



**MARIANOPOLIS**  
COLLEGE

**COUNSELLING RESOURCES DIRECTORY**

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## CRISIS HELPLINES

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

## ADDICTION

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| <b>Addiction Outreach Program (private)</b><br>intensive outpatient services for substance and<br>and gambling addiction          | addictionoutreach.ca<br>514-814-4488  |
| <b>Chabad Lifeline</b><br>referrals, resources, crisis intervention, family<br>support  | chabadlifeline.com<br>514-738-7700  |
| <b>McGill University Health Centre Addictions<br/>Unit</b><br>treatment and referral to other MUHC services<br>for people over 18 | muhc.ca/addictions_unit/<br>514-934-8311  |
| <b>Drogue : aide et référence</b><br>information, referral services   | drogue-aiderference.qc.ca<br>514-527-2626   |
| <b>Drug facts</b>   | <b>RCMP</b><br>rcmp-grc.gc.ca/qc/pub/sens-awar/drogue-<br>drug/drogue-drug-eng.htm<br><br><b>Teen Challenge</b> |

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|   | <p><a href="http://teenchallenge.ca/get-help/educational-resources/drug-abuse-facts">teenchallenge.ca/get-help/educational-resources/drug-abuse-facts</a></p> <p><b>National Institute on Drug Abuse for Teens</b><br/> <a href="http://teens.drugabuse.gov/drug-facts/prescription-drugs">teens.drugabuse.gov/drug-facts/prescription-drugs</a></p> <p><b>Quebec cannabis regulation</b><br/> <a href="http://encadrementcannabis.gouv.qc.ca/en/">encadrementcannabis.gouv.qc.ca/en/</a></p> |
| <b>Addictions Help</b>                    | <p><a href="http://kidshelpphone.ca/Teens/InfoBooth/Emotional-Health/Alcohol-And-Drugs">kidshelpphone.ca/Teens/InfoBooth/Emotional-Health/Alcohol-And-Drugs</a><br/> 1-800-668-6868</p>   |
| <b>Drug and mental health information</b> | <p><a href="http://camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/Pages/default.aspx">camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/Pages/default.aspx</a></p>   |
| <b>Alcohol guidelines, safety tips</b>    | <p><b>Centre for Addiction and Mental Health</b><br/> <a href="http://camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/alcohol/Pages/low_risk_drinking_guidelines.aspx">camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/alcohol/Pages/low_risk_drinking_guidelines.aspx</a></p> <p><b>Educalcool</b><br/> <a href="http://educalcool.qc.ca/en/">educalcool.qc.ca/en/</a></p>   |

**ANXIETY / STRESS**

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| <b>Sleep</b>      | <p><a href="http://anxietybc.com/sites/default/files/SleepHygiene.pdf">anxietybc.com/sites/default/files/SleepHygiene.pdf</a></p> <p><a href="http://heretohelp.bc.ca/wellness-module/wellness-module-6-getting-a-good-nights-sleep">heretohelp.bc.ca/wellness-module/wellness-module-6-getting-a-good-nights-sleep</a></p> <p><a href="http://webmd.com/sleep-disorders/sleep-habits-assessment">webmd.com/sleep-disorders/sleep-habits-assessment</a></p> |
| <b>Relaxation</b> | <p><b>Anxiety</b><br/> <a href="http://anxietybc.com/sites/default/files/MuscleRelaxation.pdf">anxietybc.com/sites/default/files/MuscleRelaxation.pdf</a></p> <p><b>Body scan meditation</b><br/> <a href="http://marc.ucla.edu/mpeg/Body-Scan-Meditation.mp3">marc.ucla.edu/mpeg/Body-Scan-Meditation.mp3</a></p> <p><b>Breathing</b><br/> <a href="http://drweil.com/drw/u/ART00521/three-breathing-">drweil.com/drw/u/ART00521/three-breathing-</a></p>  |

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|                  | <p>exercises.html</p> <p><b>Guided meditation</b><br/> herohealthroom.com/2014/12/08/free-guided-meditation-resources/</p> <p><b>Relaxing mediation</b><br/> mcgill.ca/counselling/getstarted/relax-meditate</p>        |
| <b>Self-care</b> | <p>tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/</p>  |
| <b>Apps</b>      | <p><a href="#">InsightTimer</a></p> <p><a href="#">Healthy Minds</a></p> <p><a href="#">Headspace</a></p> <p><a href="#">Stop, Breathe, Think</a></p> <p><a href="#">MindShift</a></p> <p><a href="#">MoodTools</a></p> |

