

COVID19

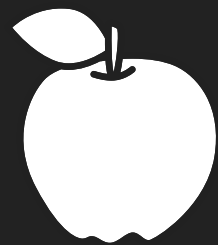
COMMUNITY RESOURCES
UPDATED APRIL 8, 2020

COMMUNITY RESOURCES FOR THE MRC DES SOURCES

FOR ALL HEALTH-RELATED ISSUES:

Dial 811 to reach Info-Santé and Info-Sociale.

Dial 1 for physical health concerns. Dial 2 for mental health or social services.



GENERAL HELP & REFERRAL LINE:

Your family needs **food**?

You **lost your job** and you are not sure where to apply for financial help?

You need to **talk** to someone?

This phone line was created to help with any needs related to the COVID19 situation.

819-879-6662

Monday to Friday 9am-1pm



MENTAL HEALTH SUPPORT

CIUSSS de l'Estrie-CHUS –Accueil psychosocial: 819-879-7158, poste 39438

JEVI Estrie: 819-564-1354

Kid's Help Line*: 1-800-668-6868



SUPPORT FOR FAMILIES & WOMEN

Centre des femmes Des Sources et Val-St-François*: 1 800-909-7937

Lennoxville & District Women's Centre*: 819 564-6626 info@ldwc.ca

SOS Violence conjugale*: 1-800-363-9010

Ligne Parents: 1-800-361-5085

*Resources available in English