

## Mental Health

Crisis Helplines	Non-Crisis Helplines
<p><b><u>If you are in crisis or have suicidal thoughts:</u></b></p> <ul style="list-style-type: none"> <li>• Call <b>911</b> or go to a <b>hospital emergency room</b>.</li> <li>• Call the <b>suicide prevention line</b> at <b>1-866-APPELLE (277-3553)</b>.</li> <li>• Call <b>Info-Social</b> at <b>811</b>, press option 2 to speak with a social worker 24/7.</li> <li>• Call the <b>Distress Centre of Ottawa and Region</b> 24/7 at <b>613-238-3311</b>.</li> </ul>	<p><b><u>If you need emotional support, or are feeling low or sad:</u></b></p> <ul style="list-style-type: none"> <li>• Talk to someone you trust, like a family member, friend or a guidance counsellor.</li> <li>• Call the <b>Tel-jeunes Helpline</b> at <b>1-800-263-2266</b> or <b>text 514-600-1002</b>.</li> <li>• Call, text or live chat with <b>Kid's Help Phone</b> at <b>1-800-668-6868</b>, or download the <b>Always There app</b>.</li> <li>• L'Apogée (For family and friends of a person living with a mental health disorder): <b>819-771-6488</b></li> </ul>

## Resources for individuals seeking help

<p><b>Info-santé, 8-1-1, option #1</b>, is a free service available 24/7 to answer any questions regarding your physical health or that of a family member. You will be connected to a nurse who will give you advice and who can direct you to the proper service (such as a medical clinic or hospital emergency ward).</p> <p><b>Info-social, 8-1-1, option #2</b>, you can consult a social worker who will evaluate the situation and direct you to the appropriate psychosocial service.</p>	
<p><b>S.O.S. Spousal Abuse</b> <b>1-800-363-9010</b> <a href="http://www.sosviolenceconjugale.ca">www.sosviolenceconjugale.ca</a></p>	<p><b>Abused Women's Helpline (L'Entourelle)</b> <b>819-683-2709</b> <a href="mailto:lentuorelle@bellnet.ca">lentuorelle@bellnet.ca</a></p>
<p><b>L'autre Chez Soi</b> <b>819-685-0006</b> <a href="mailto:accueil@lautrechezsoi.com">accueil@lautrechezsoi.com</a></p>	<p><b>Autonhomme</b> (For men) 2 rue Elsie, Campbell's Bay 819-648-2309</p>

## Food Banks

<p><b>Centre Alimentaire Aylmer</b> 70 chemin Eardley 819-684-0163</p>	<p><b>La Manne de l'île (Hull Sector)</b> 119 rue Carillon 819-770-5261</p>
<p><b>La Soupière de l'Amitié (Gatineau Sector)</b> 306 Notre-Dame 819-663-6777</p>	<p><b>Bouffe Pontiac (Pontiac Region)</b> 2 rue Elsie, Campbell's Bay 819-648-2550</p>

## Medical Resources

Covid-19	Find a doctor	Walk-in clinics
<p><b>Self-assessment tool:</b> <a href="https://covid19.quebec.ca/surveys/cdd2/introduction">https://covid19.quebec.ca/surveys/cdd2/introduction</a></p> <p><b>Covid-19 Hotline:</b> 1-877-644-4545</p>	<p><b>Follow instructions on this website:</b> <a href="https://www.quebec.ca/en/health/finding-a-resource/consult-a-professional/registering-with-a-family-doctor/">https://www.quebec.ca/en/health/finding-a-resource/consult-a-professional/registering-with-a-family-doctor/</a></p>	<p><b>Clinique Medigo</b> <a href="https://cliniquemedigo.ca/">https://cliniquemedigo.ca/</a> - 819-282-7090 165, Boul. Saint-Raymond (Hull)</p> <p><b>Clinique Médicale d'urgence de l'Outaouais</b> <a href="http://www.sante.gouv.qc.ca">http://www.sante.gouv.qc.ca</a> - 819-317-1810 25, chemin de la Savane (Gatineau)</p>

