

# HELPING TREE

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

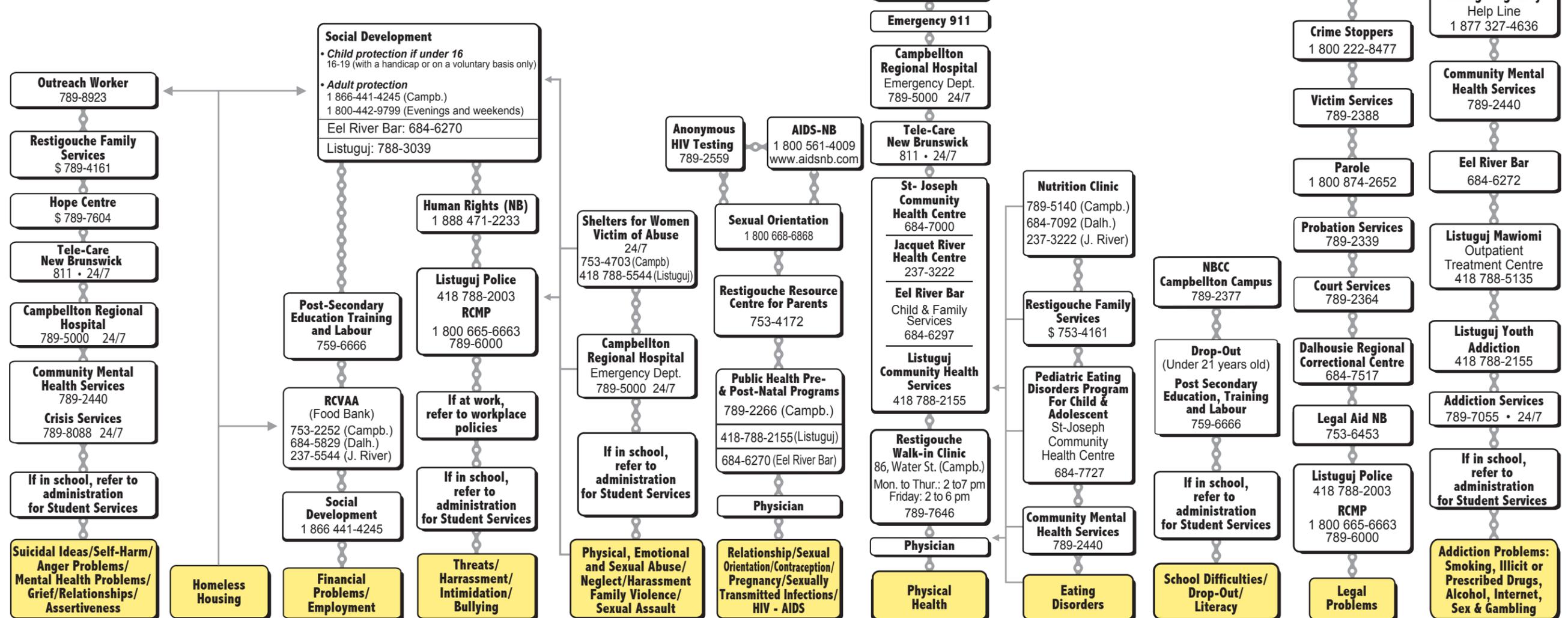
## Help lines: 24/7

**CHIMO**  
1-800-667-5005  
www.chimohelpline.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



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

**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](http://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.

RESTIGOUCHE SUICIDE PREVENTION COMMITTEE

REVISED April 2017