

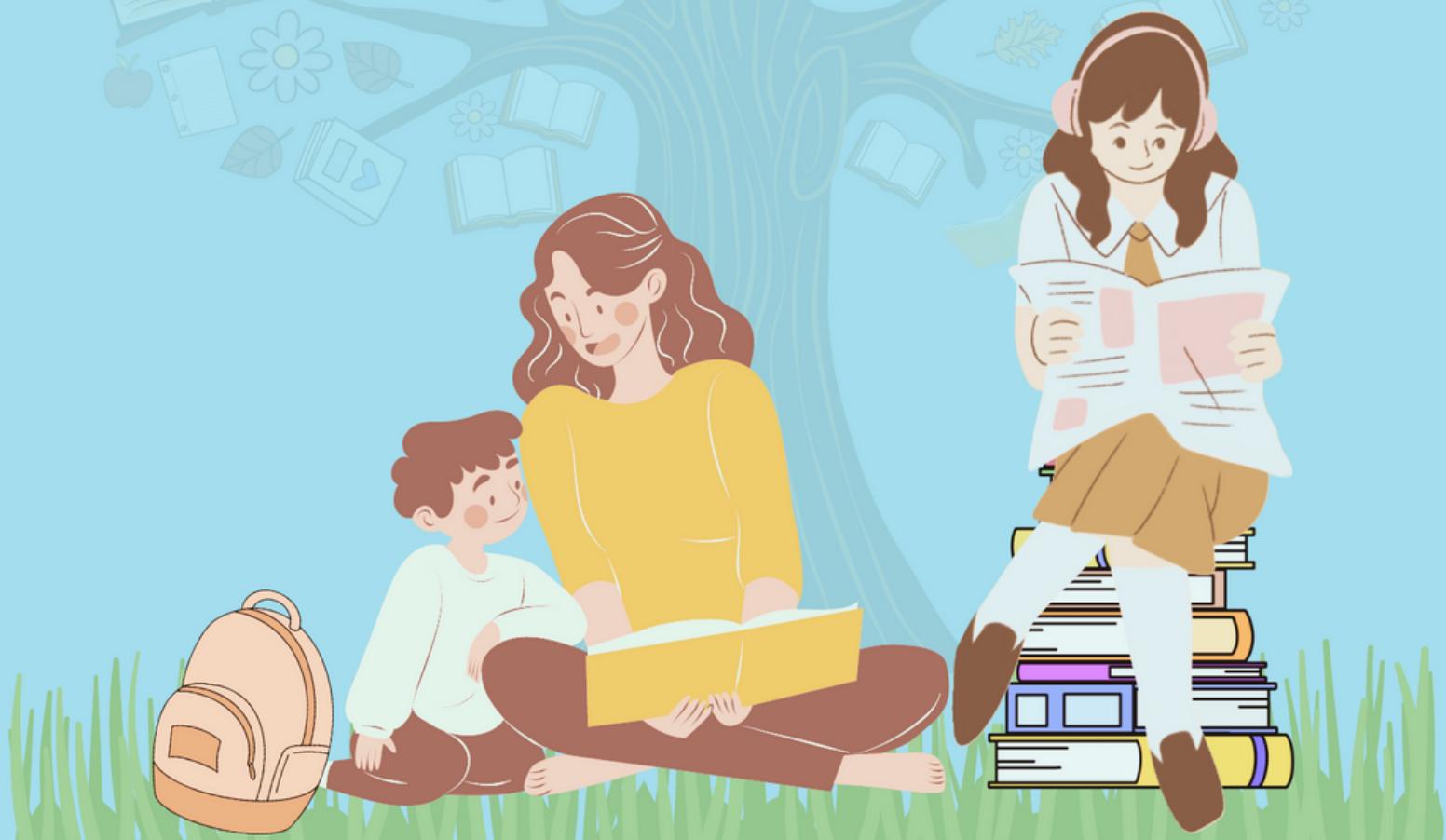


PRESENTS:

# YOUR STORY MATTERS!

## READ TO IMPROVE YOUR MENTAL HEALTH

**Ages 18+**





# **Books with mental health topics available at the Libraries of Longueuil through the Catalogue Leonard**

**Greenfield Park, St. Hubert, Vieux Longueuil**

**Financial contribution from:**



Fondation Lucie  
et André Chagnon



SOUTH SHORE  
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COUNCIL

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DE LITTÉRATIE  
DE LA RIVE-SUD