## Financial Assistance

<p><b>Loans and Bursaries</b> Liora Richler <a href="mailto:lrichler@wqsb.qc.ca">lrichler@wqsb.qc.ca</a> 819-684-1770 x 606022 Afe.gouv.qc.ca</p> <p>Government funding to go to school</p>	<p><b>Emploi Quebec</b> <b>Gatineau</b> 819-568-6500 <b>Hull</b> 819-772-3502 <b>Aylmer</b> 819-682-0362 <b>Pontiac</b> 819-648-2132 Local WQCC support: Liora Richler 819-684-1770 x 606022 lrichler@wqsb.qc.ca</p> <p>Provincial Government funding to go to school</p>	<p><b>ACEF Outaouais</b> 819-770-4911 info@acefo.org</p> <p>Assistance with budgets and financial debt</p>
<p><b>CWA Bursary</b> Cwbweldingfoundation.org/awards</p> <p>Ask your teacher for more information.</p> <p>Bursary for students in the Welding program</p>	<p><b>Hats off to you! Bursary</b> <a href="https://www.quebec.ca/gouv/reconnaissance-prix/">https://www.quebec.ca/gouv/reconnaissance-prix/</a></p> <p>Liora Richler <a href="mailto:lrichler@wqsb.qc.ca">lrichler@wqsb.qc.ca</a> 819-684-1770 x 606022</p> <p>Bursary for females in male dominated trades</p>	<p><b>Health &amp; social services bursary for health care students</b> Connexions <a href="mailto:info@centreconnexions.org">info@centreconnexions.org</a> 819-777-3206</p> <p>Bursary for students in health care programs who plan to work in Quebec</p>

## Career and Job Support

<p><b>SARCA Services</b> Liora Richler <b>(819) 684-1770</b> <a href="mailto:lrichler@wqsb.qc.ca">lrichler@wqsb.qc.ca</a></p> <p>Counselling, support &amp; referral</p>	<p><b>Emploi Quebec</b> <b>Gatineau</b> 819-568-6500 <b>Hull</b> 819-772-3502 <b>Aylmer</b> 819-682-0362 <b>Pontiac</b> 819-648-2132</p> <p>Local support: Liora Richler 819-684-1770 x 606022 lrichler@wqsb.qc.ca</p>	<p><b>Carrefour Jeunesse Emploi de L'Outaouais (CJE)</b> 819 561-7712 <a href="mailto:info@cjeo.qc.ca">info@cjeo.qc.ca</a> <a href="https://cjeo.qc.ca/">https://cjeo.qc.ca/</a> <b>CJE Pontiac</b> 819-648-5065 <a href="https://cjepontiac.ca/en/">https://cjepontiac.ca/en/</a></p> <p>Resume help, job search and career guidance (ages 16-35)</p>
<p><b>La Relance</b> 819-770-6444 <a href="https://larelance.ca/">https://larelance.ca/</a> <a href="mailto:info@larelance.ca">info@larelance.ca</a></p> <p>Resume and job search support</p>	<p><b>SITO</b> 819-776-2260 <a href="http://www.sito.qc.ca">www.sito.qc.ca</a></p> <p>Helping immigrants find employment and assisting them in integrating into the Quebec society</p>	<p><b>West Quebecers</b> 819-682-9602 <a href="mailto:info@westquebecers.ca">info@westquebecers.ca</a></p> <p>Supporting the English Community in Western Quebec Offers free French classes</p>

## Academic & Personal Support

<p><b>Liora Richler</b> Guidance Counsellor lrichler@wqsb.qc.ca Office: 109</p>	<p><b>Chelsea Culley</b> Social Work Officer cculley@wqsb.qc.ca Office: 202</p>
<p><b>Josette Kodsi*</b> Social Worker</p>	<p><b>Erica Tomkinson*</b> Drug and Alcohol Technician</p>

*\*Students wishing to meet with Josette and/or Erica can do so by first meeting with Liora or Chelsea*