

Kids Help Phone

Students can contact Kids Help Phone for help.

Kids Help Phone is a 24/7 e-mental health service offering free, multilingual and confidential support.

Phone: 1-800-668-6868

Text message: 686868

kidshelpphone.ca

Regional Student Ombudsman

If a student or parent is not satisfied with how a school is handling things, they can file a complaint with the regional student ombudsman:

quebec.ca/en/education/prescolaire-primaire-et-secondaire/droits-eleve/file-a-complaint

Learn More at educaloi.qc.ca

This webpage provides a compilation of useful articles:

- Bullying and Violence in Quebec Schools
- Cyberbullying
- The Role of the Director of Youth Protection (DYP)



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Éducaloi is a Quebec non-profit whose mission is to make the law accessible, easy to understand, and easy to use in everyday life.

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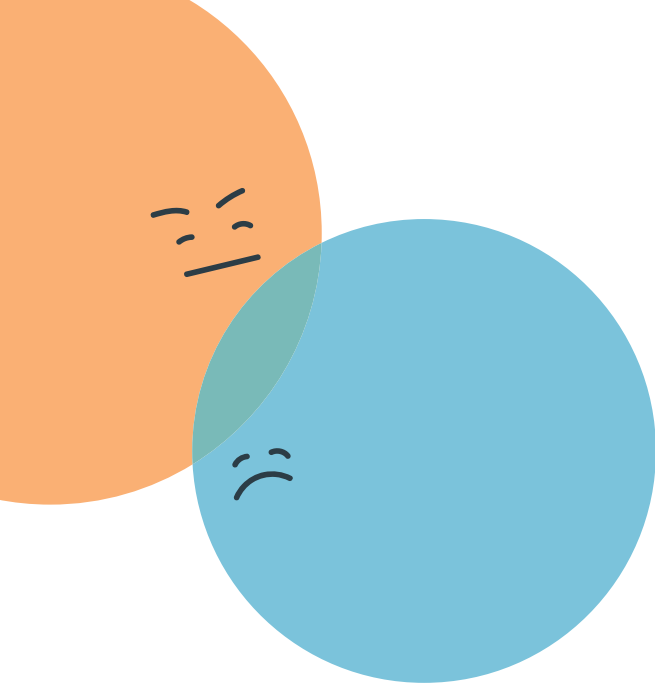
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Mental Health: Services to Help Students



Plan to prevent and stop bullying and violence

Public and private Preschool | Elementary | High School

Schools must have a plan to prevent and stop bullying and violence. This plan also applies to cyberbullying.

The plan covers things like:

- how to report bullying,
- how a complaint stays confidential,
- consequences for bullies,
- services offered to support victims and witnesses,
- and more!

Violence can be verbal or written, physical or psychological, in person or online.

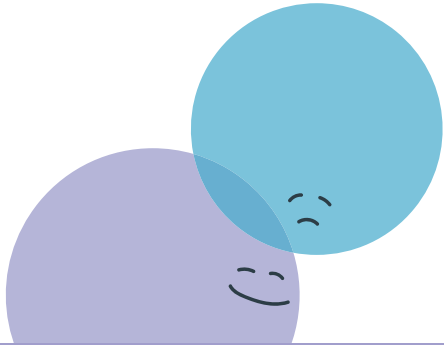
Support services and counselling services

Public Preschool | Elementary | High School

Schools may also offer support services that create a positive learning environment and counselling services, such as:

- school psychologists and guidance counsellors,
- speech therapy,
- health and social services (ex. nurse, social worker).

Although private schools aren't legally required to offer the services mentioned above, many still do! So, check the school website or ask around to find out what's available.



Duty to report situations to the DYP

All adults who work in a public or private school, including those who offer the services mentioned above, must report to the Director of Youth Protection if they believe that a student under 18 is in danger or at risk.

Accommodation for a disability

Public and private Preschool | Elementary | High School

Schools must accommodate students with a physical or mental disability so that they have an equal chance to do well.

What's a disability under the law?

A disability is a condition, either permanent or temporary, that makes things harder for a student (like paying attention for a long time or communicating with others).

For example, ADHD or depression may be considered disabilities, depending on the situation.

Schools must propose reasonable accommodations that are not too difficult or expensive to put in place. For example:

- more time to write an exam,
- specific learning tools tailored to a student's needs.