**CAREERS**

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| <p><b>O*NET</b><br/> browse careers by skills, values, interests</p> | <p>onetonline.org</p> |
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**CHILD ABUSE / YOUTH PROTECTION**

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| <p><b>Directors of Youth Protection (DYP) /<br/> Directeur de la protection de la jeunesse (DPJ)</b></p> | <p>quebec.ca/en/family-and-support-for-individuals/assistance-and-support/reporting-a-situation-to-the-director-of-youth-protection/514-896-3100 (Montreal – French)<br/> 514-935-6196 (Montreal – English)</p> |
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**COVID-19**

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| <p><b>Protecting your well-being during the pandemic</b></p> | <p><a href="#">Quebec.ca: Protecting your well-being during the COVID-19 pandemic</a></p> |
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|  | <p><a href="#">COVID-19: Balancing Public Health and Mental Health</a></p> <p><a href="#">Care for your Coronavirus anxiety</a></p> <p><a href="#">Coronavirus Sanity Guide</a></p> <p><a href="#">The Happiness Lab podcast – Coronavirus bonus</a></p> <p><a href="#">Tips and tricks to help adolescents cope during the COVID-19 pandemic - Ste. Justine</a></p> |
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## EATING DISORDERS

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| <b>Anorexia and bulimia</b><br>help line, referrals, chat, support groups  | anebquebec.com/en/<br>514 630-0907   |
| <b>BACA clinic (private)</b><br>bulimia, anorexia, binge eating  | cliniquebaca.com/en/<br>514-544-2323   |
| <b>Douglas Mental Health University Institute Eating Disorders Program</b><br>inpatient, outpatient, day program | douglas.qc.ca/section/eating-disorders-146?locale=en<br>514-761-6131, ext. 2895  |
| <b>Information</b>   | cliniquebaca.com/en/eating-disorders/<br><br>anebquebec.com/en/troubles-alimentaires<br><br>orthorexia.com                                     |
| <b>Warning signs</b>   | eatingdisorders.org.au/eating-disorders/what-is-an-eating-disorder/warning-signs-a-symptoms<br><br>www.nedc.com.au/recognise-the-warning-signs |
| <b>Recovery tips</b>   | nationaleatingdisorders.org/learn/general-information/recovery   |

## FAMILY SERVICES

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| <b>Amcal Family Services</b><br>family counselling, community groups, supervised visits, help for young parents | amcal.ca<br>514-694-3161 |
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| <b>Friends for Mental Health</b><br>counselling and support group for family and friends  | asmfmh.org<br>514-636-6885  |
| <b>AMI-Quebec</b><br>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<br>514-486-1448   |
| <b>Avant de craquer</b>   | avantdecraquer.com  |
| <b>Ometz</b><br>family counselling  | ometz.ca/gethelp/families+youth+and+individuals/services+for+families/family+counselling/<br>514-342-0000 |

## FOOD

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| <b>NDG Food Depot</b><br>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 | depotndg.org/en<br>514-483-4680   |
| <b>MultiCaf</b><br>affordable meals, food baskets   | multicaf.org/<br>514-733-0554   |
| <b>Resto Plateau</b><br>affordable meals  | restoplateau.com<br>514-527-5997  |
| <b>Chez Doris</b><br>meals, emergency food bags, kitchen and nutrition workshops  | chezdoris.org/en/<br>514-937-2341, ext. 0   |
| <b>Sun Youth Emergency Food Assistance</b>  | sunyouthorg.com/en/services/emergency/food-assistance/<br>514-842-1214<br>9 a.m.-noon weekdays for next-day appointment |

## HEALTH CENTRES / HOSPITALS

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| <b>Integrated Health and Social Services Centre (CISSS) or Integrated University Health and Social Services Centre (CIUSSS)</b>  | <a href="http://sante.gouv.qc.ca/en/repertoire-ressources/votre-cisss-ciusss/">sante.gouv.qc.ca/en/repertoire-ressources/votre-cisss-ciusss/</a> |
| <b>Local Community Services Centres (CLSC)</b><br>preventive or medical services to the population of its territory, rehabilitation and reintegration services, public health activities | <a href="http://sante.gouv.qc.ca/en/repertoire-ressources/clsc/">sante.gouv.qc.ca/en/repertoire-ressources/clsc/</a>                             |
| <b>McGill University Health Centre (MUHC)</b>  | <a href="http://muhc.ca">muhc.ca</a><br>514- 934-1934  |
| <b>Centre hospitalière de l'Université de Montréal (CHUM)</b>  | <a href="http://chumontreal.qc.ca">chumontreal.qc.ca</a><br>514-890-8000   |

