



MARIANOPOLIS
COLLEGE

COUNSELLING RESOURCES DIRECTORY

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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

ADDICTION

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

	<p>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>
Addictions Help	<p>kidshelpphone.ca/Teens/InfoBooth/Emotional-Health/Alcohol-And-Drugs 1-800-668-6868</p>
Drug and mental health information	<p>camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/Pages/default.aspx</p>
Alcohol guidelines, safety tips	<p>Centre for Addiction and Mental Health camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/alcohol/Pages/low_risk_drinking_guidelines.aspx</p> <p>Educalcool educalcool.qc.ca/en/</p>

ANXIETY / STRESS

Sleep	<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>
Relaxation	<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-</p>

	<p>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>
Self-care	<p>tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/</p>
Apps	<p>InsightTimer</p> <p>Healthy Minds</p> <p>Headspace</p> <p>Stop, Breathe, Think</p> <p>MindShift</p> <p>MoodTools</p>

CAREERS

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

<p>Directors of Youth Protection (DYP) / Directeur de la protection de la jeunesse (DPJ)</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) 514-935-6196 (Montreal – English)</p>
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COVID-19

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

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

HEALTH CENTRES / HOSPITALS

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

HOUSING

Notre-Dame-de-Grâce Community Council information on tenant rights, emergency housing	ndg.ca/en/39-resource-center/housing-and-community-spaces/11-tenants-rights-and-information
Arnold Bennett 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
Temporary Emergency Housing	<p>For men Old Brewery Mission, 514-866-9651</p> <p>For women Auberge Transition, 514-481-0495</p> <p>For youth Dans La Rue, 514-524-0029</p>

LEARNING DISABILITIES

MEDIPSY ADHD clinic (private) services to children, adolescents and adults with an attention deficit disorder (ADD) with / without hyperactivity (ADHD), diagnostic assessments,	adhd-tdah.ca/home-page.php 514-419-3005
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development and implementation of a personalized intervention plan	
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 Support from graduate students	concordia.ca/artsci/psychology/facilities-services/apc.html 514-848-2424 ext. 7550

LEGAL

Educaloi general information about Quebec laws, rights and legal issues.	educaloi.qc.ca
Young Bar of Montreal 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/ 514-954-3446
McGill University free legal information clinic everything except criminal law, tax law and construction	licm.mcgill.ca/legal-clinic-free-legal-information/ 514-398-6792

Head and Hands medical, legal and social services to Montreal youth	headandhands.ca 514-481-0277
Juripop free legal services for people who have experienced or witnessed sexual or psychological harassment or violence in the workplace	juripop.org/en/i-have-experienced-harassment-at-work-or-sexual-violence/
Association Québécoise Plaidoyer-Victimes promotes and defends the rights and interests of victims of crime and their families	aqpv.ca 514-526-9037
Crime Victims Assistance Centres (CAVAC) various locations	cavac.qc.ca/en 514-277-9860

LGBTQ+

Interligne (formely 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 Transvesti(e)s et Transexuel(el)s du Québec	astteq.org 514-847-0067
Project 10	p10.qc.ca 514-989-4585
McGill University Sexual Identity Centre	mcgill.ca/musicmentalhealth/ 514.934.1934, ext. 43585
Concordia University Centre for Gender Advocacy	genderadvocacy.org 514-848-2424, ext. 7431 514-848-2424, ext. 7880 peer support line

MENTAL HEALTH

Santé Quebec information and resources on mental health	sante.gouv.qc.ca/en/problemes-de-sante
Access Open Minds national youth mental health network	accessopenminds.ca

Le Regroupement des ressources alternatives en santé mentale du Québec (RRASMQ) includes 120 mental-health resources	rrasmq.com/index.html 514-523-7919
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 LGBTQ+ 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
Concordia University Applied Psychology Centre sliding scale, with graduate psychology students	concordia.ca/artsci/psychology/facilities-services 514-848-2424, ext. 7550 Call in August or December
Ometz employment, immigration, school and social services	ometz.ca 514-342-0000
Revivre information, support and referrals for depression, anxiety and bipolar disorder	revivre.org/en 514 REVIVRE (738-4873)
AMI-Quebec Action on Mental Illness helps families manage the effects of mental illness through support, education, guidance, and advocacy	amiquebec.org/
Online resources	Mood disorders moordisorders.ca/fact-sheets

