



**Military Family
Resource
Centre**
Montreal Region

HEALTH GUIDE

**A reference tool for health
services offered near you**

> Updated August 2023 <





Military Family
Resource Centre
Montreal Region

WELCOME • SUPPORT • UNITE

CONTACT US

Service Point:

Saint-Hubert:	450 462-8777 ext. 6810
Saint-Jean-sur-Richelieu:	450 358-7099 ext. 7955
Montreal:	514 252-2777 ext. 4984

Information email: info.crfm@forces.gc.ca

Website: www.sbmfc.ca

Service portal: www.crfmmfrcmtl.ca

To follow us on:



Military Family Resource Center, Montreal Region








IMPORTANT NOTICE



The information listed below is therefore provided for information only and may be subject to change without notice. It is important to call before going to a clinic. Some fees may be charged if you use *Bonjour Santé*.

LEGEND

-  Wheelchair accessibility
-  Free Parking
-  Paid Parking
-  Service with appointment
-  Service with fees

Service offered by the MFRC

Access to health care is a concern for the Quebec population in general. The current situation is that many Quebec citizens do not have a family doctor.

The difficulty of finding one is even greater when one moves to another region, or when one arrives from another province. Recognizing this, we have produced this guide to help you navigate the health care system.

If you need assistance with your research, our staff have in-depth knowledge of the environment and will be happy to answer your questions.

A simple phone call can make all the difference!



Primary Care Access Point (GAP)

The Primary Care Access Point (GAP) allows people who do not have a family doctor to obtain a medical appointment or a health service. To access it, you must:

- Waiting for a family doctor, following registration with the Québec Family Doctor Finder (GAMF);
- Or be taken care of by a group of doctors

When you contact the First line access desk, your request will be analyzed and then directed to the professional or medical service that best meets your needs, such as a medical consultation, a visit to the pharmacist or a support program. It should be kept in mind that the GAP is a service for so-called “non-emergency” situations.

To reach the GAP, dial 811, option 3. A nurse will answer you and can guide you further.



However, you should know that to use the GAP, you must have a health insurance card. If you are waiting to receive your RAMQ card, there is no problem – you can still consult the specialists of the GAP. When you call, simply tell them that you do not currently have a health insurance card, but that you are waiting to receive one. Often you receive a temporary number, in case you need it.

You will find the link to access the GAP at the following address:
www.quebec.ca/en/health/finding-a-resource/primary-care-access-point



FOR MORE INFORMATION

Access registry for patients without a family physician

The access registry for patients without a family physician is an assistance service for any individual looking for a family physician. It is intended to facilitate access to family physicians.

TO REGISTER

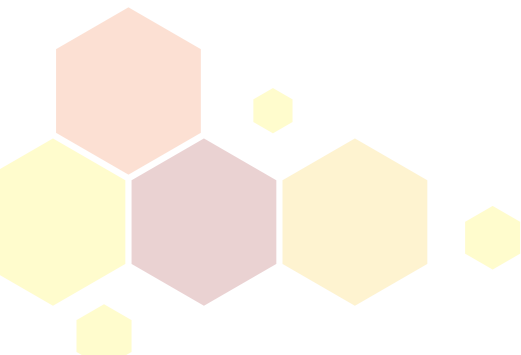
To register with the access registry waiting list near you, call your local health and social services centre (CSSS). Leave your name, telephone number, address and postal code. A nurse will call you back within a few days to a few weeks to complete your registration. However, each registration is evaluated and prioritized using the vulnerability criteria established by the Quebec health insurance system (RAMQ).



The priority given to your application depends on your health condition and the availability of medical staff, and not on the date your registration was received.


Please note that there will be a wait (which is impossible to predict) before you are assigned a family physician, and that you will not be given an appointment with a physician following your registration application.

You are advised not to rely solely on this list in your attempts to find a physician, and to continue contacting various medical clinics.



