



## Ressources for young people Quebec

**Quebec Government:** offers a list of organizations supporting victims of sexual violence. Find the list of centers throughout the province here:


 [quebec.ca/en/family-and-support-for-individuals/violence/help-and-resources-for-sexual-assault-victims-and-sexual-assailants/community-organizations-that-help-victims-of-sexual-assault](https://quebec.ca/en/family-and-support-for-individuals/violence/help-and-resources-for-sexual-assault-victims-and-sexual-assailants/community-organizations-that-help-victims-of-sexual-assault)

**La Maison Missinak:** offers refuge and services to First Nation women and children.

 418-627-7346 (phone)

 [missinak.ca](https://missinak.ca)

**Viol-Secours CALACS de Québec:** helps women and teenagers who were victims of sexual violence.

 418-522-2120 (phone, 24/7)

 [violsecours.qc.ca](https://violsecours.qc.ca)


**Service-Conseil aux centres désignés pour l'intervention médico-sociale auprès des victimes d'agression sexuelle:** offers a variety of emergency medical and psychosocial services to victims of sexual violence who were assaulted in the last six months. Find the list of centers throughout the province here:


 [en.serviceconseilqc.ca/qu-est-ce-que-c-est](https://en.serviceconseilqc.ca/qu-est-ce-que-c-est)



## Ressources for young people in Quebec


**Tel-Jeunes:** youth support centre. Access discussion forums, a helpline with trained counsellors, peer support chats, and information on diverse topics.

 1 800-263-2266 (phone)

 514-600-1002 (text)


 [teljeunes.com/en](https://teljeunes.com/en)

**Interligne:** help line and information for 2SLGBTQ+ people.

 1 888 505-1010 (phone and text)

 [interligne.co/en/](https://interligne.co/en/)

**Info aide violence sexuelle:** Information and support for victims of sexual violence and their loved ones.

 1 888 933-9007 (phone)

 [sexualviolencehelpline.ca](https://sexualviolencehelpline.ca)


**Regroupement québécois des centres d'aide et de lutte contre les agressions à caractère sexuel (RQCALACS):** offers a list of support centres for victims of sexual violence throughout the province.

 [rqcalacs.qc.ca](https://rqcalacs.qc.ca)



## Ressources for young people in Quebec


**L'Accès GRIS Québec:** community centre for 2SLGBTQ+ youth (12–25) living in Québec City. GRIS Québec offers listening and reference services.


 [grisquebec.org/laces/](https://grisquebec.org/laces/)

**Regroupement des Services d'Intervention de Crise de Québec (RSICQ):** provides a list of crisis centres located throughout Quebec. You can contact the nearest crisis centre to receive support.

 [resicq.ca/resicq-en/](https://resicq.ca/resicq-en/)

**Suicide Prevention Centre of Montreal (SPCM):** support helpline for people experiencing suicidal ideation, available 24/7 on the phone or over text.

 1 866 277-3553 (phone, 24/7)

 535353 (text)

 [cpsmontreal.ca/en](https://cpsmontreal.ca/en)


**Head and Hands:** promotes mental and physical health for youth (12–25). Their services include legal support, physical health services, and therapy.


 [headandhands.ca](https://headandhands.ca)



## Ressources for young people in Montreal

**Assistance aux Femmes:** offers services to women with children experiencing domestic violence.


 514-270-8291 (phone, 24/7)

 [assistanceauxfemmes.ca/en](https://assistanceauxfemmes.ca/en)

**Centre de Solidarité Lesbienne:** community centre for people who identify as lesbian+. They offer mental health support services, support groups, workshops, and sexology services.

 [solidaritelesbienne.qc.ca/en](https://solidaritelesbienne.qc.ca/en)

**CALACS Trêve pour Elles:** free services for people who have experienced harassment or sexual violence.

 514-251-0323 (phone)

 [trevepourelles.org](https://trevepourelles.org)

**RÉZO:** sexual health services and support for men and non-binary people who have sex with men.

 [rezosante.org](https://rezosante.org)



## Ressources for young people in Montreal


**Black Healing Centre (BHC):** the BHC offers community-based support to people of African and Caribbean descent. Their services include subsidized therapy, group retreats and workshops.

 [blackhealingcentre.com](https://blackhealingcentre.com)

**Jeunesse Lambda:** community centre for 2SLGBTQ+ youth (14–30). They offer regular social activities, gender-affirming care, and harm-reduction products and social intervention.

 [jeunesselambda.com/en/home](https://jeunesselambda.com/en/home)

**Centre pour les Victimes d'Agression Sexuelle de Montreal:** works with emergency centres located in Montréal for people who have been victims of sexual violence.

 [cvasm.org/en/](https://cvasm.org/en/)

