

COUNSELLING RESOURCES DIRECTORY

Marianopolis College | Updated June 1, 2020

CRISIS HELPLINES

Tracom Crisis Centre	tracom.ca 514-483-3033
Suicide Action Montreal	suicideactionmontreal.org 514-723-4000
Kids Help Phone	kidshelpphone.ca 1-800-668-6868 text HOME to 686868
Tel-Jeunes	teljeunes.com/Home 1-800-263-2266
Tel-Aide	telaide.org/en 514-935-1101
West Island Crisis Centre	centredecriseoi.com 514-684-6160

CRISIS CENTRES

Tracom crisis line, short-term housing, psychosocial support, individual and family meetings	tracom.ca 514-483-3003
West Island Crisis Center telephone crisis line, short-term housing, referrals to community resources	centredecriseoi.com 514-684-6160
Regroupement des services d'intervention de crise du Québec information on crisis centers and services (French only)	centredecrise.ca

ADDICTION

Pavillon Foster adult substance abuse, adult problem gambling, youth program, help for family and friends	crdfoster.org 514-486-1304
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<p>Addiction Outreach Program (private) intensive outpatient services for substance and and gambling addiction</p>	<p>addictionoutreach.ca 514-814-4488</p>
<p>Chabad Lifeline referrals, resources, crisis intervention, family support</p>	<p>chabadlifeline.com 514-738-7700</p>
<p>Addictions Unit, Griffith Edwards Centre, McGill University Health Centre treatment and referral to other MUHC services for people over 18</p>	<p>muhc.ca/addictions_unit/ 514-934-8311</p>
<p>Drogue : aide et référence information, referral services</p>	<p>drogue-aidereference.qc.ca 514-527-2626 Montréal</p>
<p>Drug facts</p>	<p>RCMP rcmp-grc.gc.ca/qc/pub/sens-awar/drogue- drug/drogue-drug-eng.htm</p> <p>Teen Challenge teenchallenge.ca/get-help/educational- resources/drug-abuse-facts</p> <p>National Institute on Drug Abuse for Teens teens.drugabuse.gov/drug-facts/prescription- drugs</p> <p>Quebec cannabis regulation encadrementcannabis.gouv.qc.ca/en/</p>
<p>Addictions Help</p>	<p>kidshelpphone.ca/Teens/InfoBooth/Emotional- Health/Alcohol-And-Drugs 1-800-668-6868</p>
<p>Drug and mental health information</p>	<p>camh.ca/en/hospital/health_information/a_z_me ntal_health_and_addiction_information/Pages/d efault.aspx</p>
<p>Alcohol guidelines, safety tips</p>	<p>Centre for Addiction and Mental Health camh.ca/en/hospital/health_information/a_z_me ntal_health_and_addiction_information/alcohol/ Pages/low_risk_drinking_guidelines.aspx</p> <p>Educalcool educalcool.qc.ca/en/</p>

ANXIETY / STRESS / SELF-CARE

<p>Sleep</p>	<p>anxietybc.com/sites/default/files/SleepHygiene.pdf</p> <p>heretohelp.bc.ca/wellness-module/wellness-module-6-getting-a-good-nights-sleep</p> <p>webmd.com/sleep-disorders/sleep-habits-assessment</p>
<p>Relaxation</p>	<p>Anxiety anxietybc.com/sites/default/files/MuscleRelaxation.pdf</p> <p>Body scan meditation marc.ucla.edu/mpeg/Body-Scan-Meditation.mp3</p> <p>Breathing drweil.com/drw/u/ART00521/three-breathing-exercises.html</p> <p>Guided meditation herohealthroom.com/2014/12/08/free-guided-meditation-resources/</p> <p>Relaxing mediation mcgill.ca/counselling/getstarted/relax-meditate</p>
<p>Self-care</p>	<p>tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/</p>
<p>Apps</p>	<p>InsightTimer</p> <p>Healthy Minds</p> <p>Headspace</p> <p>Stop, Breathe, Think</p> <p>MindShift</p> <p>MoodTools</p>

CAREER

O*NET browse careers by skills, values, interests and much more	oneline.org
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CHILD ABUSE / YOUTH PROTECTION

