

Immediate support, helplines Professional or volunteer support

If you need urgent support for your physical health, call 911.

If you are experiencing urgent psychological distress, call 811 option 2.

<https://www.quebec.ca/en/health/finding-a-resource/info-social-811>

OR

If you have suicidal thoughts, call the Association Québécoise de prévention du suicide.

Toll-free number 1 866 277-3353

Website <https://suicide.ca/en>

Suicide prevention centre of Montreal

It is possible to talk to a suicide prevention counsellor.

Toll-free number 1 866 277-3553

Text 535353

Chat suicide.ca

Website <https://cpsmontreal.ca/en/>

Note: People close to a suicidal person can also contact these services for information, help and support.

If you need support, contact a helpline.

TEL-ÉCOUTE (LIGNE LE DEUIL, TEL-ÉCOUTE AND TEL-AÎNÉS)

Tel-Écoute is a free, confidential helpline that offers emotional support and referrals to help you express what you're feeling and break the sense of isolation.

Ligne Le deuil 1 888 533-3845
Tel-Écoute (18-59 years) 514 493-4484 or 1 877 559-4095
Tel-Aînés (60 years and over) 514 353-2463 or 1 877 353-2460

TEL-AIDE

The mission of this organization is to contribute to the improvement of people's mental well-being through active listening. The service is free and confidential.

Tel-Aide Montréal : Montréal, Laval, Lanaudière, Laurentides, Montérégie :

Telephone 514 935-1101
Website <https://telaidemontreal.org/en/>

Tel-Aide Québec : Capitale-Nationale, Charlevoix, Portneuf, Bas St-Laurent, Gaspésie/Îles-de-la-Madeleine :

Toll-free number 1 877 700-2433
Website <https://www.telaide.qc.ca/>

Tel-Aide Région du Suroît :

Telephone 450 377-0060
Toll-free number 1 855 377-0600
Website <https://telaideregiondusuroit.com/>

Tel-Aide Outaouais : Gatineau, Ottawa :

Gatineau 819 775-3223
Ottawa 613 741-6433
Toll-free number 1 800 567-9699
Website <https://telaideoutaouais.ca/>

Tel-Aide Saguenay/Lac-St-Jean/Côte Nord :

Toll-free number 1 888 600-2433
Website <https://tel-aide-saguenay-lac-saint-jean.org/>

TEL-JEUNES

This free, confidential service for teenagers is designed to: 1) take care of their mental health (e.g., intense emotions, anxiety, depression, suicidal thoughts); 2) get information; and 3) ask for help (e.g., free services). Also check out the site's options for chatting with other teens or a counselor.

Toll-free number 1 800 263-2266
Website <https://www.teljeunes.com/en/youths/mental-health>

TEL-JEUNES/PARENTS D'ADOS

A counselor is available to listen to you as a parent, help you reflect on your situation, or provide information about services and resources available for your teenager.

Toll-free number 1 800 361-5085
Website <https://www.teljeunes.com/en/parents>

KIDS HELP PHONE (KHP)

« Staffed by professional counselors who provide immediate, caring support to young people in urban and rural communities across the country. Also includes online information and support, developed by Kids Help Phone's professional team, the content addresses a range of topics (grief, sadness, stress, anxiety, depression, suicide, etc.) and questions that children frequently ask. » (KHP, 2025)

Toll-free number 1 800 668-6868
Website <https://kidshelpphone.ca/tag-cloud?tags=grief>

ÉCOUTE ENTRAIDE

Listening and support service offered free of charge throughout Quebec to people who are experiencing emotional distress.

Toll-free number 1 855 365-4463
Website <https://www.ecoute-entraide.org/>

FÉDÉRATION DU MOUVEMENT ALBATROS DU QUÉBEC

Albatros' volunteer counselors offer a free, confidential service to those who have lost a loved one. Trained in the Jean Monbourquette approach, they address the psychological and spiritual dimensions of the human being. Services offered: individual follow-up sessions, support groups or telephone support.

Toll-free number

1 866 375-8533

Website

<https://mouvementalbatros.org/services/accompagnement-au-deuil/>