

# **Lakeside Academy Anti-Bullying Support Resources**

## **Lakeside's Student Support Team**

Any student experiencing bullying at school can reach out to one of the people listed below for help or to report an incident:

Mrs. Marie-Noelle Savard, Special Ed. Technician	Room 204 or 205
Mrs. Pam Smith, Social Work Technician	Room 205
Mr. Tim Parsons, Social Work Technician	Room 205
Ms. Lissa Robillard, Social Services Officer (Tues/Thurs)	Office
Mr. Ryan Ruddick, Vice-Principal	Office
Mrs. Maggie Wilkinson, Principal	Office

**If you or someone you know is in immediate danger outside of school hours (evenings or weekends), please call 911 for emergency services.**

### **List of Out-of-School Support Services**

Suicide Crisis Helpline [www.988.ca](http://www.988.ca)

24-hour crisis support service

Phone: 988

Text: 988

Tel-Jeunes <https://www.teljeunes.com/>

General support for Quebec youth in English and French

Call 1-800-263-2266

Text 514-600-1002

Kids Help Phone <https://kidshelpphone.ca/>

Canada-wide 24-hour mental health support services

Phone: 1-800-668-6868 confidential and anonymous

Text: Text CONNECT to 686868 to access confidential support

Interligne <https://interligne.co/>

A 24-hour helpline and information service for the LGBTQ+ people and allies, offered in English and French

Phone: 1-888-505-1010