

## Mental Health Resources

 <p style="text-align: center;">THE CENTRE OF EXCELLENCE FOR MENTAL HEALTH (CEMH)</p> <p style="text-align: center;">Promoting mental health to strengthen school communities</p>	<p style="text-align: center;"><a href="http://cemh.lbpsb.qc.ca/">http://cemh.lbpsb.qc.ca/</a></p>
 <p>Kids Help Phone <span style="float: right;">Call a counsellor: 1-800-668-6868 <a href="#">Donate</a></span></p> <p>Get help - Get info - Who we are -</p> <ul style="list-style-type: none"> <li style="background-color: #2e8b57; color: white; padding: 5px; text-align: center;"> <b>Text</b> Get support right now through our texting service <small>TAP TO TEXT</small> </li> <li style="background-color: #4169e1; color: white; padding: 5px; text-align: center;"> <b>Phone</b> Call us for support through our phone service <small>LEARN MORE →</small> </li> <li style="background-color: #ff00ff; color: white; padding: 5px; text-align: center;"> <b>Live Chat</b> Live Chat is temporarily closed <small>LEARN MORE →</small> </li> <li style="background-color: #0070c0; color: white; padding: 5px; text-align: center;"> <b>Resources Around Me</b> Find a youth program near you <small>GO NOW →</small> </li> </ul>	<p style="text-align: center;"><a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a></p>
 <p style="text-align: center;"><b>Jevi</b> Centre de prévention du suicide - Estrie</p>	<p style="text-align: center;"><a href="http://www.jevi.qc.ca/">http://www.jevi.qc.ca/</a></p> <p style="text-align: center;"><b>819-564-1354</b></p> <p style="text-align: center;"><b>1-866-APPELLE (277-3553)</b></p>
 <p style="text-align: center;"><b>PRÉVENTION SUICIDE</b></p>	<p style="text-align: center;"><b>Centre Prévention Suicide Haute-Yamaska</b></p> <p style="text-align: center;"><a href="http://cpshy.qc.ca/">http://cpshy.qc.ca/</a></p> <p style="text-align: center;"><b>450-375-4252</b></p> <p style="text-align: center;"><b>1-866-APPELLE (277-3553)</b></p>
 <p style="text-align: center;"><b>Le Centre d'écoute et de prévention suicide Drummond</b></p>	<p style="text-align: center;"><a href="https://cepsd.ca/">https://cepsd.ca/</a></p> <p style="text-align: center;"><b>819-477-8855</b></p> <p style="text-align: center;"><b>1-866-APPELLE (277-3553)</b></p>



<https://grisestrie.org/>

819-434-6413

[info@grisestrie.org](mailto:info@grisestrie.org)


Le GRIS Estrie réfère les personnes de minorités sexuelles, leurs proches et les intervenants et intervenantes vers les bonnes ressources.



<https://interligne.co/en/>

1-888-505-1010

Interligne is a first response centre that provides help and information to those concerned with sexual orientation and gender diversity.

Québec  Répertoire des ressources en santé et services sociaux

Find your local CLSC

<https://www.sante.gouv.qc.ca/en/repertoire-ressources/clsc/>



Mental Health and Addictions

Resources and programs to help you

<https://www.santeestrie.qc.ca/en/care-services/themes/sante-mentale-dependance/>



Resources for Parents

<https://www.cebm.ca/coronavirus-for-parents>

Resources for Schools

<https://www.cebm.ca/coronavirus-for-schools>