

-COVID 19-

PSYCHOLOGICAL HOTLINE



A guide to our psychological hotline

- * Listening and providing psychological support to talk about your difficulties and your concerns related to the COVID 19 quarantine.
- * Helping you face isolation and anxiety due to this current situation.



Freephone number

Psychologists are available from **9 AM to 12.30 PM**, and from **1.30 to 5 PM**, **Monday to Friday**. Free appointments in French, English and Arabic. Call us on **0 805 383 922**.