

# Telephone Assistance Services for MRC des Collines-de-l'Outaouais Citizens



## If you have questions about your health:

819.644.4545 (COVID-19) ou 811 (Info-Santé and Info-Social)



## If you need help with food (Le Grenier des Collines - food bank):

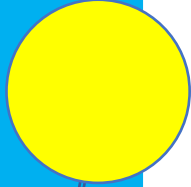
819.457.1010



## If you are a senior in need of support

(Table Autonome des Aînés des Collines):

1.855.662.4637



## If you would like to be volunteer or need the help of a volunteer:

1.877.770.2435, poste 223

benevolat.collines@gmail.com / JeBenevole.ca



## Bilingual resources for domestic violence:

SOS Violence conjugale: 1.800.363-9010

Maison Libère-Elles: 819.827.4044



**Distress Center:** 613.238.331

**Kids Help Phone:** 1.800.668.6868



Services  
available  
24/7