Health  
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**Bibliothèque Charles-Henri-Grignon**  
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(450) 463-7180

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1100 Beauregard St.  
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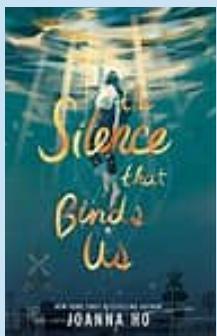
**Bibliothèque Fatima**  
2130 Jean-Louis St.  
Longueuil, QC J4G 1K2  
(450) 463-7180

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3875 Grande Allée  
Longueuil, QC J4T 2V8  
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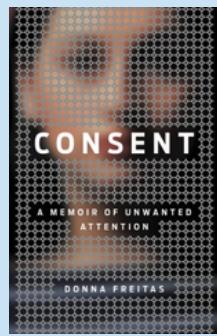
**Bibliothèque Georges D'or**  
2760 Ch. de Chambly  
Longueuil, QC J4L 1M6  
(450) 463-7180

**Bibliothèque Raymond - Levesque**  
7025 Cousineau Blvd.  
Longueuil, QC J3Y 0H1  
(450) 463-7180

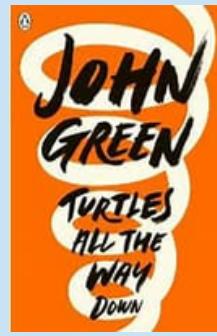
**Bibliothèque Jacques-Ferron**  
100 Saint-Laurent St. W.  
Longueuil, QC J4H 1M1  
(450) 463-7180



