



tel
aide

LISTENING
FOR
40
years

Our doors are
open to new ears.

GIVE THE GIFT OF LISTENING

Since 1971, Tel-Aide has trained more than 4,000 volunteers to lend a respectful and non-judgmental ear to those who call us.

Do you have time to spare?

Join our team of volunteers.

Helping makes you feel good!

514 935-1105 telaide.org

Need to talk? **514 935-1101** We're listening.

Tel-Aide provides a **free, confidential and anonymous listening service**, in English and French, to any person who feels the need to talk about his or her problems or thoughts of suicide.