

HOW ARE YOU?

Helpful resources nearby, for you or a loved one.

EMERGENCY (24/7)

If someone represents an immediate danger to themselves or others:

- Dial 911
- Go to the nearest Emergency Room

CRISIS CENTRES (24/7)

For someone who is in crisis and needs an immediate intervention by phone, in person, or in temporary shelter:

- L'Autre Maison (Centre-Sud neighbourhood): 514-768-7225
- West Island Crisis Centre: 514-684-6160
- TRACOM Crisis Intervention Centre (Centre-Ouest): 514-483-3033

RESOURCES IN TIMES OF WORRY OR DISTRESS

To speak with someone and get guidance (24/7):

- Info-social - to speak with a professional: Dial 811
- Tel aide - Anonymous listening service: 514-935-1101
- Tel-jeunes - For all youth aged 20 and under : 1 800 263-2266 or live chat available online
- Suicide Prevention Hotline: 1-866-277-3553 (1-866-APPELLE)
- LigneParents - Information and Support from Professionals: 1-800-361-5085 or chat online
- SOS Violence Conjugale - Information and Anonymous support: 1-800-363-9010
- Elder Mistreatment Helpline (8 am to 8 pm /7) : 1-800-363-9010



For someone who wishes to meet with a healthcare professional (schedules vary):

- CLSC de Dorval-Lachine.. 514-639-0650
- CLSC de LaSalle514-364-2572
- CLSC de Pierrefonds514-626-2572, ext. 3956
- CLSC du Lac St-Louis514-697-4110, ext. 1559

RESOURCES FOR PHYSICAL ISSUES

If someone is feeling unwell or has a non-urgent health issue:

- Dial 811 to speak to a nurse
- Go to the nearest walk-in clinic

OTHER RESOURCES

To find nearby resources – food banks, shelter, material assistance, employment and income (8 am to 6 pm / 7 days per week):

- Dial 211

Help is available
to you, without cost
and in confidence.

Centre intégré
universitaire de santé
et de services sociaux
de l'Ouest-de-
l'Île-de-Montréal

Québec