

**QUICK**

**RESSOURCES GUIDE**

**DO YOU HAVE THE RIGHT?**

Annual Violence and  
Bullying Prevention  
in Schools Week

**MARCH 23 TO 27, 2026**



### **Info-Social 811**

Telephone: **811**

A free and confidential telephone help line.

### **National Student Ombudsman (NSO)**

(in French only)

The NSO ensures that students' rights are respected with regard to the services provided to them and the way in which institutions handle reports or complaints about an act of sexual violence.

### **Tel-jeunes**

Live chat or phone service  
for parents of teenagers:

**1-800-361-5085**

Live chat or text service f  
or young people: **514-600-1002**

Phone service for young people:  
**1-800-263-2266**

Professional counsellors are available for young people aged 20 and under who are affected by various issues, including bullying or cyberbullying.  
From 8 a.m. to midnight, Monday to Sunday.

### **Support for parents of teenagers**

### **Support for young people**

### **Kids Help Phone**

Chat: **686868**

Telephone: **1-800-668-6868**

Online mental health services for children, adolescents and young adults available 24 hours a day, 7 days a week, throughout Québec.

### **Help line** (in French only)

Find a help line by administrative region.

### **+Fort**

### **Application on Play Store**

### **Application on App Store**

+FORT is a mobile application that offers support to young victims of bullying to help them better understand what they are going through and explore strategies to reduce the bullying they experience.

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**NeedHelpNow.ca**

Provides practical solutions for young people aged 13 to 17 to help them regain control of a situation involving cyberbullying. Provides resources for parents and adults who need to support young people dealing with cyberbullying.

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**Guides to support parents regarding bullying** (in French only)

These guides explain what bullying is, the associated myths and realities, the right approach for parents to take, along with some mistakes to avoid.

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**A Guide to Assist Parents Whose Children Are Facing Violence or Bullying Issues at School**

This guide provides practical tools for preventing violence and bullying, as well as for responding effectively and working with the school to protect children from bullying and cyberbullying.

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**Protect Kids Online**

This website is designed to help parents and guardians protect children online and reduce the risk of them being exposed to violence.

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**Crime Victims Assistance Centres (CAVAC)**

Telephone: 1-866-532-2822

CAVACs are present in all regions of Québec and provide access to professionals trained in intervention for issues related to violence, bullying or cyberbullying.

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**Sexual Violence Helpline**

Telephone: 1-888-933-9007

Resources for people affected by sexual assault, sexual exploitation and all other forms of sexual violence (as a victim, witness, professional or with questions).

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**Guide étape par étape pour régler une situation de partage de photo intime (step-by-step guide to resolving a situation involving the sharing of intimate photos)** (in French only)

Simple explanation of the steps to take if someone has shared your intimate photos without your consent or is threatening to do so.

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**Resource directory for school staff** (in French only)

Various resources categorized by theme and target audience.

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