Child Abuse	Call 911, the local police or contact the Directors of Youth Protection (DYP/DPJ) 514-842-5181 to find your local youth centre santemontreal.qc.ca/en/public/health-a-z/reporting-a-situation-to-the-director-of-youth-protection/ batshaw.qc.ca/en/need-help/report 514-935-6196 24/7
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COVID-19

Protecting your well-being during the pandemic	Quebec.ca: Protecting your well-being during the COVID-19 pandemic COVID-19: Balancing Public Health and Mental Health Care for your Coronavirus anxiety Coronavirus Sanity Guide The Happiness Lab podcast – Coronavirus bonus Tips and tricks to help adolescents cope during the COVID-19 pandemic - Ste. Justine
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EATING DISORDERS

Anorexia and bulimia Help line, referrals, chat, support groups	anebquebec.com/en/ 514 630-0907
BACA clinic (private) bulimia, anorexia, binge eating	cliniquebaca.com/en/ 514-544-2323

Douglas Mental Health University Institute Eating Disorders Program inpatient, outpatient, day program	douglas.qc.ca/section/eating-disorders-146?locale=en 514-761-6131, ext. 2895
Screening questionnaire	screening.mentalhealthscreening.org/hyho/screening/7883
Information	nedic.ca/know-facts/overview cliniquebaca.com/en/eating-disorders/ anebquebec.com/en/troubles-alimentaires orthorexia.com
Warning signs	eatingdisorders.org.au/eating-disorders/what-is-an-eating-disorder/warning-signs-a-symptoms www.nedc.com.au/recognise-the-warning-signs
Recovery tips	nationaleatingdisorders.org/learn/general-information/recovery

FAMILY SERVICES

Amcal Family Services family counselling, community groups, supervised visits, help for young parents	amcal.ca 514-694-3161
Friends for Mental Health counselling and support group for family and friends	asmfmh.org 514-636-6885
AMI-Quebec information sessions, support and education programs, individual counselling, telephone assistance and referrals, workshops, support groups for friends and family of individuals living with mental illness	amiquebec.org 514-486-1448
Avant de craquer	avantdecraquer.com
Ometz family counselling	ometz.ca/gethelp/families+youth+and+individuals/services+for+families/family+counselling/ 514-342-0000

FOOD

<p>NDG Food Depot drop-in cooking workshops for youth 13 to 22, community gardening, community kitchen, emergency food distribution, call for hours and to see if you are eligible</p>	<p>depotndg.org/en 514-483-4680</p>
<p>MultiCaf affordable meals, food baskets</p>	<p>multicaf.org/ 514-733-0554</p>
<p>Resto Plateau affordable meals</p>	<p>restoplateau.com 514-527-5997</p>
<p>Chez Doris meals, emergency food bags, kitchen and nutrition workshops</p>	<p>chezdoris.org/en/ 514-937-2341, ext. 0</p>
<p>Sun Youth Emergency Food Assistance</p>	<p>sunyouthorg.com/en/services/emergency/food-assistance/ 514-842-1214 9 a.m.-noon weekdays for next-day appointment</p>

HOUSING

<p>Notre-Dame-de-Grâce Community Council information on tenant rights, emergency housing</p>	<p>ndg.ca/en/39-resource-center/housing-and-community-spaces/11-tenants-rights-and-information</p>
<p>Arnold Bennett free information, support when dealing with rental board, help filling out forms and writing letters. Lawyers available 11 a.m.-1 p.m. Sundays. Service in person without an appointment.</p>	<p>1440 Stanley, room 516, Montreal, H3A 1P7 514-488-0412</p>
<p>Temporary Emergency Housing</p>	<p>For men Old Brewery Mission (Webster's Pavilion) 915 Clark (514) 866-9651</p> <p>For women Auberge Transition (514) 481-0495</p>

	For youth Dans La Rue (514) 524-0029, 1-888-520-7677
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LEARNING / INTELLECTUAL DISABILITIES

