



# YOU ARE NOT ALONE!

## IMPORTANT PHONE NUMBERS



### COVID-19 RESOURCES

COVID-19 Info-line (9 am – 9 pm) 1 866 855-2811

Wiichihiiwaauiwin helpline (24/7) 1 833 632-4357 (HELP)



### DOMESTIC VIOLENCE

Robin’s Nest Women’s Shelter (24/7) 1 855 753-2094



### YOUTH PROTECTION

Psychosocial emergency line for children’s safety (RTS) (24/7) 1 800 409-6884



### OTHER BILINGUAL (EN & FR) RESOURCES

First Nations and Inuit Hope for Wellness Helpline (24/7)  
(Cree counsellors available upon request) 1 855 242-3310  
→ [hopeforwellness.ca](https://hopeforwellness.ca)

Suicide Action Montreal (24/7)  
(Available across the province) 1 866 277-3553  
→ [suicideactionmontreal.org/en](https://suicideactionmontreal.org/en)

Drogue Aide Reference (DAR) addiction helpline (24/7)  
→ [drogue-aidereference.qc.ca](https://drogue-aidereference.qc.ca) 1 800 265-2626