POINTE-AUX-TREMBLES

FMG Polyclinic Pointe-aux-Trembles



 : 12905, Sherbrooke East, Suite 103
Montreal



 : 514 498-4050 (general information)

Informations

Services offered:

- Bandage change 
- Contraception
- Electrocardiogram 
- Flu vaccination 
- Minor surgery
- Pap Smear test
- Vaccination 

Services offered in:

French, English

Office hours:

Monday to Friday: 8 am to 8 pm
Saturday and Sunday: 8am to 4pm

Clients must call the day before starting at 5 pm at 514 317-6733 or reserve online on *Bonjour santé* at www.bonjoursante.ca

ROSEMONT

Maisonneuve-Rosemont medical clinic




📍 : 5345, de l'Assomption Boulevard , Suite 360,
Montreal

📞 : 514 257-7000



Informations

Services offered:

- Bandage change 
- IPEDS
- Medical consultation
- Pap Smear test
- Plantar wart treatment 
- Radiology
- Screening
- Vaccination 

Services offered in:
French, English

Office hours:

Monday to Friday : 8 am to 8 pm

Saturday and Sunday: 8 am to 12pm

To obtain an appointment, clients must register via the Bonjour Santé or RVSQ website, the day before starting at 4 p.m. or by phone 514 257-7000 ext. 238.

Otherwise you can register online at:
www.bonjour-sante.ca/uno/clinic/maisonneuverosemont

**The number of places available at the walk-in clinic is limited and varies according to the availability of doctors.*

ROSEMONT

FMG Polyclinic Cabrini

📍 : 5700, Saint-Zotique East, Suite 104,
Montreal



☎ : 514 256-5700 ext. 1 (walk-in appointment)



Informations

Services offered:

- Bandage change
- Blood pressure
- Blood test
- Contraception
- Electrocardiogram
- Electroencephalogram
- Emergency oral contraception
- Flu vaccination
- Minor surgery
- Mammography
- Medical consultation
- Pap smear test
- Radiology

Services offered in:

French, English

Office hours:

Monday to Sunday: 8 am to 8 pm

The clinic is no longer accepting new clients for regular follow-up.

To see a specialist, a referral from a general practitioner is required.

Clients wishing to make an appointment must register the day before, starting at noon, by calling (514) 256-5700, option 1, or by going to the Bonjour Santé website. Please also note that the number of places is limited!

**The number of places available at the walk-in clinic is limited and varies according to the availability of doctors.*

ROSEMONT

■ Medical clinic 3000

📍 : 3000, Bélanger East,
Montreal

☎ : 514 376-7702



Informations

Services offered:

- Bandage change
- Blood pressure Test 
- Contraception
- Electrocardiogram 
- Emergency contraception
- Mammography
- Medical consultation
- Minor surgery 
- Plantar wart treatment 
- Screening 
- Vaccination

Services offered in:

French, English, Arabic, Spanish and Creole

Office hours:

Monday to Friday: 8 am to 8 pm

Saturday and Sunday: 8:30 am to 4:30 pm

Walk-in registrations are now done via the web the day before for an appointment the next day. This service is completely free using RVSQ.

www.rvsq.gouv.qc.ca/prendrerendezvous/Default.aspx?culture=en

** This clinic is accepting new clients for follow-up (dated 2022-07-27) but this can change quickly.*

ROSEMONT

■ Lacroix Laval medical clinic,
private medicine





















📍 : 3815, Masson, Suite 116
Montreal

📞 : 514 437-8911



Informations

Services offered:

- Bandage change  
- Blood test  
- Cholesterol test  
- Contraception  
- Electrocardiogram  
- Holter
- MAPA
- Minor surgery  
- Pap smear test  
- Plantar wart treatment  
- Screening  
- Vaccination  



Services offered in:

French, English

Office hours:

Monday to Friday: 9 am to 4 pm

The time slots WITH appointments are for all types of clients (registered and non-registered) and vary according to the availability of the physician.

Please call the clinic before coming.

