

# HELPING TREE

This reference tool was developed to assist companions within the school setting to provide support for youth from grade 6 to 12.

## Help lines: 24/7

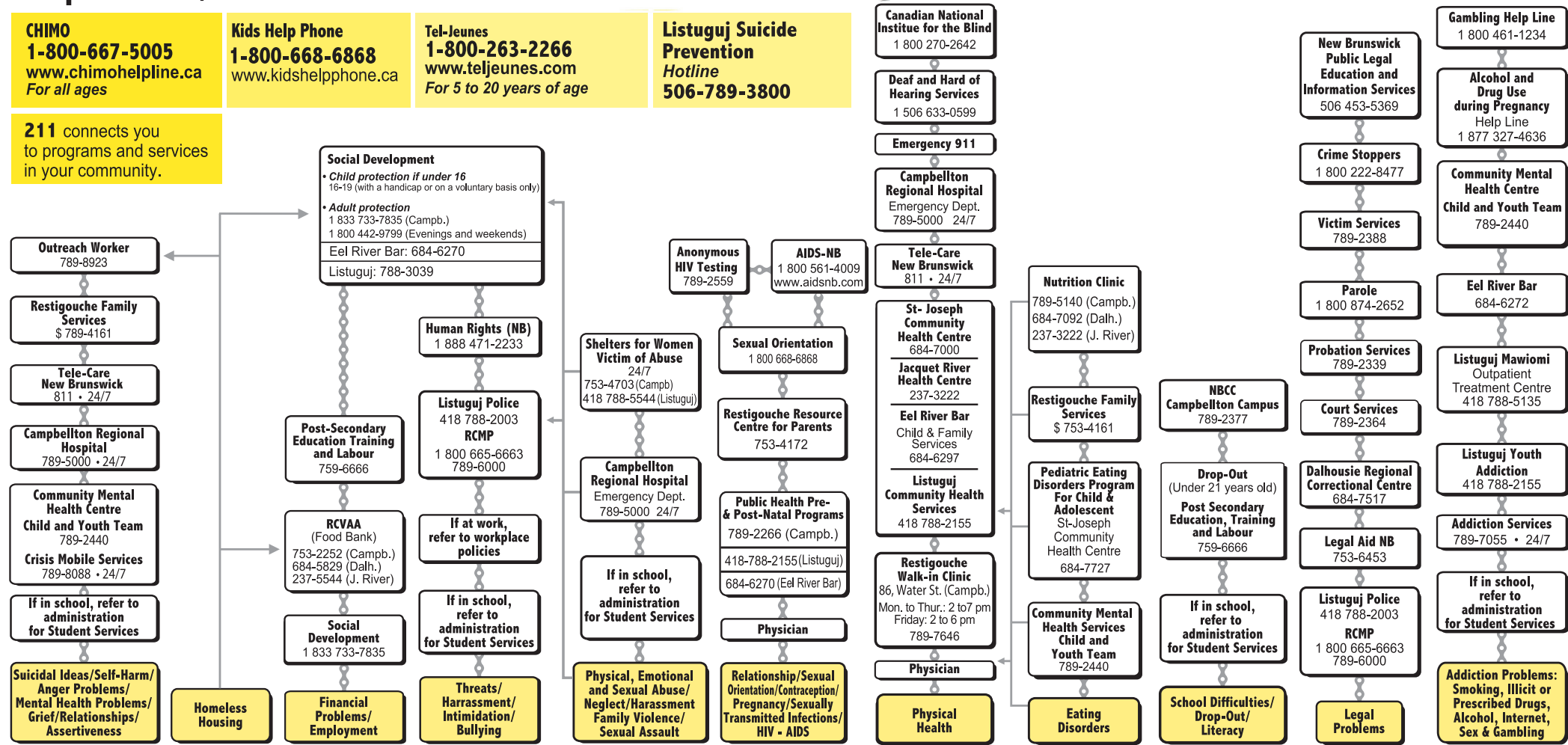
**CHIMO**  
1-800-667-5005  
www.chimohelpine.ca  
For all ages

**Kids Help Phone**  
1-800-668-6868  
www.kidshelpphone.ca

**Tel-Jeunes**  
1-800-263-2266  
www.teljeunes.com  
For 5 to 20 years of age

**Listuguj Suicide Prevention Hotline**  
506-789-3800

211 connects you to programs and services in your community.



1 Take a look at the yellow boxes at the bottom of the Helping Tree and identify the issue that concerns you.

At your school, you can get information and / or support by contacting your teacher, principal, guidance counsellor, nurse practitioner, social worker, psychologist or a member of Child and Youth team (789-2440).

Identify the issue, then the resource.

2 Once you've identified the issue, look at the support services listed for each (white boxes) and find the one that feels right for you.



www.thelinkprogram.com

START HERE

All services listed are free of charge, except those identified by a dollar sign (\$). All services available 24 hours a day, 7 days a week are identified by 24/7.

REVISED AUGUST 2021

RESTIGOUCHE SUICIDE PREVENTION COMMITTEE