

KEEPSAFE CONNECTIONS - BISHOP'S UNIVERSITY / SHERBROOKE COMMUNITY

KEEPSAFE CONNECTION	CONTACT INFORMATION	WHAT DO THEY DO	HOURS
Bishop's Counselling and Psychological Services	(819) 822-9695	24-hour phone and mobile crisis service (also short-term beds)	8:30am - 4pm Weekdays
Campus Security	(819) 822-9711	Sexual assault and abuse-related calls, can support those with suicidal ideation and make referrals	24 hours/day
Jevi Centre de Prevention du Suicide [Bilingual]	Crisis Line: (819) 564-1354 Toll Free: 1 (866) 277-3553	Crisis line for people who have suicidal thoughts and for the friends and family supporting them	24 hours/day
Estrie Help Centre: Fighting Against Sexual Aggression	Crisis Line: 1-(888) 933-9007	Advocacy and assistance, aid and counselling for those affected by assault	24 hours/day
Inter Ligne Talking Gender and Sexual Diversity	Toll Free Text and Talk: 1-888-505-1010	Provides confidential help to those concerned with sexual orientation and gender diversity GBLTQQ++	24 hours/day
EmpowerMe Student Care	Hotline: 1-(844) 741-6389	Clinical Response Centre for Students	24 hours/day
CHUS Centre Hospitalier Universitaire de Sherbrooke	(819) 346-1110	Emergency Room (also hosts Psychiatric Emergency Services Unit)	24 hours/day
Tel-Jeunes [Bilingual]	1-(800)-263-2266 Chat Service: http://teljeunes.com/accueil	Quebec-based confidential phone and online counselling service for youth	24 hours/day
Crime Victims Assistance Centre [CAVAC]	1-866-532-2822	Free, confidential assistance to anyone who has been the victim of a crime committed in Quebec	24 hours/day

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SERVICE	CONTACT INFORMATION	WHAT DO THEY DO	HOURS
Urgence-Détresse [Bilingual]	819-780-2222 (ask the operator for Urgence-Détresse)	Provides rapid assistance to persons experiencing an emotional or mental health crisis	5:30 am-3am, 7 days a week
Tel-Aide [Bilingual]	1-888-935-1101	This Montreal-based distress hotline is free, confidential, and anonymous & run by volunteers	24 hours/day
First Nations and Inuit Hope for Wellness Helpline	Toll Free: 1-855-242-3310	Emotional distress support for First Nations and Indigenous peoples	24 hours/day
Kids Help Phone [Bilingual]	1-(800) 668- Chat Service: https:// kidshelpphone.ca/	National, bilingual, anonymous phone counselling, web counselling and referral service for youth	24 hours/day
<i>Community Centres with Information & Programming</i>			
Mon Shack [Bilingual]	819 821-0515 info@monshack.ca 3195 College St., Sherbrooke	Community support and housing for young people struggling with mental health challenges	Mon-Fri 8:30am-7:30pm
Tierra del Fuego Socio-Ecological Community Initiative	(819) 829-1163 19 Church Street tierradelfuegolennoxville.we ebly.com	An experimental learning ground; cultural kitchen & workshops, providing access to basic resources - internet, food, books & support	Varies
Centre de Readaptation en Dependance de L'Estrie [Bilingual]	(819) 821-2555 1930 King West, Sherbrooke www.crde.ca	Offers specialized services for those struggling with addiction and the families of those who are struggling	Varies [Services by referral only]
Bishop's University Pride Alliance	819-822-9600	A safe space for GLBTQQ++ to meet, discuss issues & receive support	Varies

This is an incomplete list. There may be other services that work best for you and your specific needs, so we encourage you to seek them and share them! What works for you may not work for others, but we only gain by sharing.