

HELP AND LISTENING RESOURCES

Psychosocial reception of the CISSSAT

Intervention service for anyone experiencing a personal or family problem (stress, anxiety, depression, etc.).

Ville-Marie 819-629-2420 ext. 4222

Témiscaming 819-627-3385 ext. 1260



Groupe IMAGE of Abitibi-Témiscamingue

Intervention service for men, fathers and people experiencing homelessness

819-622-2666



Témiscamingue Suicide Prevention Center

Intervention service for people with suicidal thoughts and their relatives

819-622-7777



Row worker in Témiscamingue

Listening, intervention and support service for farm families

819-629-7562 or via facebook @sabrinaaudetgodinravailleurseine

DOMESTIC VIOLENCE

Maison d'Hébergement l'Équinoxe

Intervention and accommodation service for women victims of domestic violence and their children

819-622-7001



FOOD AID SERVICE

Regroupement d'Entraide Sociale du Témiscamingue

Food aid service

819-622-0765



Association Place au Soleil

Food bank assistance, listening and support services for the people of Témiscaming

819-627-1505 or via la page Facebook @placeausoleil



WE ARE STILL HERE FOR YOU!

In the context we are currently living in, it is essential for community organizations in Témiscamingue to remain available to you. We have adapted our way of providing our services, in order to comply with the preventive measures requested by the Government, but we remain HERE FOR YOU.

(Please call the organization before coming to the site)



Centre d'aide et de lutte contre les agressions à caractère sexuel



For contact information or information on Témiscamingue community organizations, please refer to the organization's Facebook page or the Témiscamingue Community Development Corporation web page. <https://www.cdctemiscamingue.org/>

RESOURCES 24/7

- Info-Social : 811 option 2
- Suicide prevention intervention line: 1- 866-277-3553
- ÉQUINOXE / domestic violence : 819-622-7001
- Emergency line : 911
- Coronavirus Info Line 1-877-644-4545 (if you are worried about COVID-19 or if you have symptoms like cough or fever)