	<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>
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REFERRALS

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

SELF-HARM

Coping tips	<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>
Distractions	helpguide.org/articles/anxiety/cutting-and-self-harm.htm#find

SEXUAL EDUCATION / RELATIONSHIPS

Consent	consented.ca/ teenhealthsource.com/sex/sconsent/
General sexual education	sexandu.ca/
SEXTED free answers to confidential texted questions	sexted.org/ 514-700-0445 text line
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

SEXUAL VIOLENCE / PSYCHOLOGICAL HARASSMENT

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

Marie Vincent Foundation	marie-vincent.org/en 514-285-0505
COMMUNITY RESOURCES	
Centre des Prévention des Aggressions de Montréal prevention and self-defense programs	cpamapc.org 514-284-1212
Need Help Now support with cyberbullying, removing sexual pictures from the internet, etc.	needhelpnow.ca/app/en
SOS violence conjugale helpline for victims of conjugal violence, free, bilingual and confidential information, support and referral services	sosviolenceconjugale.ca 1-800-363-9010
Groupe d'aide et d'information sur le harcèlement sexuel au travail (GAIHST) information, support groups and assistance in filing complaints for individuals who have been subjected to sexual or psychological harassment at work	gaihst.qc.ca 514-526-0789
Movement contre le viol et l'inceste (MCVI) support, prevention and defense of women's rights	mcvicontreleviol.org 514-278-9383
Action Santé Transvesti(e)s et Transexuel(el)s du Québec support for the health and well-being of trans people, listening and referral support, one night emergency shelter to trans people experiencing violence	astteq.org 514-847-0067
Shield of Athena multilingual 24hr sexual violence referral and crisis help lines	shieldofathena.com 514-270-2900 (Montreal) 450-688-2117 (Laval)
Third Eye Collective services for self-identified Black women who have experienced sexual assault	thirdeyecollective.wordpress.com thirdeyecollective514@gmail.com
Native Friendship Centre	nfc.org 514-499-1854

referral services for Indigenous youth 10-29 years old, drop-in centre, peer support, medical clinic, legal workshops, access to traditional healers	
Chez Stella support and information for sex workers so that they can work and live in safety and with dignity	chezstella.org 514-285-8889
Centre de ressources et d'intervention pour hommes abusés sexuellement dans leur enfance (CRI-PHASE) for male survivors of childhood sexual abuse	criphase.org 514-529-5567
McGill University Domestic Violence Clinic support for men and women experiencing or perpetrating domestic violence and their partners or families	mcgill.ca/dvc 514-398-2686
RESOURCES FOR THOSE WHO ARE CONCERNED ABOUT THEIR OWN BEHAVIOURS	
Centre d'intervention en délinquance sexuelle therapeutic services and support groups for people who have sexually assaulted and/or harassed others	cidslaval.com/cids-cisd/ 450-967-3941
Groupe Amorce support services for men with deviant sexual fantasies and behaviours towards minors	groupeamorce.com 514-355-8064
L'Institut national de psychiatrie légale Philippe-Pinel psychiatric services for violent offenders	pinel.qc.ca 514-648-8461

SMOKING / VAPING

Canadian Cancer Society support and information to people who are quitting, thinking of quitting or supporting someone who is quitting smoking.	cancer.ca/en/cancer-information/reduce-your-risk/live-smoke-free/quitting-is-possible 1-866-366-3667
Québec Sans Tabac Le portail de la lutte au tabagisme et au vapotage du Québec	quebecsanstabac.ca/

SUICIDE

Suicide Action Montreal	suicideactionmontreal.org/ 514-723-4000
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 HEALTH SERVICES IN MONTREAL

