

# RESOURCES HAUT-SAINT-FRANÇOIS

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for more information about services

## HEALTH

COVID-19 information	1-844-721-6094 (Estrie)	Information about COVID-19
Psychosocial emergencies	819-821-4000 ext. 0	Distress, crisis, violence, suicidal thoughts, and more
Info-Santé and Info-Social (24/7)	811	Medical information   Psychological and social support

## FOOD AID

Moisson HSF	819-943-2781	Food baskets
Moisson Cookshire	819-875-1431 (Thursday)	Food baskets
Volunteer centre (CAB)	819-560-8540	Frozen meals (\$5 per meal)

## SUPPORT AND LISTENING

Carrefour jeunesse-emploi	819-832-1513	16-35 years of age -- call us no matter what you need
Volunteer centre (CAB)	819-560-8540	Seniors and caregivers
La Passerelle	1-877-447-3423	Women
La Relève	819-875-5050	Families and parents
Mental Health Estrie	819-565-3777	Mental health problems

## 24/7 (NEED TO TALK)

Drugs - Help and referral	1-800-265-2626	Drug and alcohol use
Gambling - Help and referral	1-800-461-0140	Excessive gambling
Interligne	1-888-505-1010	Sexual orientation and gender diversity
JEVI	819-564-1354	Suicidal thoughts
Ligne parents	1-800-361-5085	Parents
La Méridienne	1-888-699-3050	Conjugal violence
Tel-Jeunes	1-800-263-2266	Youth
Secours amitié Estrie	819-564-2323	Everyone (from 8 am in the morning until 3 am at night)

## VIOLENCE ISSUES (PSYCHOLOGICAL, PHYSICAL AND SEXUAL)

Youth protection	1-800-463-1029	Child abuse (reporting)
La Méridienne	1-888-699-3050	Conjugal violence (listening and housing)
Elder mistreatment helpline	1-888-489-2287	Elderly victims of abuse
CALACS Aggression Estrie	1-877-563-0793	Victims of sexual assault

## LEGAL AID

COVID-19 legal aid clinic	1-866-699-9729	Free legal advice about your rights and obligations in the context of the pandemic
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## FINANCIAL SUPPORT

Services Québec	819-832-2403	General information and income support
Local development centre	819-560-8500	Support and information for businesses