



**SUPPORT FOR GENDER ISSUES**

**AIDE AUX TRANS DU QUEBEC**  
1-855-909-9038  
PROGRAMS AND SUPPORT FOR TRANS COMMUNITY AND THEIR FAMILIES

**HOTLINES AND INFORMATION LINES**

**COMMUNITY RESOURCES DIRECTORY**  
2-1-1  
INFORMATION AND REFERRAL ON COMMUNITY, PUBLIC AND PARAPUBLIC SERVICES

**QUICK LOOK DIRECTORY**

**SUPPORT FOR PARENTS**

**ASSOCIATION DE PARENTS DE L'ENFANCE EN DIFFICULTÉ**  
450-679-9310  
SUPPORT FOR PARENTS

**SUPPORT FOR IMMIGRANTS AND NEWCOMERS**

**L'ENVOI**  
450-465-2584  
SUPPORT AND PROGRAMS FOR PARENTS

**INFO-SANTÉ**  
8-1-1  
INFORMATION LINE FOR HEALTH, INFO-SOCIAL, PSYCHOSOCIAL INTERVENTIONS

**SUICIDE ACTION MONTREAL**  
1-866-277-3553  
EMERGENCY SUPPORT LINE

**INTERLIGNE**  
1-888-505-101  
EMERGENCY SUPPORT FOR LGBTQ+ COMMUNITY

**PROJECT 10**  
514 989-0001  
SUPPORT AND PROGRAMS FOR LGBTQ+ COMMUNITY

**KIDS HELP PHONE**  
1-800-668-6868  
EMERGENCY AND SUPPORT FOR YOUTH

**MAISON FAMILLE**  
450-678-5222  
PROGRAMS FOR FAMILIES

**SUPPORT FOR YOUTH, CHILDREN, AND FAMILIES**

**NATIONAL EATING DISORDER INFORMATION CENTRE**  
1-866-633-4220  
SUPPORT LINE FOR THOSE COPING WITH EATING FEEDING DISORDERS AND/OR THEIR FAMILIES

**UNIVERSITÉ DE SHERBROOKE CLINIQUE ENFANCE ET EN ADOLESCENCE**  
450-463-1863-61612  
PSYCHOLOGICAL ASSESSMENT, INDIVIDUAL THERAPY AND FAMILY SUPPORT SERVICES

**DIRECTION DE LA PROTECTION DE LA JEUNESSE (DPJ)**  
1-800-361-5310  
YOUTH PROTECTION

**TRACOM**  
514-483-3033  
CRISIS INTERVENTION AND HOUSING

**PAVILLION MARGUERITE DE CHAMPLAIN**  
450-656-1946  
EMERGENCY SHELTER FOR WOMEN

**LA MOSAÏQUE**  
450-465-1803  
EMERGENCY FOOD SERVICES, OTHER PROGRAMS FOR SUPPORT

**DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE**  
514-761-6131  
SPECIALIZED CLINICAL SERVICES FOR MENTAL HEALTH

**ALTERNATIVE CENTREGENS**  
450-651-0651  
HELPS INTEGRATE MEMBERS LIVING WITH A MENTAL HEALTH/ MOOD DISORDER

**AMI QUEBEC**  
450-462-3521  
SUPPORT FOR FAMILIES WITH MEMBERS LIVING WITH MENTAL ILLNESS

**SUPPORT FOR MENTAL HEALTH AND MOOD DISORDERS**

**ACTION NOUVELLE VIE**  
450-646-5815  
EMERGENCY FOOD SERVICES AND OTHER SUPPORT PROGRAMS

**MISSION NOUVELLE GENERATION**  
450-486-7667  
PROGRAMS AND SUPPORT FOR FOOD ADDICTION AND FAMILY PROGRAMS

**HÉBERGEMENT MAISON DE LA PAIX**  
450-674-0059  
HOUSING SERVICES AND PROGRAMS FOR MENTAL HEALTH, ADDICTION, DOMESTIC VIOLENCE