## HOUSING

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| <b>Notre-Dame-de-Grâce Community Council</b><br>information on tenant rights, emergency housing   | <a href="http://ndg.ca/en/39-resource-center/housing-and-community-spaces/11-tenants-rights-and-information">ndg.ca/en/39-resource-center/housing-and-community-spaces/11-tenants-rights-and-information</a> |
| <b>Arnold Bennett</b><br>free support when dealing with rental board, help filling out forms and writing letters. Lawyers available 11 a.m.-1 p.m. Sundays, in person without an appointment. | 514-488-0412   |
| <b>Temporary Emergency Housing</b>  | <p><b>For men</b><br/>Old Brewery Mission, 514-866-9651</p> <p><b>For women</b><br/>Auberge Transition, 514-481-0495</p> <p><b>For youth</b><br/>Dans La Rue, 514-524-0029</p>                               |

## LEARNING DISABILITIES

|  |  |
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| <b>MEDIPSY ADHD clinic (private)</b><br>services to children, adolescents and adults with an attention deficit disorder (ADD) with / without hyperactivity (ADHD), diagnostic assessments, | <a href="http://adhd-tdah.ca/home-page.php">adhd-tdah.ca/home-page.php</a><br>514-419-3005 |
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| development and implementation of a personalized intervention plan   |   |
| <b>Center for Awareness ADHD Canada</b><br>information on child, adolescent and adult ADHD, online resources, lists of clinics and coaches   | caddac.ca   |
| <b>Could it be ADHD?</b><br>self-assessment, information   | coulditbeadhd.ca  |
| <b>McGill Psychoeducational &amp; Counselling Clinic</b><br>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  |
| <b>Autisme Montréal</b><br>support and help  | autisme-montreal.com/en/<br>514-524-6114  |
| <b>Miriam Foundation</b><br>resources for autism spectrum disorder and intellectual disabilities   | miriamfoundation.ca/en/resources/20-autism-montreal.html                              |
| <b>McGill University Transition Support Program</b><br>for adults on the autism spectrum   | transitionsupport-adultsasd.scsd.mcgill.ca/   |
| <b>Concordia University Applied Psychology</b><br>Support from graduate students   | concordia.ca/artsci/psychology/facilities-services/apc.html<br>514-848-2424 ext. 7550 |

## LEGAL

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| <b>Educaloi</b><br>general information about Quebec laws, rights and legal issues.   | educaloi.qc.ca  |
| <b>Young Bar of Montreal</b><br>free and confidential legal consultation by phone with a lawyer 4-6 p.m. Wednesdays; must first sign up online or by phone | ajbm.qc.ca/en/public-services/ill-talk-to-my-lawyer-on-wednesday/<br>514-954-3446 |
| <b>McGill University free legal information clinic</b><br>everything except criminal law, tax law or construction  | licm.mcgill.ca/legal-clinic-free-legal-information/<br>514-398-6792               |



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| <b>Head and Hands</b><br>medical, legal and social services to Montreal youth  | headandhands.ca<br>514-481-0277 |
| <b>Association Québécoise Plaidoyer-Victimes</b><br>promotes and defends the rights and interests of victims of crime and their families | aqpv.ca<br>514-526-9037         |
| <b>Crime Victims Assistance Centres (CAVAC)</b><br>various locations   | cavac.qc.ca/en<br>514-277-9860  |

## LGBTQ+

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| <b>Interligne (formely Gai Écoute)</b><br>telephone, email and chat support and information | interligne.co/chat<br>514-866-0103<br>1-888-505-1010 text line                             |
| <b>AlterHeros</b>   | alterheros.com/en/home/  |
| <b>Action Santé Transvesti(e)s et Transexuel(el)s du Québec</b>                             | astteq.org<br>514-847-0067   |
| <b>Project 10</b>   | p10.qc.ca<br>514-989-4585  |
| <b>McGill University Sexual Identity Centre</b>   | mcgill.ca/musicmentalhealth/<br>514.934.1934, ext. 43585                                   |
| <b>Concordia University Centre for Gender Advocacy</b>                                      | genderadvocacy.org<br>514-848-2424, ext. 7431<br>514-848-2424, ext. 7880 peer support line |

## MENTAL HEALTH

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| <b>Santé Quebec</b><br>information and resources on mental health  | sante.gouv.qc.ca/en/problemes-de-sante |
| <b>Access Open Minds</b><br>national youth mental health network   | accessopenminds.ca                     |
| <b>Le Regroupement des ressources alternatives en santé mentale du Québec (RRASMQ)</b><br>includes 120 mental-health resources | rrasmq.com/index.html<br>514-523-7919  |