SAINT-LEONARD

■ FMG Polyclinic Levasseur

Please note that wearing a mask is mandatory in the clinic.





📍 : 8000, Langelier Boulevard, Suite 601,
Saint-Leonard

📞 : 514 383-0559



Informations

Services offered:

- Bandage change 
- Contraception 
- Emergency oral contraception 
- Medical consultation
- Pap smear test
- Pregnancy follow-up (514 383-0559)
- Radiology 
- Seasonal vaccination
- Ultrasound (514 470-0105)

Services offered in:

French, English

Office hours:

Monday to Sunday: 8 am to 8 pm

Availability for walk-in consultations is published as early as 7 p.m. the day before for the next day's consultations.
www.bonjour-sante.ca/uno/hubclinique
or call at 514 316-8259.

Note that wearing a mask is mandatory at the clinic, and you must go alone or accompanied by one person only

SAINT-LEONARD

■ Viau medical clinic

📍 : 4750, Jarry East, Suite 204,
Saint-Leonard

📞 : 514 326-7203



Informations

Services offered:

- Bandage change 
- Blood pressure test
- Cholesterol test
- Contraception
- Doppler
- Electrocardiogram 
- Emergency contraception
- IPEDS
- Minor surgery 
- Medical consultation
- Pap smear test
- Plantar wart treatment
- Radiology
- Screening
- Ultrasound
- Vaccination 

Services offered in:

French, English

Office hours:

Monday to Friday: 8 am to 9 pm

Saturday and Sunday: 9 am to 8 pm

To make a walk-in appointment, please register at the following link:

www.rvsq.gouv.qc.ca/accueil/index-en.html

Clients must call the day before, starting at 5 pm at 514 405-5023.

** This clinic accepts new clients for follow-ups (dated 2022-07-27) but this could change quickly.*



NOTICE:

Wait times in emergency rooms can be very long (several hours). We suggest that you opt for a walk-in clinic if your condition permits it.



CARTIERVILLE

■ Montreal Sacred-Hearts Hospital


 : 5400, Gouin East Boulevard
Montreal

 : 514 336-7212

CENTRE-SUD

■ Notre-Dame Hospital

 : 1560, Sherbrooke Street East
Montreal

 : 514 413-8777

The emergency entrance is located on Plessis street.

Informations

Services offered:

All professional services, (an appointment is required for certain).

Spoken Languages:

French, English

In order of priority according to emergency.



LACHINE

■ McGill University Health Center - Lachine Hospital

📍 : 650, 16th Avenue
Montreal

☎ : 514 934-1935

*The emergency entrance is located on
Saint-Antoine street, on the ground floor.*

LASALLE

■ LaSalle's Hospital

📍 : 8585, Champlain terrace
LaSalle

☎ : 514 362-8000

Informations

Services offered:

All professional services, (an appointment is required for some)

Services offered in:


French, English


Patients are treated in order of priority according to emergency.



NOTRE-DAME-DE-GRACE

Royal Victoria Hospital - Glen Site


 : 1001, Décarie Boulevard
Montreal

 : 514 934-1934 (principal line)
514 934-8488 (CUSUM's referral and
appointment center line)

*Most of the services offered at this hospital center
are in English.*

ROSEMONT

Maisonneuve-Rosemont Hospital

 : 5415, de l'Assomption Boulevard,
Montreal

 : 514-252-3400

Santa Cabrini Hospital

 : 5655, St-Zotique Street East
Montreal

 : 514 252-6000

*The emergency entrance is located on
Pontoise street.*

Informations

Services offered:

All professional services, (an appointment
is require for some)

Services offered in:

French, English

Patients are treated in order of priority
according to emergency.



VILLE-MARIE

■ University of Montreal Hospital Center - CHUM

📍 : 1001, Sanguinet street
Montreal

☎ : 514 890-8000

The Emergency room is at Pavilion D.