**OUR HARBOUR**  
450-671-9160  
RESIDENCE FOR THOSE LIVING WITH MENTAL ILLNESS

**SUPPORT FOR SHELTER**

**SUPPORT FOR FOOD SECURITY**

**SUPPORT FOR SPECIFIC MENTAL HEALTH DISORDERS**

**FTQOC**  
514-933-7541  
EXT 58442  
SUPPORT IN MANAGING OCD

**ALZHEIMER ASSOCIATION OF THE SOUTH SHORE**  
450-442-3333  
PROGRAMS, SERVICE AND OTHER SUPPORT MEASURES

**TEL-AIDE**  
514-935-1101  
SUPPORT PHONE SERVICE

**S.Au.S.**  
514-944-4986  
SUPPORT AND PROGRAMS FOR CHILDREN WITH AUTISM

**SUPPORT FOR SPECIFIC MENTAL HEALTH DISORDERS**

**514-605-9500**  
**ARC**





## HOTLINES AND INFORMATION

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

### SUICIDE ACTION MONTREAL

1-866-277-3553  
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

## MENTAL HEALTH & MOOD DISORDER

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

### DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE

514-761-6131  
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  
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 resources for various  
Mental Health & Mood Disorders.  
Supports individuals and their families.

### TRACOM

514-483-3033  
tracon.ca  
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

450-442-3333  
1160, boulevard Robert, Longueuil, QC, J4K 2P1  
societealzheimermrsud.ca/  
Provides information, resources, training, support and advice.

### SOCIÉTÉ QUÉBÉCOISE DE LA SCHIZOPHRÉNIE

1-866-888-2323  
schizophrenie.qc.ca/fr/english  
Offers support and respite to people affected with schizophrenia.

## 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  
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

### AIDE AUX TRANS DU QUEBEC

1-855-909-9038  
atq1980.org/  
2075, rue Plessis, bureau 310, Montréal QC H2L 2Y4  
Provides assistance and works to break isolation of Transidentarian people. They offer support groups for youth and families, two phone hotlines and trained workers to support medical, social and personal procedures.

## YOUTH SERVICES

Resources for  
children, youth, and families

### KIDS HELP PHONE

1-800-668-6868  
kidshelpphone.ca  
Hotline and online support for youth.

### 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  
450-463-1863 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 FAMILIE

St.Hubert-450-923-9333  
laparentaide.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  
mfdebrossard.org  
maisondelafamillelemoyne.org  
Programs and services for all members of the family  
Services primarily offered in French

## SHELTER AND HOUSING

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

### PAVILLION MARGUERITE 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.

### WELCOME HALL MISSION

514-523-5288  
606 De Courcelle Street, Montréal, 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  
ourharbour.com  
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

450-465-1803  
lamosaicque.org/  
1650, avenue de l'Eglise, Longueuil QC, J4P 2C8  
Provides emergency food services, and other programs

### ACTION NOUVELLE VIE

450-646-5815  
actionnv.com  
740, Saint-Charles Est Longueuil, J4H 1C2  
Emergency food service, support and other programs for food security  
Tuesday : 12h30 à 18h and Thursday: 12h30 à 15h

### MISSION NOUVELLE GENERATION

(450) 486-7667  
missionnouvellegeneration.org  
1423 Boulevard 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

514-737-3604  
multiecoutte.org  
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 INTERNATIONALE

450-445-8777  
mirs.qc.ca/english  
Place Barile, 2152 Boulevard Lapinière #220, Brossard, QC J4W 1L9  
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

514-593-2876  
santemonteregie.qc.ca/services/protection-de-la-jeunesse  
Youth Protection

### LIGNE PARENTS

1-800-361-5085  
ligneparents.com  
24 hour referral and support service for parents.

### L'ENVOL

450-465-2584  
lenvol.org  
1660, rue de l'Eglise, Longueuil Secteur LeMoyne, QC J4P 2C8  
Support and programs for young mothers

### ASSOCIATION DE PARENTS DE L'ENFANCE EN DIFFICULTÉ

450-679-9310  
aped.org  
1050, boulevard Curé-Poirier Ouest, Suite 100 Longueuil, Québec, J4K 2E4  
Support for parents

## ADDITIONAL SUPPORT

Supplemental resources for other  
mental health conditions and social support

### CISSS DE LA MONTERÉGIE-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 OBSESSIF COMPULSIF

ftqoc.com  
Offers support to manage fears and those who are living with Obsessive Compulsive Disorder.



ASSISTANCE &  
REFERRAL CENTRE  
HEALTH & SOCIAL  
SERVICES

DIRECTORY OF  
MENTAL HEALTH RESOURCES  
AND COMMUNITY SUPPORT  
FOR MONTRÉGIE 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:



RED AREAS provide emergency or more immediate services.

YELLOW AREAS provide less emergent services but can help implement support measures

GREEN AREAS have programs and resources for day to day support and well being

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