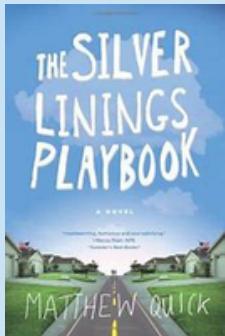
Depression,  
Suicide,  
Race



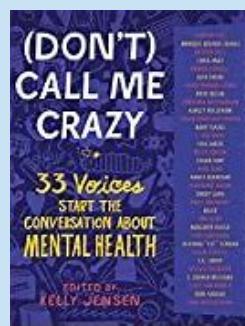
Anxiety,  
Stalking



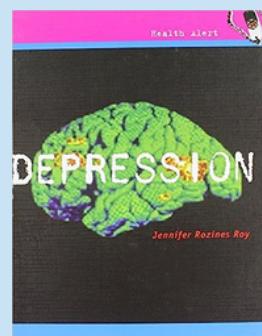
OCD, Anxiety



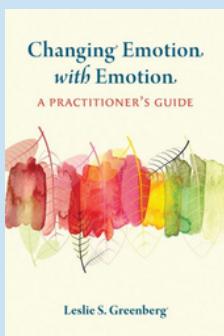
Depression



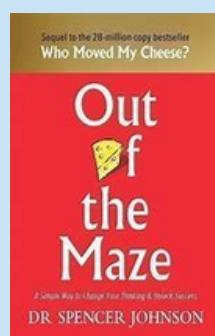
Compilation  
of personal  
experience



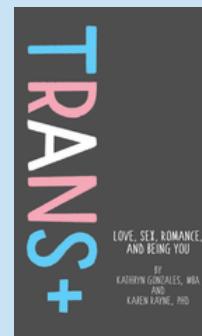
Depression



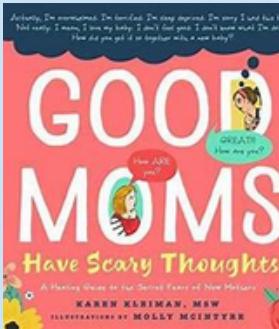
Emotional  
Regulation



Anxiety



Mental  
health and  
Gender



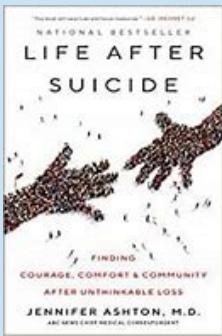
Perinatal  
mood  
disorders



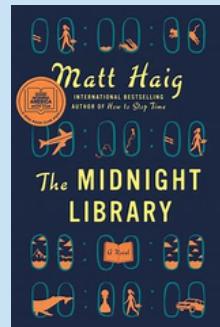
Suicide,  
Immigration,  
Racism



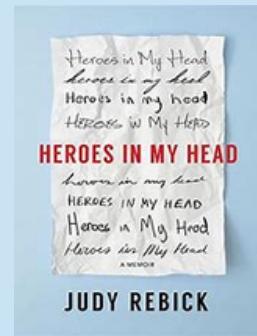
PTSD



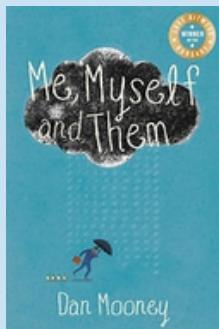
Suicide



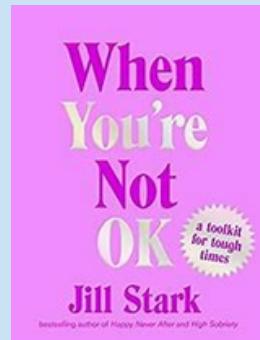
Depression,  
Suicide  
attempt



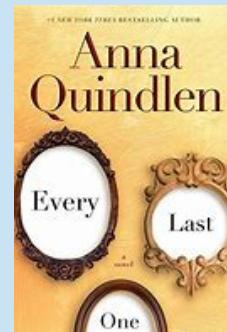
Dissociative  
Identity  
Disorder



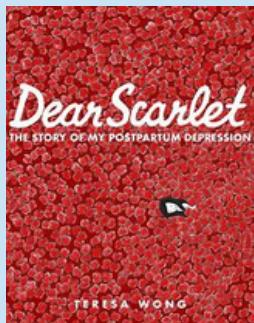
Schizophrenia



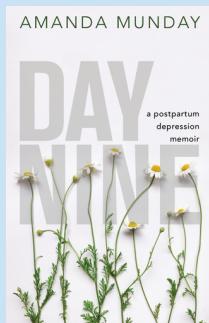
Anxiety,  
Depression



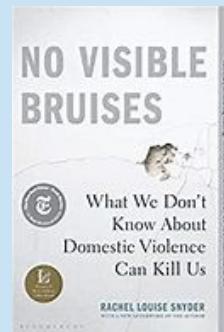
Family  
violence



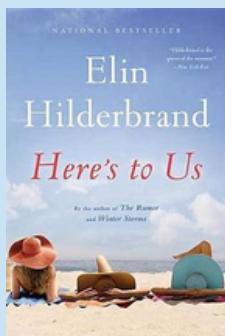
*Postpartum  
Depression*



*Postpartum  
Depression*



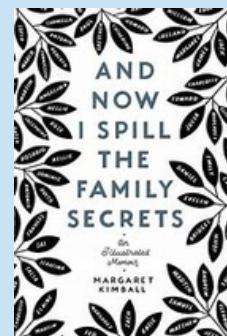
*Domestic  
violence*



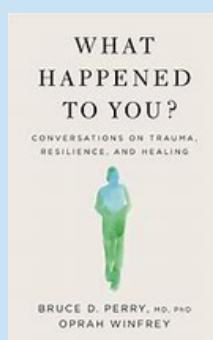
*Addiction,  
Depression,  
Suicide*



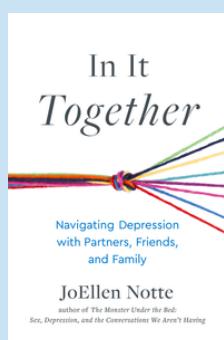
*Suicidal  
ideation*



*Bipolar  
disorder,  
Schizophrenia*



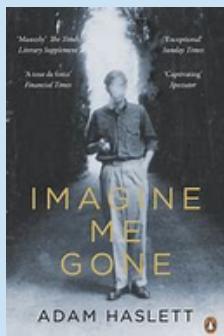
*Trauma*



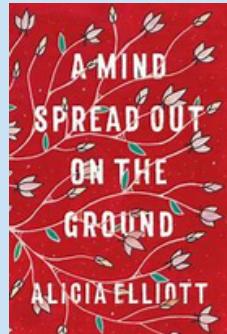
*Depression*



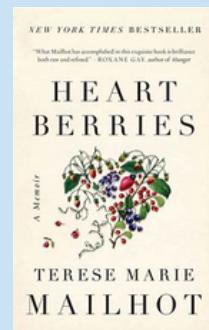
*Trauma*



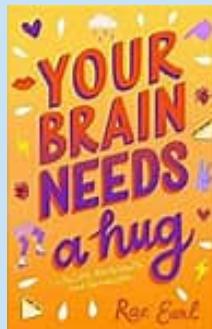
*Husband  
with  
depression*



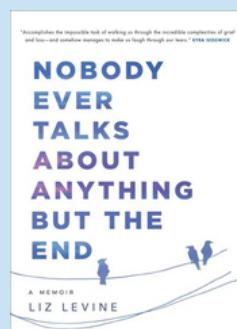