VILLERAY

■ Hôpital Jean-Talon

📍 : 1385, rue Jean-Talon Est
Montréal

☎ : 514 495-6767



Informations

Services offered:

All professional services, (an appointment is required for some)

Services offered in:

French, English

Patients are treated in order of priority according to emergency.



BROSSARD

Alexandre medical clinic

📍 : 8005, du Quartier Boulevard, Suite 203,
Brossard

☎ : 450 465-5589



Informations

Services offered:

- Blood test 💰 (\$45)
- Covid-19 screening
- Medical consultation

Services offered in:

French

Office hours:

Monday to Thursday: 7:30 am to 4 pm
Friday: 7:30 until noon

Since 2022, this clinic has been linked to the provincial medical appointment system. Customers must therefore register via the following site: www.rvsq.gouv.qc.ca/accueil/index-en.html Please note that you must have your Quebec health insurance card to make an appointment.

** Note that the demand for appointments far exceeds the capacity of the office. Availability fills up very quickly at 4 pm.*

BROSSARD

FMG Dix30

📍 : 9090, Leduc Boulevard,
Brossard

☎ : 450 550-8858



Informations

Services offered:

- Bandage change
- Medical consultation
- Plantar wart treatment

Services offered in:

French, English, Egyptian and Vietnamese

Office hours:


Monday to Saturday: 8:30 am to 12:30 pm
Sundays and public holidays: 8 am to 2 pm

The emergency clinic is now by appointment only and you must call the clinic starting at 7 a.m.

BROSSARD

FMG Lapinière

This clinic offers walk-in priority to its patients.



 : 2424, Lapinière Boulevard, Suite 001,
Brossard

 : 450 465-5379



Informations

Services offered:

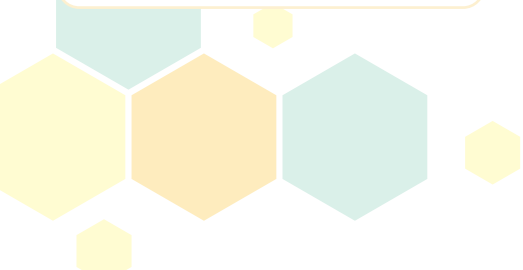
- Blood test  
- Contraception
- Electrocardiogram
- Medical consultation
- Minor surgery
- Vaccination

Services offered in:

French, English

Office hours:

Monday to Friday: 8 am to 4:30 pm
Saturday and Sunday: 8 am to 1 pm



LONGUEUIL

Azur medical center

📍 : 2984, Taschereau Boulevard, Suite 103,
Longueuil

📞 : 450 878-0449 (Walk-in appointment)



Informations

Services offered:

- Bandage change
- Blood pressure test
- Blood test  
- Cholesterol test 
- Contraception
- Electrocardiogram
- Emergency contraception
- Medical consultation
- Minor surgery
Recovery of used syringes and
needles
- Vaccination

Services offered in:

French, English

Office hours:

Monday to Friday: 8 am to 9 pm

Saturday and Sunday: 8 am to 8 pm

Clients must register by calling at 450 878-0449 starting at 6:45 am. New places will be added at 4 pm. Please note that appointments are offered for the same day. It is also possible to register via the website at:

www.bonjour-sante.ca/Triathlon/#/identification/azur

LONGUEUIL

CAMU Emergency medical clinic

📍 : 1144, Saint-Laurent West, Suite 100,
Longueuil

☎️ : 450 679-4333

☎️ : 450 286-1850 (Walk-in appointment)



Informations

Services offered:

- Blood test 🩸💰
- Contraception
- Medical consultation
- Minor surgery
- Plantar wart treatment
- Screening
- Vaccination 💰

Services offered in:

French, English

Office hours:

Monday to Thursday: 8:30 am to 3 pm

The time slots WITHOUT an appointment are open to ALL. To make an appointment, patients must call from 8:00 am on Tuesdays only, or register through the Bonjour Santé website at www.bonjour-sante.ca/Triathlon/#/identification/camulongueuil.