MEDIPSY ADHD clinic (private) services to children, adolescents and adults with an attention deficit disorder (ADD) with / without hyperactivity (ADHD), diagnostic assessments, development and implementation of a personalized intervention plan	adhd-tdah.ca/home-page.php 514-419-3005
Center for Awareness ADHD Canada information on child, adolescent and adult ADHD, online resources, lists of clinics and coaches	caddac.ca
Could it be ADHD? self-assessment, information	coulditbeadhd.ca
McGill Psychoeducational & Counselling Clinic Assessment services for 6-20 year olds with learning disabilities, ADHD, developmental delays, social/emotional, behavioural and school-related problems	mcgill.ca/edu-ecp/about/clinic
Autisme Montréal support and help	autisme-montreal.com/en/ 514-524-6114
Miriam Foundation resources for autism spectrum disorder and intellectual disabilities	miriamfoundation.ca/en/resources/20-autism-montreal.html
McGill University Transition Support Program for adults on the autism spectrum	transitionsupport-adultsasd.scsd.mcgill.ca/
Concordia University Applied Psychology Centre Support from graduate students	concordia.ca/artsci/psychology/facilities-services/apc.html 514-848-2424 ext. 7550

LEGAL

Young Bar of Montreal: I'll talk to my lawyer on Wednesday	ajbm.qc.ca/en/public-services/ill-talk-to-my-lawyer-on-wednesday/ 514-954-3446
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free and confidential legal consultation by phone with a lawyer 4-6 p.m. Wednesdays; must first sign up online or by phone	
McGill University free legal information clinic everything except criminal law, tax law or construction	licm.mcgill.ca/legal-clinic-free-legal-information/ 514-398-6792
Head and Hands information and referrals for 12-25 year olds on tenant rights, labour law, family law, youth protection, how to contest a ticket, how to get out of debt, etc.	headandhands.ca 514-481-0277

LGBTQ+

Interligne (formerly Gai Écoute) telephone, email and chat support and information	interligne.co/chat 514-866-0103 1-888-505-1010 text line
AlterHeros	alterheros.com/en/home/
Action Santé Transvestite and Transsexuel du Québec	astteq.org 514-847-0067, ext. 207 (information, support, referrals) 514-847-0067, ext. 216 (education, resources)
Project 10	www.p10.qc.ca 514-989-4585
McGill University Union for Gender Empowerment	ourcampusourcommunity.wordpress.com/the-union-for-gender-empowerment/ 514-398 2569
McGill University Sexual Identity Centre	mcgill.ca/cosum/mcgill-university-sexual-identity-centre-music 514.934.1934, ext. 43585 Montreal General Hospital 1650 Cedar Ave., Montreal H3G 1A4
Sexual Assault Centre of the McGill Students' Society	sacomss.org/wp/ 514-398-8500
Concordia University Centre for Gender Advocacy	genderadvocacy.org 514-848-2424, ext. 7431 514-848-2424, ext. 7880 peer support line

Clinics	<p>Centre Meraki centremeraki.com/english.html</p> <p>Gender reassignment grsmontreal.com/en/home</p>
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MENTAL HEALTH

McGill University Health Center Obsessive Compulsive Disorder Clinic	514-934-1934, ext. 34290
Montreal Children’s Hospital Adolescent Medicine / Gynecology	514-412-4481
St. Justine Hospital Adolescence Medicine	514-345-4931
Santé Quebec information and resources on mental health	sante.gouv.qc.ca/en/problemes-de-sante
Jewish General Hospital Teenage Health Unit medical, psychological and other services for people 12-21 without a family doctor	jgh.ca/care-services/goldman-herzl-family-practice-centre/teenage-health-unit 514-340-8242
Douglas Mental Health University Institute clinical services for all age groups	douglas.qc.ca 514-761-6131
Emotional Health CBT Clinic Sliding scale therapy	cbtclinic.ca 514-485-7772
Argyle Institute sliding scale, individual, couple, family counselling, specialized eating disorders and LGTBQ+ clients	argyleinstitute.org 514-931-5629
Montreal Therapy Centre sliding scale, online and group therapy	montrealtherapy.com/ 514.244.1290 Fill out a referral form online
McGill University Sexual Identity Centre consultation, short-term therapy, family therapy, group therapy, referrals	mcgill.ca/cosum/ 514-934-1934, ext. 43585

