



Resources for your well-being

Psychological support

- [Wellness Together Canada](#): Mental health support 24/7 – Free, for everyone
- [Tel-Aide](#): Telephone support line 24/7 – Free, for everyone (514-935-1101)
- [Suicide Action Montréal](#): Crisis line 24/7 – Free, for everyone (1-866-277-3553)
- [Info-Social 811](#): Gouvernement du Québec (811)
- [Kids Help Phone](#): Telephone support line 24/7, messenger, text – Free, for children, adolescents, young adults, and parents (1-800-668-6868)
- [Tel-Jeunes](#): Telephone support line 24/7, messenger, text – Free, for children and adolescents (1-800-263-2266)



General support

- [Family and support for individuals \(help and support\)](#): Gouvernement du Québec
- [Consumption of alcohol and other drugs, and gambling](#): Gouvernement du Québec

Mental health and COVID-19

- [Mental health and the COVID-19 pandemic](#): Centre for Addiction and Mental Health (CAMH)
- [Protecting your well-being in the COVID-19 pandemic](#): Gouvernement du Québec
- [Resource Hub: Mental health and wellness during the COVID-19 pandemic](#): Mental Health Commission of Canada
- [Mental health](#): Gouvernement du Québec

Information on COVID-19

- [Coronavirus disease \(COVID-19\) in Canada](#): Government of Canada (1 833-784-4397)
- [Coronavirus disease \(COVID-19\) in Québec](#): Gouvernement du Québec
- [COVID-19 Symptom Self-Assessment Tool](#): Gouvernement du Québec
- [Coronavirus COVID-19 Montreal](#): Santé Montréal

If you have any questions or concerns, please do not hesitate to contact us:

1-866-362-6730
info@etudencore.ca

Information on COVID-19 for families

- [COVID-19 resources for parents and children](#): Government of Canada
- [COVID-19 \(Coronavirus\)](#): CHU Sainte-Justine
- [Tips for parenting under COVID-19](#): UNICEF Canada

**For our children,
for our community,
and for the fight against COVID-19**

