



211



211qc.ca



Chat service

ONE DAY,
**WE ALL NEED
A LITTLE HELP**

FREE
CONFIDENTIAL
7 DAYS • 8 AM TO 6 PM



Interpreter service
in 200 languages

211

Grand Montréal

211 CAN REFER
YOU TO **COMMUNITY
SERVICES** NEAR YOU.

Food and material aid

Housing

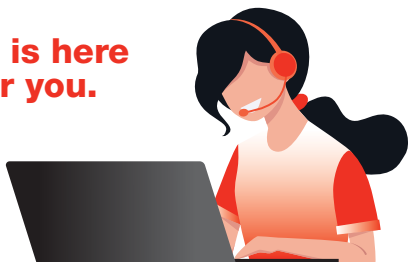
Services for seniors and families

Support for immigrants

Mental health and addictions

And much more!

**211 is here
for you.**



PARTNERS:



Communauté
métropolitaine
de Montréal



Centraide

Québec 