

Community Resources for Students

In the event of an emergency, call 911

Info-Santé and Info-Social: 811 (Press 9 for English and choose option 2 to speak with a social worker 24/7)

Canada Suicide Prevention Service: 1-866-277-3553 (Available 24/7)

Kids Help Phone: 1-800-668-6868 (Available 24/7)

Text CONNECT to 686868 or download the app *Always There* on your phone

Tel-Jeunes: 1-800-263-2266 (Available 24/7)

Distress Center Ottawa and Region: 613-238-3311 OR 1-866-996-0991

Hope for Wellness Helpline: 1-855-242-3310

Trans-Outaouais: 1-888-TRANS-07

Youth Sexual Health Clinic

<https://cisss-outaouais.gouv.qc.ca/language/en/accessing-a-service/children-youth-and-families/sexual-health-12-24-years/>

Jeunesse IDEM: 819-776-1445

A resource for gay, lesbian, bisexual, transgender and questioning youth 14 to 25 years old

Crime Victims Assistance Center: 1-866-LE-CAVAC

Need Help Now:

<https://www.needhelpnow.ca/app/en/>

Helps teens stop the spread of sexual pictures or videos and provides support along the way

YOU ARE NOT ALONE