Note that appointments are therefore offered for the same day, i.e. Tuesday AM.

LONGUEUIL

■ **FMG Pierre Boucher medical clinic**

📍 : 1615, Jacques-Cartier East Boulevard,
Longueuil

📞 : 450 468-6223



Informations

Services offered:

- Contraception
- Emergency contraception
- Medical consultation
- Pap smear test
- Radiology
- Vaccination 💰

Services offered in:

French, English

Office hours:

Monday to Friday: 8 am to 10 pm

Saturday and Sunday: 8 am to 8 pm


The time slots WITHOUT an appointment are open to ALL. Customers must go to the website www.rvsq.gouv.qc.ca/accueil/index-en.html to obtain a spot at WITHOUT appointments the next day. Additional spots will appear gradually throughout the day.

Take note that spots are limited.

MONT-SAINT-HILAIRE

FMG De la Montagne

For registered patients only.


 : 281, Blain Street,
Mont-Saint-Hilaire

 : 450 281-2121



Informations

Services offered:

- Blood test 
- Cholesterol test
- Contraception
- Emergency contraception
- Medical consultation
- Pap smear test
- Screening
- Radiology

Services offered in:

French

Office hours:

Monday to Friday: 8:30 am to 6:30 pm

Registration is done online starting at 8:30 p.m. the day before directly on the website at www.sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=41335 or through the automated phone system at 450 328-1085.

SAINT-HUBERT

■ **Chambly Latour medical center**

📍 : 5580-B, Chemin de Chambly,
Saint-Hubert

☎ : 450 926-2236



Informations

Services offered:

- Medical consultation
- Pap smear test
- Vaccination

Services offered in:

French, English, Vietnamese

Office hours :

Monday to Friday: 10 am to 12 pm and
1 pm to 4 pm

The Walk-in appointments time slots
are from 9 a.m. to 4 p.m., variable and
open to ALL. You must contact the clinic
by email only at:
chamblylatour2020@gmail.com



SAINTE-JULIE

■ FMG Marguerite D'Youville

📍 : 2105, Armand-Frappier Boulevard,
Sainte-Julie

☎ : 450 646-2490



Informations

Services offered:

- Bandage change 💰
- Blood pressure test
- Blood test 📄💰
- Cholesterol test 💰
- Contraception 💰
- Detoxification
- Emergency contraception 💰
- End of life care 📄
- Medical consultation
- Minor surgery
- Pap smear test
- Plantar warts treatment
- Vaccination 💰

Services offered in:

French, English

Office hours:

Monday to Friday: 8 am to 8 pm

Saturday and Sunday: 9 am to 1 pm

Registration for walk-in is done only from the Rendez-vous santé Québec website (www.rvsq.gouv.qc.ca).

Appointments for patients who are orphans or who are cared for by a group of doctors can be made through the access desk for orphan patients (GAP) at the following link: www.quebec.ca/sante/trouver-une-resource/first-line-access-desk

NOTICE:

Wait times in emergency can be very long (several hours). We suggest that you opt for a walk-in clinic if your condition permits it.

LONGUEUIL

Charles-Le Moyne Hospital


 : 3120, Taschereau Boulevard,
Greenfield Park

 : 450 466-5000

*Access the emergency room via Chemin
Saint-Charles.*

Pierre-Boucher Hospital

 : 1333, Jacques-Cartier East Boulevard,
Longueuil

 : 450 468-8111

Informations

Services offered:

All professional services, (an appointment is required for some)

Services offered in:

French, English

Patients are treated in order of priority according to emergency.





Saint-Jean Area

Every need is specific, and every family is unique.

NOTICE:

The Saint-Jean area is predominantly French-speaking. It may be more difficult to communicate in English with receptionists. However, physicians are generally able to communicate in both languages.



