



# Crisis & suicide prevention center

**450 371-4090 or 1 866-APPELLE**

**LeTournant** is an alternative resource that welcomes and supports, in their approach towards wellness, individuals whose mental health is disturbed or suffering from emotional distress in order to help them give a meaning to their life.

- Crisis intervention and suicide prevention line available 24/7
- Proactive follow-up call and crisis intervention in the community
- Crisis accommodation
- Close follow-up services
- Rehabilitation services



Crisis and suicide prevention center  
450 371-4090 or 1 866 APPELLE [277-3553]  
[www.letournant.org](http://www.letournant.org)