

Helpful resources for parents

Resources	Description	Contact information
Première Ressource, Aide aux parents	Free, anonymous professional telephone counselling service focused on prevention and support. It aims to promote the well-being of families by helping parents understand and overcome the day-to-day challenges associated with child rearing and parent-child relationships.	514-525-2573 1-866-329-4223 www.premiereressource.com/en/
Entraide-Parents	Entraide-Parents offers Québec parents tools to improve their relationship and communication with their children and help them learn more about parenting.	418 684-0050 www.entraideparents.com (website in French only)
Réseau pour un Québec Famille	Non-profit umbrella organization for family organizations throughout the province.	450 812-9465 www.quebecfamille.org (website in French only)
Naître et grandir	<i>Naître et grandir</i> is a source of reliable and scientifically validated information. Its mission is to support Québec parents every day in their role as parents to their children, from conception to age 8.	www.naitreetgrandir.com/en/
Tel-Aide	Telephone helpline for anyone who feels lonely or anxious, needs to confide in someone, talk about their problems, or is considering suicide.	418 686-2433 1 877 700-2433 www.telaide.qc.ca (website in French only)
SOS violence conjugale	Organization that responds to distress calls from victims of spousal violence, 24/7. Calls are completely confidential.	1 800 363-9010 438 601-1211 (texto) www.sosviolenceconjugale.ca/en/
Association québécoise de prévention du suicide	Association that offers a suicide prevention hotline.	1 866 APPELLE (1 866 277-3553) www.aqps.info (website in French only)
Alcoholics Anonymous	International fellowship of men and women who have or have had a drinking problem.	1-866-376-6279 www.aa-quebec.org (website in French only)
Drugs: help and referral	Organization that provides support, information and referrals to anyone in Québec worried about drug, alcohol and/or medication use.	514-527-2626 1-800-265-2626 www.aidedrogue.ca/en/
211 service (community services)	Information service that gives people with non-urgent social needs timely information on helpful social and community resources near them.	211 www.211quebecregions.ca/en/
Info-Santé 811	Free and confidential telephone consultation service that promptly puts you in contact with a nurse if you have a non-urgent health issue.	811
Info-Social 811	Service where professionals provide advice and can answer questions of a psychosocial nature. When necessary, they can also direct you to a resource in your community or in the health and social services network.	811