

COVID-19 RESOURCE INFO

If you are in need of support, please refer the websites and telephone numbers below....

Coronavirus (COVID-19) INFO lines in QC - **1-877-644-4545 (toll free)**

Connexions has a comprehensive document for available shelters, foodbanks and community resources for youth and their families (Connexions is based in Outaouais but also has general links)

<http://centreconnexions.org/community-services/youth>

For teens related to staying connected, active and establishing a routine during COVID19 self-isolation.

<http://teenmentalhealth.org/toolbox/>

Quebec Resources on Anxiety (cause, signs, what to do as a parent):

<https://www.quebec.ca/en/health/advice-and-prevention/mental-health/anxiety-in-children/>

CSSS (your regional Health and Social Services – 811 (9 for English and 1 (health) or 2 (social support)

Tel-Jeunes – **1-800-263-2266 or text 514-600-1002 or live chat**

<https://www.teljeunes.com/Home>

Hope for Wellness Helpline *FNMI-Indigenous support line, counselling provided in English, French or upon request Cree, Ojibway, Inuktitut - **Call 1-855-242 3310**

<https://www.hopeforwellness.ca/>

Youth Mental Health Canada has resources and is available on multiple platforms (Facebook, Twitter, Youtube, Instagram)

https://ymhc.ngo/resources/covid-19/?fbclid=IwAR29LWNUFyQVcJHVkiGmzao6-y70JOnYo820BG_40un5-kxOE8lfvDXZuUo

Regional Services

List of services in Outaouais (with update re. open/closed/reduced hours)

<https://docs.google.com/spreadsheets/d/1Uou6tBqVfKtNzIBjmAxGq3YjjRDQn3-gB3Y7GdLDsvE/edit#gid=473865145>

CISSSAT main page of tools and information re. COVID-19 impact on services (includes French resource on dealing with anxiety in children during the pandemic)

<https://www.cisss-at.gouv.qc.ca/covid-19-information-pour-la-population/>

If you have any questions please reach **Scott Cavers** at scottcavers@wqsb.qc.ca