SAINT-BLAISE-SUR-RICHELIEU

Saint-Blaise Health Cooperative

 : 765, Principale Street,
Saint-Blaise-sur-Richelieu



Services offered in:


French, English

Office hours:

Monday to Thursday: 8 am to 12 pm and
from 1 pm to 4 pm

Informations

Services offered:

- Contraception
- Cryotherapy treatment
- General immunization
- Gynecological examination
- Medical consultation
- Medical injections
- Medical samplings 
- Nursing consultation
- Vital sign taking


The co-op offers appointments to members only.

You can become a member now by paying the initial fee of \$50 and the annual fee of \$115. This gives you access to all health services free of charge.

SAINT-CONSTANT

FMG Saint-Constant



 : 113, Saint-Pierre Street, Suite 102,
Saint-Constant

 : 450 632-1630



Informations

Services offered:

- Bandage change 
- Blood test 
- Contraception
- Medical consultation
- Vaccination 



Services offered in:

French, English

Office hours:

Monday to Thursday: 9 am to 9 pm

Friday: 9 am to 5 pm


Sunday: 10 am to 4 pm

Register online by visiting
to the following address:
www.bonjour-sante.ca/uno/hubclinic



SAINT-JEAN-SUR-RICHELIEU (IBERVILLE)

Iberville medical clinic



 235, 2th Avenue, Suite 101,
Saint-Jean-sur-Richelieu

 : 450 347-5548



Informations

Services offered:

- Bandage change
- Blood test 
- Contraception
- Medical consultation
- Plantar wart treatment
- Vaccination 

Services offered in:

French, English

Office hours:

Monday to Wednesday: 8:30 am to 8:30 pm

Thursday: 8:30 am to 8 pm

Friday: 8:30 am to 4:30 pm

Saturday and Sunday: 8:30 am to 12:30 pm

For the weekend walk-in, register online by clicking on the blue button Register for Weekend Walk-in. For the weekday walk-in, register online by clicking on the orange button With MY doctor or with the doctor for the daytime walk-in on this link:

www.bonjour-sante.ca/uno/clinique/iberville

SAINT-JEAN-SUR-RICHELIEU (IBERVILLE)

■ Saint-Luc medical clinic

📍: 247, Saint-Luc Boulevard, suite 204
Saint-Jean-sur-Richelieu



Informations

Services offered:

- Bandage change 
- Blood pressure test
- Cholesterol test
- Contraception 
- Medical consultation
- Plantar wart treatment
- Vaccination 

Services offered in:

French, English

Office hours:

Monday: 8:30 am to 5 pm
Tuesday: 8:30 am to 8:30 pm
Wednesday: 8:30 am to 8:30 pm
Thursday: 8:30 am to 5 pm
Friday: 8 am to 4 pm

To access the walk-in service, you must register on their website:

www.rvsq.gouv.qc.ca/accueil/index-en.html

SAINT-JEAN-SUR-RICHELIEU (Saint-Eugène)

Saint-Eugene medical clinic







📍: 397, Jacques-Cartier South Boulevard,
Saint-Jean-sur-Richelieu

☎️ : 450 347-3748



Informations

Services offered:

- Bandage change  
- Blood pressure measurement 
- Blood test  
- Contraception 
- Distribution of injection equipment to people who use drugs
- Medical consultation

Services offered in:

French, English

Office hours:

Monday and Thursday: 8 am to 8:30 pm
Tuesday, Wednesday and Friday:
8 am to 4:30 pm

For the WALK-IN appointment, during the week and on holidays, you must call 450 347-3748, option 1. During the weekend, to make an appointment at the WALK-IN appointment, please dial 1 (844) 885-4334. At any time, you can use the following link to make an appointment at SANS rendez-vous:
www.bonjour-sante.ca/uno/clinique/steugene

NOTICE:

Wait times in emergency can be very long (several hours). We suggest that you opt for a walk-in clinic if your condition permits it.



SAINT-JEAN-SUR-RICHELIEU

Haut Richelieu Hospital

 : 920, du Séminaire North Boulevard,
Saint-Jean-sur-Richelieu

 : 450 359-5000

Informations

Services offered:

All professional services (an appointment is require for some).

