

<p>TELEPHONE NUMBERS</p> <p>INFORMATION ON AVAILABLE RESOURCES FOR YOU</p>
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The following information was prepared for teenagers; however it can also be very useful for parents. You can show this guide to your parents particularly if they are looking for specific resources.

AIDS - Community Care Montreal	514-527-0928
Al-Anon – Support groups for the friends and families of alcoholics	514-866-9803
Alateen – Support groups for the children of alcoholics	514-866-9803
AMCAL – Counseling service & residential program for teens in difficulty, parent support	514-694-3161
ANEB Quebec – Anorexia, Nervosa, Bulimia, Eating Disorders	514-630-0907
Batshaw Youth and Family Centres	514-989-1885
CALAC – Centre aide de lutte contre les agressions à caractère sexuel	1-888-933-9007
Criphase, Le - Centre de ressources et d'interventions en santé et sexualité	514-529-5567
CSSS/CLSC Vaudreuil-Soulanges	450-455-6171
Depressed anonymous	514-278-2130
Drug Help and Referral – Information and referrals on Substance abuse issues	514-527-2626
Face à Face - Listening and Referral Centre – Offers listening and information on welfare rights	514-934-4546
Pavilion Foster – Addiction Rehabilitation Centre	514-486-1304 1-800-851-2255
Gai-Écoute – Francophone help line: Offers listening and information on issues related to sexual orientation	514-866-0103 1-888-505-1010
Grief Helpline	514-389-1784
Info-Santé	8-1-1
Kids Help Line – Offers listening & assistance to teens	1-800-668-6868
LGBTQ – Youth Centre (sexual orientation)	514-989-4585
Montréal Centre for anxiety & depression	514-777-4530
Montréal West Island Crisis Center	514-684-6160
Narcotic Anonymous – Help line, referral and support group for people having difficulties with drugs	514-490-0333

Portage Centre – Community rehabilitation service for substance abuse.....	514-939-0202
Sexual Assault Center	514-934-4504
SOS Conjugal Violence – Offers listening & referral to victims of domestic violence. Services offered to women only (Hébergement La Passerelle Vaudreuil)	1-800-363-9010
SAM - Suicide Action Montreal – Offers Listening and Crisis intervention for People contemplating suicide and those affected by it	514-723-4000
Tel-Aide – Offers listening for teens and adults experiencing difficulties	514-935-1101
Tel-Jeunes – Offers listening and intervention for teens (text: #TELJEUNES)	1-800-263-2266
Tournant, Le – Prévention du suicide	1-866-277-3553
Virage - Centre de réadaptation en dépendance	450-373-5934
West Island Big Brothers & Sisters	514-538-6100
Youth Protection – 24 h	514-721-1811
	1-800-463-9188
Youthspace.ca - Emotional support & crisis response.....	youthspace.ca

HOSPITALS

Centre Hospitalier du Suroît (Valleyfield)	450-371-9920
Lakeshore General Hospital	514-630-2225
Montreal Children Hospital	514-412-4400
Ste-Justine Hospital	514-345-4931

SHELTERS

Support and shelter in emergency situations or street teens

L'Aiguillage	450-218-6418
L'Antichambre Valleyfield – Centre for teenagers 12-17	450-373-9887
En marge (teens)	514-849-7117