*Trauma,  
Depression,  
Racism*



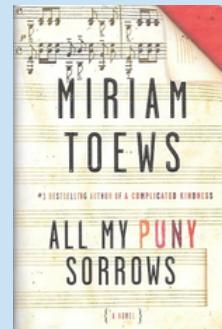
*PTSD,  
Abuse,  
Bipolar  
disorder*



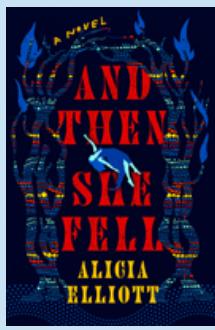
*Anxiety*



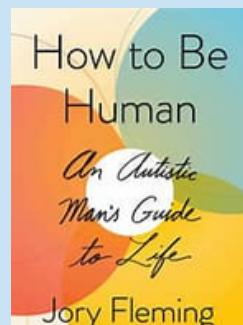
*Suicide of  
family member*



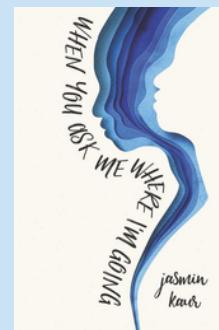
*Depression,  
suicide  
attempt*



*Depression,  
Psychosis,  
Indigenous  
culture*



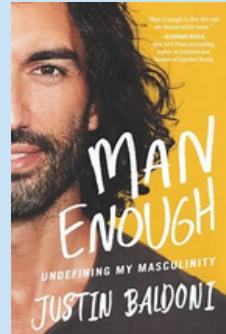
*Autism*



*Trauma*



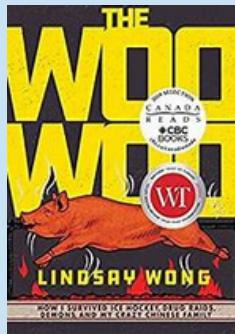
Addiction  
recovery



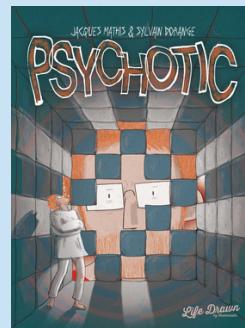
Toxic  
masculinity



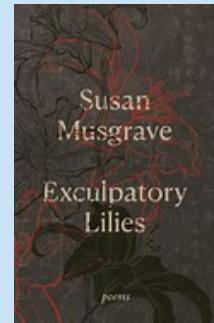
Alcohol  
addiction



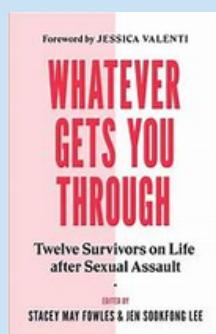
Schizophrenia,  
Immigration



Schizophrenia



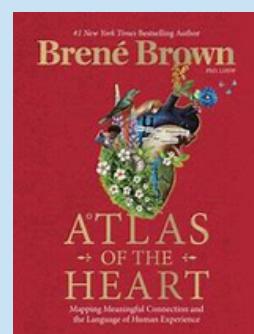
Grief



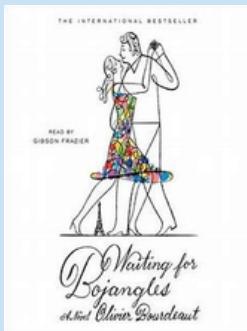
Sexual  
assault



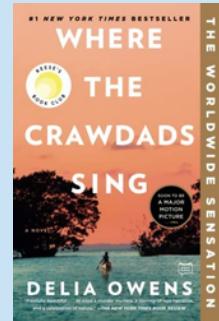
Depression,  
Anxiety



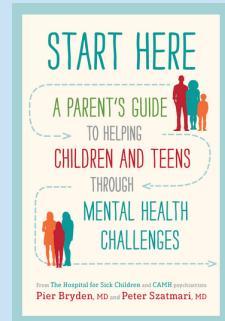
Depression,  
Anxiety,  
Connection



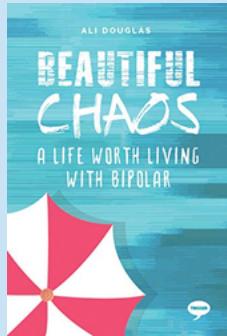
Mentally ill  
mother



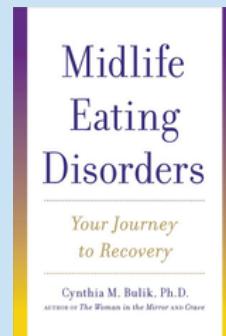
Trauma



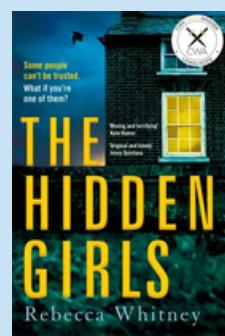
Parent's guide  
to mental  
illness



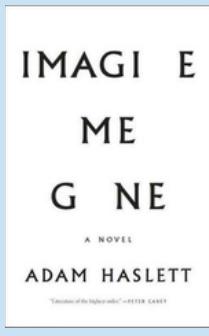
Bipolar  
disorder



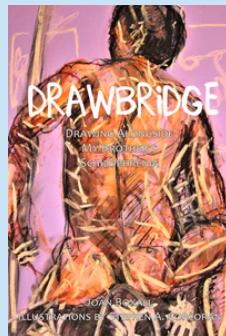
Eating  
Disorders



Paranoia,  
Postpartum  
psychosis



Depression



Schizophrenia



Anxiety,  
Trauma

# How to search for your own keywords

The screenshot shows the search interface for Bibliothèques Longueuil. It includes the logo, navigation links (Ouvrir une session, Mon dossier, Mes listes), and search-related links (Horaires et coordonnées, Bibliothèque numérique, Une question?). Annotations with arrows point to specific search fields:

