



MARIANOPOLIS
COLLEGE

COUNSELLING RESOURCES DIRECTORY

Updated January 2024

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CRISIS HELPLINES

988 24/7 Canada-wide suicide crisis helpline	988.ca Call or text 988
811 Info-Santé and Info-Social 24/7 Quebec-wide health helpline	quebec.ca/en/health/finding-a-resource/info-sante-811 Call 811 Option 1 for health advice Option 2 for mental health advice
Suicide.ca 24/7 Quebec-wide suicide helpline	suicide.ca cpsmontreal.ca 1-866-277-3553 (1-866-APPELLE) Text 535353
Kids Help Phone 24/7 youth helpline	kidshelpphone.ca 1-800-668-6868 Text CONNECT to 686868
Sexual Violence Helpline 24/7 sexual violence helpline	sexualviolencehelpline.ca 1-888-933-9007
Tel-Jeunes Youth helpline	teljeunes.com/en/youths/speak-with-a-counsellor Text 514-800-1002 from 8:00 am to 10:30 pm Call 1-800-263-2266 from 6:00 am to 2:00 am Chat from 8:00 am to 10:30 pm here
Tel-Aide Listening service for all ages	telaide.org 514-935-1101

CRISIS CENTRES

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.

Association Iris Montreal North	assoiris.ca 514-388-9233
Équipe Mobile de Crise Résolution Montreal East	211qc.ca/en/organization/equipe-mobile-de-crise-resolution-18760552 514-351-9592

L'Autre Maison Montreal South West	centredecrise.ca/lautre-maison 514-768-7225
L'îlot Laval	lilotcrisis.ca 450-629-2911
Le Transit Montreal Centre East	cictransit.com 514-282-7753
Tracom Montreal Centre	tracom.ca 514-483-3033
West Island Crisis Centre Montreal West Island	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-aidereference.qc.ca 514-527-2626
Drug facts	<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</p>

	encadrementcannabis.gouv.qc.ca/en/
Addictions Help	kidshelpphone.ca/Teens/InfoBooth/Emotional-Health/Alcohol-And-Drugs 1-800-668-6868
Drug and mental health information	camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/Pages/default.aspx
Alcohol guidelines, safety tips	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 Educalcool educalcool.qc.ca/en/

ANXIETY / STRESS

Sleep	anxietybc.com/sites/default/files/SleepHygiene.pdf heretohelp.bc.ca/wellness-module/wellness-module-6-getting-a-good-nights-sleep webmd.com/sleep-disorders/sleep-habits-assessment
Relaxation	Anxiety anxietybc.com/sites/default/files/MuscleRelaxation.pdf Body scan meditation marc.ucla.edu/mpeg/Body-Scan-Meditation.mp3 Breathing drweil.com/drw/u/ART00521/three-breathing-exercises.html Guided meditation herohealthroom.com/2014/12/08/free-guided-meditation-resources/ Relaxing mediation

	mcgill.ca/counselling/getstarted/relax-meditate
Self-care	tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/
Apps	InsightTimer Healthy Minds Headspace Stop, Breathe, Think MindShift MoodTools

CAREERS

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

Individuals can contact youth protection when they have concerns about someone under 18. The Youth Protection Act (YPA) stipulates that children and youths between the ages of 0 and 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.

Director of Youth Protection (DYP) / Directeur de la protection de la jeunesse (DPJ)	quebec.ca/en/family-and-support-for-individuals/childhood/services-youth-difficulty-families/youth-protection 514-896-3100 (Montreal) 450-975-4000 (Laval) 514 721-1811 (Montréal)
Batshaw Youth and Family Services	batshaw.qc.ca 514-935-6196

COVID-19

Quebec.ca Information about prevention and care	Quebec.ca/covid-19
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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
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
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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-ciss-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

<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 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.</p>	<p>514-488-0412</p>
<p>Temporary Emergency Housing</p>	<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

<p>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</p>	<p>adhd-tdah.ca/home-page.php 514-419-3005</p>
<p>Center for Awareness ADHD Canada information on child, adolescent and adult ADHD, online resources, lists of clinics and coaches</p>	<p>caddac.ca</p>
<p>Could it be ADHD? self-assessment, information</p>	<p>coulditbeadhd.ca</p>
<p>McGill Psychoeducational & Counselling Clinic Assessment services for 6-20 year olds with learning disabilities, ADHD, developmental delays, social/emotional, behavioural and school-related problems</p>	<p>mcgill.ca/edu-ecp/about/clinic</p>
<p>Autisme Montréal</p>	<p>autisme-montreal.com/en/</p>

support and help	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 (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 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

