

COVID-19 INFORMATION

Federal

Health Canada COVID-19 Information:
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

1-833-784-4397

Provincial

Ministère de la Santé et des Services Sociaux (MSSS) COVID-19 Information:
<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus>

1-877-644-4545

Educaloi COVID-19 Legal Information and Other Resources:
<https://educaloi.qc.ca/en/web-guide/covid-19/>

Quebec Community Groups Network (QCGN): <https://qcgnc.ca/coronavirus-covid-19-response/>

Regional (Estrie)

Estrie Public Health: General Information
<https://www.santeestrie.qc.ca/en/care-services/health-advice/infectious-and-communicable-diseases/coronavirus-covid-19/>

Tools and Resources for Your Emotional Health (CIUSSS de l'Estrie - CHUS):
<https://www.santeestrie.qc.ca/en/care-services/health-advice/infectious-and-communicable-diseases/coronavirus-covid-19/covid-19-population/tools-and-resources-for-psychological-support/>



MENTAL HEALTH RESOURCES

General

MENTAL HEALTH ESTRIE helps English-speaking families in the Estrie region manage the impact of mental illness. The organisation provides support, information, and education to family and friends, including those who are ill. <http://mentalhealthestrie.com>, 819-565-3777

APPAMM ESTRIE provides support and information to relatives and friends of people with a mental illness. <https://appamme.org/?lang=en>, 819-563-1363

AMI-QUEBEC helps families manage the effects of mental illness through support, education, guidance, and advocacy. <https://amiquebec.org>, 514-486-1448

COVID ANXIETY offers resources for anxiety and your mental health in today's global climate of uncertainty. <https://www.virusanxiety.com>

Suicide Prevention

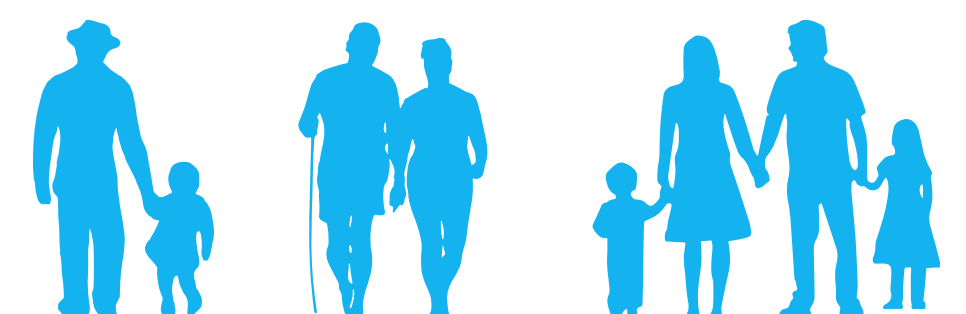
JEVI: Centre de prévention du suicide - Estrie offers free and confidential intervention services for the general population. 819-564-1354

1 866 APPELLE connects you to the nearest suicide prevention resource. 1-866-277-3553

Suicide.ca offers safe and and supportive online suicide prevention services. <https://suicide.ca/en>

Domestic Violence

SOS DOMESTIC VIOLENCE helps ensure the safety of victims of intimate partner violence (and their children) throughout Quebec. <https://sosviolenceconjugale.ca/en>, 1 800 363-9010 (24/7) or text 438-601-1211





Pandemic Resources for English Speakers

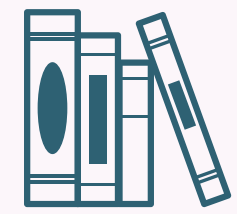
Estrie Region



FOOD BANKS AND FOOD SUPPORT

Moisson Estrie - Collection and redistribution of food; support for individuals in need; food transformation.
<https://www.moissonestrie.com/en/moisson-estrie-home/>, 819-562-5840

Food Banks of Quebec - Food bank network; find a food bank near you:
<https://www.partager.ca/en/pages/partager/map>



LITERACY AND LEARNING

Literacy in Action: Learning opportunities for adults and their families. <http://www.lia-estrie.org/>

Yamaska Literacy Council: Literacy services for adults in Brome-Missisquoi and Haute-Yamaska.
<https://yamaskaliteracy.wordpress.com/>



SERVICES FOR WOMEN AND FAMILIES

Avante Women's Centre: Avante serves English-speaking women in the Brome-Missisquoi area.
<https://www.avantewomenscentre.org/>

Lennoxville & District Women's Centre: Empowering and connecting English-speaking women and their families in the Estrie region through education, support, and advocacy. <https://www.ldwc.ca/>



EMPLOYMENT RESOURCES

Job Links - Free career and employment counselling services for English speakers in the Eastern Townships.
<http://joblinks.etsb.qc.ca/>, 819-566-24522, ext. 0

Carrefour-jeunesse emploi - Support for young adults (16-35) looking for a job, returning to school or starting their own company or project. To find the Carrefour-jeunesse emploi nearest you, visit:
<https://trouvetoncje.rcjeq.org/>

Townshippers' Association - Job bank listing job opportunities for English speakers in the Townships.
<https://townshippers.org/job-bank/>

YES Montreal - English-language support for Quebecers looking for jobs and starting/growing businesses.
<https://www.yesmontreal.ca/>



HAVE A QUESTION?

[TOWNSHIPPERS.ORG](https://www.townshippers.org)

Head Office (Sherbrooke): 819-566-5717

Branch Office (Knowlton): 450-242-4421

Remember!

Self-isolation is recommended for individuals who have been directly exposed to the new coronavirus or have a history of travel in infected or heavily populated areas.

CHSSN

Community Health
And Social Services Network
Réseau communautaire de santé
et de services sociaux

Canada

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