



MARIANOPOLIS
COLLEGE

EMERGENCY RESOURCES DIRECTORY

Updated January 2024

HELPLINES		
<u>988</u>	24/7 suicide helpline	Call or text 988
<u>811</u>	24/7 health helpline	Call 811 Option 1 for Info-Santé, Option 2 for Info-Social
<u>Suicide.ca</u>	24/7 suicide helpline	Call 1-866-277-3553 (1-866-APPELLE) Text 535353
<u>Kids Help Phone</u>	24/7 youth helpline	Call 1-800-668-6868 Text CONNECT to 686868
<u>Sexual Violence Helpline</u>	24/7 sexual violence helpline	Call 1-888-933-9007
<u>Tel-Jeunes</u>	Youth helpline	Call 1-800-263-2266 from 6:00 am to 2:00 am Text 514-800-1002 from 8:00 am to 10:30 pm
<u>Tel-Aide</u>	Listening service for all ages	Call 514-935-1101

CRISIS CENTRES		
<p>Crisis Centres are for individuals experiencing a crisis who need additional support immediately. Services are voluntary. Contact the crisis centre nearest to where you live to speak to someone day or night. Services include: 24/7 crisis line, mobile intervention and support, short-term crisis housing, crisis follow-up, intensive support, referral.</p>		
<u>Association Iris</u>	Montreal North	514-388-9233
<u>Équipe Mobile de Crise Résolution</u>	Montreal East	514-351-9592
<u>L'Autre Maison</u>	Montreal South West	514-768-7225
<u>L'îlot</u>	Laval	450-629-2911
<u>Le Transit</u>	Montreal Centre East	514-282-7753
<u>Tracom</u>	Montreal Centre	514-483-3033
<u>West Island Crisis Centre</u>	Montreal West Island	514-684-6160

YOUTH PROTECTION
<p>Individuals can contact youth protection when they have concerns about someone under 18. The Youth Protection Act (YPA) stipulates that children under 18 are in need of protection in the event of abandonment, neglect, psychological ill-treatment, sexual abuse or sexual violence, physical abuse, serious behavioural disturbance.</p>

<u>Directeur de la protection de la jeunesse (DPJ)</u>	Montreal	514-896-3100
	Laval	450-975-4000
	Montréal	514 721-1811
<u>Batshaw Youth and Family Services</u>	Montreal (English)	514-935-6196

THERAPY SERVICES	
<u>Aire-Ouverte</u> Health and wellness services for youth age 12-25	Locations across Québec All services covered by medicare
<u>AMCAL</u> Counselling for families with youth age 7-17 or young adults age 18-30	514-694-3161 Sliding fee scale
<u>AMI-Quebec</u> Counselling for friends and family of people living with mental illness	514-486-1448 Many services free or with small fee
<u>Concordia University Applied Psychology Centre</u> Therapy, psychological and school evaluations for individuals and families	514-848-2424, ext. 7550 September to April only Sliding fee scale
<u>Jewish General Hospital Teenage Health Unit</u> Therapy and other services for adolescents age 13-19 without a family doctor	514-340-8242 All services covered by medicare
<u>Le Spot at the Montreal Children's Hospital</u> Specialized centre for adolescent mental health	514 412-4400 All services covered by medicare
<u>Medipsy</u> Therapy for individuals, couples and families, psychological and neuropsychological assessments	514-419-3005 Fees apply
<u>Montreal Therapy Centre</u> Therapy for individuals, families, couples and groups	514-244-1290 Sliding fee scale
<u>Montreal Therapy and Psychological Wellness Centre</u> Therapy specializing in anxiety and depression	514-605-7610 Fees apply
<u>Ometz</u> Therapy for individuals, families and couples	514-342-0000 Sliding fee scale
<u>Ordre des psychologues du Québec</u> Online referral service to find a psychologist	514-738-1223
<u>Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec</u> Online referral service to find a social worker or family therapist	514 731-3925