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DIRECTORY OF RESOURCES FOR SUPPORT, ASSISTANCE AND PREVENTION

With regard to the protection of integrity in sports and recreation

General support resources

NAME OF THE RESOURCE	TYPE OF RESOURCE	CLIENTELE	CONTACT INFORMATION
IN AN EMERGENCY CALL THE POLICE BY DIALING 9-1-1 OR CONTACT YOUR LOCAL POLICE STATION			
Protecteur de l'intégrité en loisir et en sport (PILS)	Ombudsman	General public	 www.quebec.ca/protecteur-integrite-loisir-sport  1-888-812-4191  plaintes.pils@pils.gouv.qc.ca
Sport'Aide	Helpline and support services	General public	 https://sportaide.ca  1-833-211-2433  1-833-245-4357 (for service in English)
Crime Victims Assistance Centres (CAVAC)	Assistance centres	General public	 https://cavac.qc.ca/en  1-866-532-2822
Kids Help Phone	Online mental health services	Youth	 https://kidshelpphone.ca  1-800-668-6868
Tel-jeunes	Helpline and support services (for youth and parents)	Youth	 www.teljeunes.com/en  1-800-263-2266 (youth)  1-800-361-5085 (parents)
Interligne	Helpline (LGBTQ2+)	LGBTQ2+	 https://interligne.co/en  1-888-505-1010  info@interligne.co

Support resources specifically for sexual violence

NAME OF THE RESOURCE	TYPE OF RESOURCE	CLIENTELE	CONTACT INFORMATION
The Mistreatment Helpline	Helpline (older adults)	Older adults	https://lignemaltraitance.ca/en 1-888-489-2287
Help and resources for Indigenous victims of violence	Government directory	Indigenous people	https://www.quebec.ca/en/family-and-support-for-individuals/violence/help-resources-indigenous
Sexual Violence Helpline	Helpline	General public	https://sexualviolencehelpline.ca/ 1-888-933-9007 info@cvasm.ca
Centre d'aide et de lutte contre les agressions à caractère sexuel (CALACS) [Sexual assault centres]	Assistance centres	General public	www.rqcalacs.qc.ca 1-877-717-5252 info@rqcalacs.qc.ca
Fondation Marie-Vincent	Service organization (children and teens)	Youth	https://marie-vincent.org/en 514-285-0505 info@marie-vincent.org
Regroupement des organismes québécois pour hommes agressés sexuellement (ROQHAS)	Service organizations for psychosocial help	Men	https://roqhas.org/en 514-797-2787 info@roqhas.org

