



Are you in need of psychosocial support?

Many resources are available to help.

INFO-SOCIAL 811

Info-Social 811 is a free and confidential 24/7 telephone help line.

Call 811 if you are experiencing anxiety, bereavement, problems, have concerns about a loved one or questions about other worrisome behaviour.

GAMBLING/DRUGS: HELP AND REFERRAL

Free, bilingual, anonymous and confidential 24/7 telephone services.

- **Gambling-Help and Referral: 514-527-0140 or 1-800-461-0140**
- **Drugs-Help and Referral: 514-527-2626 or 1-800-265-2626**



1 866 APPELLE

Call 1-866-277-3553 for free 24/7 suicide prevention support. You will be immediately transferred to a knowledgeable resource trained to help.

Who is this service meant for? Anyone that is thinking about ending their life, their immediate friends and family and people in bereavement from suicide.

Seeking assistance when you feel overwhelmed is not a sign of weakness but instead shows that you have the strength to do what is needed to find help.

Explore other resources at
Quebec.ca/gettingbetter

CORONAVIRUS (COVID-19)

Dec 2
NEW MEASURES
AND DIRECTIVES IN FORCE



MEASURES TO ENSURE SAFE SHOPPING

The measures in force will be tightened starting from December 4, 2020

- Rely on local online or telephone purchases for delivery or pickup.
- Wear face coverings in closed or partially covered premises, wash your hands frequently, and always abide by physical distancing of 2 metres.
- Stay home if you display symptoms or are awaiting the result of a COVID 19 test.

The operators of commercial establishments covered by the Act respecting hours and days of admission to commercial establishments:

- the maximum allowable capacity must be displayed;
- the maximum number of customers allowed inside the establishment has been reduced:

Floor area in m² accessible to customers ÷ 20 m² =
The maximum number of customers authorized in the shopping centre
and the commercial enterprise

Sample calculation for a megastore: 9 000 m²/20 m²= 450 customers admitted at a time

Votre
gouvernement

Québec.ca/coronavirus

Québec

*Not fluent in French? Having a hard time understanding the above guidelines?
Our team is fully bilingual and ready to help !
Give us a call or send us an email and we will be pleased to assist you in English*

*You wish to be added to our newsletter mailing list?
Send us an email at isabelle.charest.BRMI@assnat.qc.ca*