<p>Concordia University Applied Psychology Centre sliding scale, with graduate psychology students</p>	<p>concordia.ca/artsci/psychology/facilities-services 514-848-2424, ext. 7550 Call in August or December</p>
<p>Ometz employment, immigration, school and social services</p>	<p>ometz.ca 514-342-0000</p>
<p>Online resources</p>	<p>Mood disorders mooddisorders.ca/fact-sheets</p> <p>Mental health and addiction camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/Pages/default.aspx</p> <p>Anxiety and related disorders anxietybc.com</p> <p>Mental health and substance use heretohelp.bc.ca</p> <p>Health guides helpguide.org</p>

REFERRALS

<p>AMI-QC</p>	<p>amiquebec.org/resource-list/</p>
<p>Access Open Minds CLSC mental health services</p>	<p>accessopenminds.ca Parc-Extension 514-273-9591 Dorval-Lachine 514-639-0650 Lasalle 514-364-2572</p>
<p>Revivre information, support and referrals for depression, anxiety and bipolar disorder</p>	<p>revivre.org/en 514 REVIVRE (738-4873)</p>
<p>ARC help and referral centre</p>	<p>arc-hss.ca/</p>
<p>Bottin Santé help finding numerous types of health services</p>	<p>bottinsante.ca 514-317-2683</p>

Le Regroupement des ressources alternatives en santé mentale du Québec (RRASMQ) includes 120 mental-health resources	rrasmq.com/index.html 514-523-7919
Head and Hands youth medical, social and legal services	headandhands.ca 514-481-0277

RELATIONSHIPS

SOS violence conjugale evaluation, information, support, referrals	sosviolenceconjugale.ca 1-800-363-9010
Kids Help Phone	kidshelpphone.ca/topic/sex-relationships/dating-relationships/ 1-800-668-6868
Tel-Jeunes	en.teljeunes.com/get-informed/love 1-800-263-2266

SELF-HARM

Coping tips	kidshelpphone.ca/topic/emotional-well-being/self-injury-suicide/ 1-800-668-6868 24/7 bilingual web and phone sioutreach.org/ selfinjury.bctr.cornell.edu/ selfharm.co.uk/ amiquebec.org/self-injury/
Distractions	helpguide.org/articles/anxiety/cutting-and-self-harm.htm#find

SEXUAL EDUCATION

Consent	consented.ca/ teenhealthsource.com/sex/sconsent/
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General sex ed	sexandu.ca/
SEXT ED free answers to confidential texted questions	sexted.org/ 514-700-0445 text line
HIV and Hepatitis C	catie.ca/en/home

SEXUAL VIOLENCE / ABUSE

SOS violence conjugale bilingual, free, anonymous and confidential reception, evaluation, information, awareness, support and referral services	sosviolenceconjugale.ca 1-800-363-9010
Sexual violence crisis line	sexualassaults.gov.qc.ca 514-933-9007
Regroupement québécois des centres d'aide et de lutte contre les agressions à caractère sexuel	rqcalacs.qc.ca/index-en.php 1-888-933-9007
Montreal Sexual Assault Centre	cvasm.org/en/ 514-934-4504
Crime Victims Assistance Centre	cavac.qc.ca/english/index.html 1-866-532-2822
Centre de Ressources et d'Intervention Pour Hommes Abusés Sexuellement dans leur Enfance for male survivors of childhood sexual abuse	criphase.org 514-529-5567
Help finding resources	agressionsexuellemontreal.gtvr.com/are-you-a- victim-of-sexual-assault— www.agressionsexuellemontreal.ca/_home 514 933-9007
Institut national de santé publique information and resources on sexual abuse	inspq.qc.ca/en/sexual-assault/resources/victims

SUICIDE

Suicide Action Montreal	suicideactionmontreal.org/ 514-723-4000
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Suicide prevention	suicideprevention.ca/ sante.gouv.qc.ca/en/conseils-et-prevention/prevenir-le-suicide/
Coping with suicidal thoughts / safety plan	psychhealthandsafety.org/cwstarfp/sprc.org/sites/sprc.org/files/SafetyPlanTemplate.pdf

HOW TO ACCESS PSYCHIATRIC SERVICES IN MONTREAL