Aire-Ouverte health and wellness services for youth age 12-25	quebec.ca/sante/trouver-une-ressource/aire-ouverte With or without appointment Several locations across Québec All services covered by medicare
AMCAL counselling and support programs for families with youth age 7-17 or young adults age 18-30	amcal.ca 514-694-3161 Sliding fee scale
AMI-Quebec counselling and support for friends and family of people living with mental illness	amiquebec.org 514-486-1448 Many services are free or with a small fee
Concordia University Applied Psychology Centre Therapy, psychological and school evaluations for children, adolescents, adults and families	concordia.ca/artsci/psychology/facilities-services 514-848-2424, ext. 7550 September to April only Sliding fee scale
Jewish General Hospital Teenage Health Unit medical, psychological and other services for adolescents age 13-19 without a family doctor	jgh.ca/care-services/goldman-herzl-family-practice-centre/teenage-health-unit/ 514-340-8242

	All services covered by medicare
Le Spot specialized centre for adolescent mental health at the Montreal Children's Hospital	thechildren.com 514 412-4400 Accessed via the emergency room at the Montreal Children's Hospital (MUHC Glen Site)
Medipsy individual, couple, family therapy career and guidance counselling psychological/neuropsychological assessments	medipsy.ca 514-419-3005 Fees apply
Montreal Therapy Centre individual, family, couple and group therapy	montrealtherapy.com 514-244-1290 Sliding fee scale
Montreal Therapy and Psychological Wellness Centre individual therapy specialized in anxiety and depression	therapyinmontreal.com 514-605-7610 Fees apply
Ometz individual, family and couple therapy	ometz.ca 514-342-0000 Sliding fee scale
Ordre des psychologues du Québec use the referral service to find a private psychologist	ordrepsy.qc.ca 514-738-1223
Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec use the referral service to find a private social worker or family therapist	otstcfq.org 514 731-3925,

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 for youths	headandhands.ca 514-481-0277

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 / 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

<p>Movement contre le viol et l'inceste (MCVI) support, prevention and defense of women's rights</p>	<p>mvcicontreleviol.org 514-278-9383</p>
<p>Action Santé Transvesti(e)s et Transexuel(e)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</p>	<p>astteq.org 514-847-0067</p>
<p>Shield of Athena multilingual 24hr sexual violence referral and crisis help lines</p>	<p>shieldofathena.com 514-270-2900 (Montreal) 450-688-2117 (Laval)</p>
<p>Third Eye Collective services for self-identified Black women who have experienced sexual assault</p>	<p>thirdeyecollective.wordpress.com thirdeyecollective514@gmail.com</p>
<p>Native Friendship Centre referral services for Indigenous youth 10-29 years old, drop-in centre, peer support, medical clinic, legal workshops, access to traditional healers</p>	<p>nfc.org 514-499-1854</p>
<p>Chez Stella support and information for sex workers so that they can work and live in safety and with dignity</p>	<p>chezstella.org 514-285-8889</p>
<p>Centre de ressources et d'intervention pour hommes abusés sexuellement dans leur enfance (CRI-PHASE) for male survivors of childhood sexual abuse</p>	<p>criphase.org 514-529-5567</p>
<p>McGill University Domestic Violence Clinic support for men and women experiencing or perpetrating domestic violence and their partners or families</p>	<p>mcgill.ca/dvc 514-398-2686</p>
<p>RESOURCES FOR THOSE WHO ARE CONCERNED ABOUT THEIR OWN BEHAVIOURS</p>	
<p>Centre d'intervention en délinquance sexuelle therapeutic services and support groups for people who have sexually assaulted and/or harassed others</p>	<p>cidslaval.com/cids-cisd/ 450-967-3941</p>
<p>Groupe Amorce support services for men with deviant sexual fantasies and behaviours towards minors</p>	<p>groupeamorce.com 514-355-8064</p>

L'Institut national de psychiatrie légale Philippe-Pinel psychiatric services for violent offenders	pinel.qc.ca 514-648-8461
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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.ca 24/7 Quebec-wide suicide crisis helpline	suicide.ca cpsmontreal.ca 1-866-277-3553 (1-866-APPELLE) Text 535353
Kids Help Phone 24/7 youth mental health helpline	kidshelpphone.ca 1-800-668-6868 Text CONNECT to 686868
Tel-Jeunes	teljeunes.com/en/youths/speak-with-a-counsellor Text 514-800-1002 from 8:00 am to 10:30 pm Call 1-800-263-2266 from 6:00 am to 2:00 am Chat from 8:00 am to 10:30 pm here

HOW TO ACCESS HEALTH SERVICES IN MONTREAL

