Santé

# 811

First Nations & Inuit  
Hope for Wellness

1-855-242-3310

Crisis Services Canada

1-866-277-3553

Sexual Violence Helpline

1-888-933-9007

Poison Control Québec

1-800-463-5060

National Eating Disorder  
Information Center

1-866-633-4220



This initiative is funded by Health Canada as part of the Action Plan for Official Languages - 2018-2023: Investing in our future.  
The views expressed herein do not necessarily represent the views of Health Canada.



amiquébec

Agir contre la maladie mentale  
Action on mental illness