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| <p><b>Jewish General Hospital Teenage Health Unit</b><br/> medical, psychological and other services for people 12-21 without a family doctor</p>             | <p><a href="http://jgh.ca/care-services/goldman-herzl-family-practice-centre/teenage-health-unit">jgh.ca/care-services/goldman-herzl-family-practice-centre/teenage-health-unit</a><br/> 514-340-8242</p>  |
| <p><b>Douglas Mental Health University Institute</b><br/> clinical services for all age groups</p>  | <p><a href="http://douglas.qc.ca">douglas.qc.ca</a><br/> 514-761-6131</p>  |
| <p><b>Emotional Health CBT Clinic</b><br/> sliding scale therapy</p>  | <p><a href="http://cbtclinic.ca">cbtclinic.ca</a><br/> 514-485-7772</p>  |
| <p><b>Argyle Institute</b><br/> sliding scale, individual, couple, family counselling, specialized eating disorders and LGBTQ+ clients</p>                    | <p><a href="http://argyleinstitute.org">argyleinstitute.org</a><br/> 514-931-5629</p>  |
| <p><b>Montreal Therapy Centre</b><br/> sliding scale, online and group therapy</p>  | <p><a href="http://montrealtherapy.com/">montrealtherapy.com/</a><br/> 514.244.1290<br/> Fill out a referral form online</p>   |
| <p><b>Concordia University Applied Psychology Centre</b><br/> sliding scale, with graduate psychology students</p>  | <p><a href="http://concordia.ca/artsci/psychology/facilities-services">concordia.ca/artsci/psychology/facilities-services</a><br/> 514-848-2424, ext. 7550<br/> Call in August or December</p>   |
| <p><b>Ometz</b><br/> employment, immigration, school and social services</p>  | <p><a href="http://ometz.ca">ometz.ca</a><br/> 514-342-0000</p>  |
| <p><b>Revivre</b><br/> information, support and referrals for depression, anxiety and bipolar disorder</p>  | <p><a href="http://revivre.org/en">revivre.org/en</a><br/> 514 REVIVRE (738-4873)</p>  |
| <p><b>AMI-Quebec Action on Mental Illness</b><br/> helps families manage the effects of mental illness through support, education, guidance, and advocacy</p> | <p><a href="http://amiquebec.org/">amiquebec.org/</a></p>  |
| <p><b>Online resources</b></p>  | <p><b>Mood disorders</b><br/> <a href="http://mooddisorders.ca/fact-sheets">mooddisorders.ca/fact-sheets</a></p> <p><b>Mental health and addiction</b><br/> <a href="http://camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/Pages/default.aspx">camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/Pages/default.aspx</a></p> |

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|  | <p><b>Anxiety and related disorders</b><br/>anxietybc.com</p> <p><b>Mental health and substance use</b><br/>heretohelp.bc.ca</p> <p><b>Health guides</b><br/>helpguide.org</p> |
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## REFERRALS

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|---|---------------------------------|
| <p><b>ARC</b><br/>help and referral centre</p>  | arc-hss.ca/                     |
| <p><b>Bottin Santé</b><br/>help finding numerous types of health services</p>         | bottinsante.ca<br>514-317-2683  |
| <p><b>Head and Hands</b><br/>medical, legal and social services to Montreal youth</p> | headandhands.ca<br>514-481-0277 |

## SELF-HARM

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

## SEXUAL EDUCATION / RELATIONSHIPS

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| <p><b>Consent</b></p> | <p>consented.ca/<br/>teenhealthsource.com/sex/sconsent/</p> |
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| <b>General sexual education</b>                                | sexandu.ca/  |
| <b>SEXTED</b><br>free answers to confidential texted questions | sexted.org/<br>514-700-0445 text line  |
| <b>Kids Help Phone</b>   | kidshelpphone.ca/topic/sex-relationships/dating-relationships/<br>1-800-668-6868 |
| <b>Tel-Jeunes</b>  | en.teljeunes.com/get-informed/love<br>1-800-263-2266                             |