Services offered in:

French, English

Patients are treated in order of priority according to emergency.



LAVAL

■ FMG Laval medical center

📍 : 1110, Vanier Boulevard,
Laval



☎ : 450 661-2521

☎ : 450 328-1085 (Walk-in appointment)

Informations

Services offered:

- Blood test 💰
- Cholesterol test
- Contraception
- Emergency contraception
- Medical consultation
- Pap smear test
- Radiology
- Screening

Services offered in:

French, English

Office hours:

Monday to Friday: 8 am to 8 pm

Saturday and Sunday: 8 am to 4 pm


To make an appointment at the Minor Emergencies Clinic, you must click on the orange button "Registration at the clinic" at the clinic's website www.centremedlaval.ca, or at the following address: www.rvsq.gouv.qc.ca/accueil/ for an appointment at 5 p.m. the following day.

NOTICE:

Wait times in emergency can be very long (several hours). We suggest that you opt for a walk-in clinic if your condition permits it.

LAVAL

Cité-de-la-Santé Hospital


 : 1755, René-Laennec Boulevard,
Laval

 : 450 668-1010

SAINT-EUSTACHE

Saint-Eustache Hospital

 : 5200, Arthur-Sauvé Boulevard,
Saint-Eustache

 : 450 473-6811

Informations

Services offered:

All professional services, (an appointment is required for some)

Services offered in:

French, English

Patients are treated in order of priority according to emergency.





**For more
information**

Tips and tricks

Go to the same clinic whenever possible. The medical team will have access to your file and will be more able to help you.

Phone before going to the clinic to avoid making a trip for nothing.

To see a specialist:

you must see a general practitioner first, either by visiting your family doctor or seeing a doctor at a walk-in clinic. If your doctor deems your referral to be URGENT, he/she will tell you how to proceed. If the referral is not urgent, you will be given the contact information of the hospitals and clinics in question so that you can make an appointment yourself.

To speak with a nurse:

call Info-Santé by dialling 8-1-1 or contact your HSSC. Nurses can offer the advice and care needed after an injury, a chronic illness or surgery. They can also provide emergency contraceptive pills (the morning-after pill).

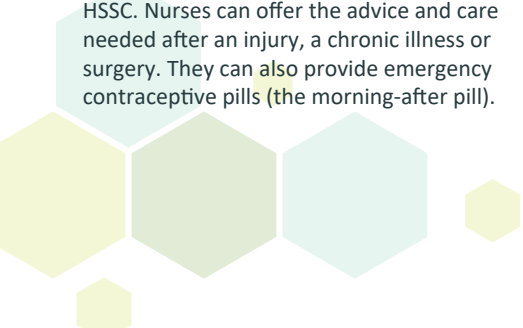


To prepare for an appointment, write down:

- your symptoms, their frequency, when they occur and what triggers them;
- any specific health conditions that you may have (allergies, disabilities, whether or not you are breastfeeding, etc.);
- any medication that you are taking;
- the list of questions that you would like to ask.

The day of the appointment:

- show up with paper and a pen or pencil to take notes;
- do not hesitate to ask questions;
- bring someone with you, if necessary.



All emergency call

Emergency	911
Info-Sante	811
Poison centre	1 800 463-5060
Santé Montréal	www.santemontreal.gc.ca
Santé Montérégie	www.santemonteregie.gc.ca

Other resources

Suicide Prevention Centre

450-679-8689

Gay Line

1-888-505-1010

Youth Protection

To make a report

1-800-361-5310

Kids Help Phone

1-800-668-6868

Drugs: help and referral

1-800-265-2626

Elder Abuse Info

1 888 489-2287

Parents' Line

1 800 361-5085

S.O.S. violence conjugale

1 800 363-9010

Tel-jeunes

1 800 263-2266

Resources: Sexual Assaults

1 888-933-9007