

## **HOTLINES AND INFORMATION**

Resources for support and community services. These range from emergent care to general information

## SUICIDE ACTION MONTREAL

suicideactionmontreal.org/en
Phone support line. Offers a range of crisis support services.

## TEL-AIDE 514-935-1101

telaide.org/en Phone support hotline Telephone support line-for loneliness, anxiety, stress or difficult relationships. Also support for addictions, violence or living losses.

## INFO SANTÉ-HEALTH LINE

8-1-1

santemontreal.qc.ca/en/public/support-and-services/ info-sante-and-info-social-8-1-1/ 24 hour information hotline that connects users with a nurse practitioner for health related questions and concerns.

## COMMUNITY SERVICES 2-1-1

211qc.ca/en

Information and referral service on community, public and parapublic resources

## YOUTH SERVICES

Resources for children, youth, and families

## KIDS HELP PHONE

TEL-JEUNES 514-600-1002 (TEXT) 1-800-263-2266 (PHONE) Hotline and text support for youth. Primarily offered in French

UNIVERSITÉ DE SHERBROOKE
CLINIQUE ENFANCE ET EN ADOLESCENCE
450-463-1836 ext 61612
usherbrooke.ca/psychologie/clinique-devaluation-et-dintervention-en-enfance-et-en-adolescence
150 Place Charles, Le Moyne, CP 200, Longueuil QC, J4K 0A8
Provides psychological assessment, individual therapy and family

support services

#### MAISON FAMILE St.Hubert-450-923-9333 laparentraide.ca

2060, rue Holmes St-Hubert QC, J4T 1R8

Brossard-450-678-5222 2210, rue André, Brossard J4Z 2Z8

Lemoyne-450-465-3571 1882, rue St-Georges, # 503 Longueuil J4P 3J4 maisondelafamillelemoyne.org

Programs and services for all members of the family Services primarily offered in French

### MENTAL HEALTH & MOOD DISORDER

Resouces for various Mental Health & Mood Disorders. Supports individuals and their families.

## **DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE**

douglas.qc.ca/ 6875 LaSalle Boulevard, Montréal, QC, H4H 1R3

The Douglas Institute provides specialized clinical services for mental health for all ages.

#### **ALTERNATIVE CENTREGENS** 450-651-0651

No Website 462 Boulevard Sainte-Foy, Longueuil, QC J4J 1Y2 Helps integrate members living with a mental health/mood disorder into society by breaking isolation and creating a safe space for them to join.

#### REVIVRE: QUEBEC ANXIETY, DEPRESSIVE AND **BIPOLAR DISORDERS SUPPORT ASSOCIATION** 514-529-3081

514-529-3081
https://www.revivre.org/en/
5140 rue Saint-Hubert, Montréal, QC, H2J 2Y3
Helps people suffering from anxiety, depression or bipolar disorders, and the people close to them, provides support to those in contact with people suffering from the illnesses and reduces the isolation associated with these illnesses.

## MENTAL HEALTH & MOOD DISORDER

Additional resouces for various Mental Health & Mood Disorders. Supports individuals and their families.

### TRACOM 514-483-3033

Provides a number of services for those living with anxiety, depression, those in distress or are suicidal. Offers 24/7 Crisis Line, Short Term Housing, and Community Follow-up.

## ALZHEIMER ASSOCIATION OF THE SOUTH SHORE

1160, boulevard Nobert, Longueuil, Qc, J4K 2P1 societealzheimerrivesud.ca/

Provides information, resources, training, support and advice.

# SOCIÉTÉ QUÉBÉCOIS DE LA SCHIZOPHRÉNIE 1-866 888-2323 schizophrenie.qc.ca/ff/english Offers support and respite to people affected with schizophrenia.

## atq1980.org/ 2075. rue Plessis, bureau 310. Montréal QC H2L 2Y4

AIDE AUX TRANS DU QUEBEC 1-855-909-9038

**GENDER AND SEXUALITY** 

Resources to support individuals and their families in the area of gender and sexuality. These programs

range from social services to counselling

INTERLIGNE 1-888-505-101

No website
A first response centre that provides help and information to those

PROJECT 10

514-989-0001 p10.qc.ca/contact-us

p10.q.c.acontact-us
1575 Rue Atateken, Montréal, QC H2L 3L4
Works to promote the personal, social, sexual and mental well being
of lesbian, gay, bisexual, transgender, transsexual,two-spirit,
intersexed and questioning youth and adults 14-25.

Offers clothing exchange, programs, support, advocacy

Provides assistance and works to break isolation of Transidentitarian people. They offer support groups for youth and families, vo phone hotlines and trained workers to support medical, social and personal procedures.

### SHELTER AND HOUSING

Resources are for housing: from emergency shelters to long-term housing.

## DE CHAMPLAIN

450-656-1946 pavillonmarguerite.com
Offers shelter, crisis intervention
services and follow-up services to women victims of Conjugal Violence and their children.