## SEXUAL VIOLENCE / PSYCHOLOGICAL HARASSMENT

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| <b>Quebec Sexual Violence Helpline</b><br>helpline for anyone affected by sexual violence, free, bilingual and confidential support accessible 24/7 throughout Quebec  | 1-888-933-9007   |
| <b>Quebec Sexual Violence Website</b><br>information, help and resources for sexual violence victims and assailants  | quebec.ca/en/family-and-support-for-individuals/violences/help-and-resources-for-sexual-assault-victims-and-sexual-assailants/ |
| <b>Montreal Sexual Assault Centre</b><br>free and bilingual medical, legal and psychosocial support services for victims of sexual violence who are 18 years and older | cvasm.org/en/<br>514-934-4504  |
| <b>Centres d'aide et de lutte contre les agressions à caractère sexuel (CALACS)</b><br>directory of sexual violence support centres in each region of Quebec           | rqcalacs.qc.ca/index-en.php<br>1-888-933-9007  |
| <b>RESOURCES FOR MINORS UNDER 18 YEARS OLD</b>   |  |
| <b>Montreal Children's Hospital</b>  | thechildren.com/departments-and-staff/departments/departement-of-sexual-abuse-clinic<br>514-412-4400                           |
| <b>Centre hospitalier universitaire Sainte-Justine</b>   | chusj.org/soins-services/A/Abus-sexuel<br>514-345-4931   |
| <b>Marie Vincent Foundation</b>  | marie-vincent.org/en<br>514-285-0505   |

**COMMUNITY RESOURCES**

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| <p><b>Centre des Prévention des Aggressions de Montréal</b><br/>prevention and self-defense programs</p>   | <p>cpamapc.org<br/>514-284-1212</p>  |
| <p><b>Need Help Now</b><br/>support with cyberbullying, removing sexual pictures from the internet, etc.</p>   | <p>needhelpnow.ca/app/en</p>   |
| <p><b>SOS violence conjugale</b><br/>helpline for victims of conjugal violence, free, bilingual and confidential information, support and referral services</p>  | <p>sosviolenceconjugale.ca<br/>1-800-363-9010</p>                              |
| <p><b>Groupe d'aide et d'information sur le harcèlement sexuel au travail (GAIHST)</b><br/>information, support groups and assistance in filing complaints for individuals who have been subjected to sexual or psychological harassment at work</p> | <p>gaihst.qc.ca<br/>514-526-0789</p>   |
| <p><b>Movement contre le viol et l'inceste (MCVI)</b><br/>support, prevention and defense of women's rights</p>  | <p>mvcicontreleviol.org<br/>514-278-9383</p>                                   |
| <p><b>Action Santé Transvesti(e)s et Transexuel(els) du Québec</b><br/>support for the health and well-being of trans people, listening and referral support, one night emergency shelter to trans people experiencing violence</p>                  | <p>astteq.org<br/>514-847-0067</p>   |
| <p><b>Shield of Athena</b><br/>multilingual 24hr sexual violence referral and crisis help lines</p>  | <p>shieldofathena.com<br/>514-270-2900 (Montreal)<br/>450-688-2117 (Laval)</p> |
| <p><b>Third Eye Collective</b><br/>services for self-identified Black women who have experienced sexual assault</p>  | <p>thirdeyecollective.wordpress.com<br/>thirdeyecollective514@gmail.com</p>    |
| <p><b>Native Friendship Centre</b><br/>referral services for Indigenous youth 10-29 years old, drop-in centre, peer support, medical clinic, legal workshops, access to traditional healers</p>  | <p>nfcmm.org<br/>514-499-1854</p>  |
| <p><b>Chez Stella</b></p>  | <p>chezstella.org<br/>514-285-8889</p>   |

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| support and information for sex workers so that they can work and live in safety and with dignity   |  |
| <b>Centre de ressources et d'intervention pour hommes abusés sexuellement dans leur enfance (CRI-PHASE)</b><br>for male survivors of childhood sexual abuse   | criphase.org<br>514-529-5567             |
| <b>McGill University Domestic Violence Clinic</b><br>support for men and women experiencing or perpetrating domestic violence and their partners or families  | mcgill.ca/dvc<br>514-398-2686            |
| <b>RESOURCES FOR THOSE WHO ARE CONCERNED ABOUT THEIR OWN BEHAVIOURS</b>   |  |
| <b>Centre d'intervention en délinquance sexuelle</b><br>therapeutic services and support groups for people who have sexually assaulted and/or harassed others | cidslaval.com/cids-cisd/<br>450-967-3941 |
| <b>Groupe Amorce</b><br>support services for men with deviant sexual fantasies and behaviours towards minors  | groupeamorce.com<br>514-355-8064         |
| <b>L'Institut national de psychiatrie légale Philippe-Pinel</b><br>psychiatric services for violent offenders   | pinel.qc.ca<br>514-648-8461              |

## SUICIDE

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

# HOW TO ACCESS HEALTH SERVICES IN MONTREAL