- An arrow points to the "Tous ces mots :" search field.
- An arrow points to the "Ne pas afficher les documents contenant :" search field.
- An arrow points to the "Titre :" search field under "Limites supplémentaires".

Below the search fields, there are sections for "Cibles de recherche" and "Limites".

**Cibles de recherche**

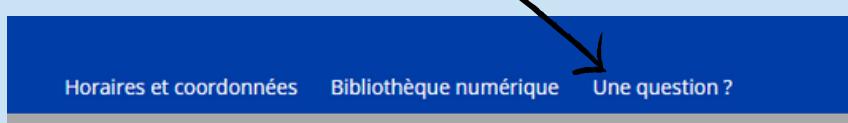
- Documents en bibliothèque
- Documents numériques

**Limites**

- Bandes dessinées
- CD
- Collection jeunesse
- Collection adulte
- DVD
- Jeux
- Livres audio
- Revues et magazines
- Romans

Documents disponibles

# Suggest a book for purchase



Bienvenue sur le service québécois de référence virtuelle !

Bibliothèques de Longueuil

Posez votre question pressez ENTRÉE

A screenshot of the reponseatout.ca homepage. It features a yellow logo on the left and the text "reponseatout.ca" in blue and yellow. Below this is a welcome message in French. To the right is a "Posez votre question" button with the instruction "pressez ENTRÉE" next to it. A black arrow points from the top right towards the "Posez votre question" button.

Certains usagers ne reçoivent pas nos réponses à leurs questions dans un délai de 24 h.

Pour vous assurer de bien les recevoir, pensez à ajouter l'adresse [support@reponseatout.jitbit.com](mailto:support@reponseatout.jitbit.com) dans la liste de contacts de confiance de votre boîte courriel. Si cela ne fonctionne toujours pas, communiquez à nouveau avec nous.

Continuer pressez ENTRÉE

A screenshot of a continuation step in a process. It shows a yellow "Continuer" button with the instruction "pressez ENTRÉE" next to it. A black arrow points from the top left towards this button.