## PAVILLION MARGUERITE WELCOME HALL MISSION

606 De Courcelle Street Montreal, QC H4C 3L5 welcomehallmission.com Emergency shelter and other programs and service to address homelessness, for all age groups

#### **ABRI DE LA RIVE SUD** 450-646-7809

459 Boulevard Sainte-Foy, Longueuil, QC J4J 1X9 abri-rive-sud.org/ Shelter services and day programs to support those facing homelessness and housing issues.

## OUR HARBOUR 450-671-9160

440 Avenue Notre Dame, Saint-Lambert QC J4P 2K4
Offers those living with mental health issues residence, life-management support, links with resources in the surrounding community and
individual assistance in integrating with society at large.

### **FOOD SECURITY**

Resources for support for either emergent or long term food needs

## LA MOSAIQUE

lamosaique.org/
1650, avenue de l'Église, Longueuil QC, J4P 2C8
Provides emergency food services, and other programs

## **ACTION NOUVELLE VIE** 450-646-5815 actionny.com

740, Saint-Charles Est Longueuil, J4H 1C2
Emergency food service, support and other programs for food sercurity Tuesday: 12h30 à 18h and Thursday: 12h30 à 15h

MISSION NOUVELLE GENERATION (450) 486-7667 missionnouvellegeneration.org 1423 Boulvard Provencher, Brossard, QC J4W 1Z3 Provides support and/or guidance toward appropriate resources within the Mission. Food Bank, addiction service, children and family programs

IMMIGRANTS AND NEWCOMERS
Resources geared towards people with mental health
issues but who are also immigrants or newcomers to Canada.

## MULTI-ÉCOUTE

3600 Ave Barclay bur 460, Montréal, Québec H3S 1K5 The Multi-Listening Center is a listening, psychosocial and referral center for immigrants and newcomers to adapt and better integrate into the host society

#### CENTRE SINO 450-445-6666

7209, Boul. Taschereau, Brossard, QC, J4Y 1A1, # 108
Promotes the well-being of members of the Chinese community, and of other Asian communities, by offering services and programs as well as developing resources appropriate for its integration and development in Quebec society.

MAISON INTERNATIONAL
450 445-8777
Mary C. (24-90) 45-8777
Place Barile, 2152 Boulevard Lapinière #220,
Brossard, QC JAW 1.9
Welcomes immigrants for an interview and offers them various
services and supports them throughout their
integration process.

## PARENT SUPPORT

Resources for parents and support for parenting.

### **CENTRE JEUNESSE MONTEREGIE**

514 593-2676 santemonteregie.qc.ca/services/protection-de-la-jeunesse Youth Protection

## LIGNE PARENTS 1-800-361-5085

24 hour referral and support service for parents

## L'ENVOL 450-465-2584

lenvol.org 1660, rue de l'Église, Longueuil Secteur LeMoyne, QC J4P 2C8 Support and programs for young mothers

ASSOCIATION DE PARENTS DE L'ENFANCE EN DIFFICULTE 450-679-9310 aped.org 1050, boulevard Curé-Poirier Ouest, Suite 100 Longueuil, Québec, JAK 2E4 Support for parents

## ADDITIONAL SUPPORT

Supplemental resources for other mental health conditions and social support

### CISSS DE LA MONTÉRÉGIE-CENTRE

Hôpital Charles-Le Moyne 3120, boulevard Taschereau , Greenfield Park QC J4V 2H1 santemonteregie.qc.ca/en/center

#### **AMI QUEBEC** 450-462-3521

amiquebec.org 106 Churchill, Greenfield Park QC, J4V 2L9 Helps families manage the effects of mental illness through support, education, guidance, and advocacy

NATIONAL EATING & FEEDING DISORDER INFORMATION CENTRE 1-866-633-4220 nedic.ca

Provides information, resources, referrals and support to Canadians affected by eating & feeding disorders.

## FONDATION QUÉBÉCOISE POUR LE TROUBLE OBSESSIONNEL COMPULSIF

fqtoc.com

Offers support to mange fears and those who are living with Obsessive

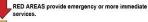
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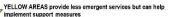


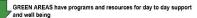
**ASSISTANCE &** REFERRAL CENTRE **HEALTH & SOCIAL** SERVICES

**DIRECTORY OF MENTAL HEALTH RESOURCES** AND COMMUNITY SUPPORT FOR MONTÉRÉGIE CENTRE AREA Over the course of any person's life, it is highly likely that they will develop a mental health problem or have close contact with someone who does. This pamphlet is intended to help people connect to organizations, resources, services, and support within the area of mental health. In addition, within this document is also contact information of organizations that offer emergency support and/or social services

To help obtain the proper information, we have provided the material by level of severity. Community organizations that are in the:







If you are still uncertain who, please contact the ARC office 514-605-9800 and we will help you connect to the right organization