



YOUTH MENTAL WELLBEING

Resource Guide

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For assistance, please reach out to :

ARC Assistance and Referral Centre

91 Churchill Blvd.
Greenfield Park, QC
J4V 3L8

Tel: (514) 605-9500

Website: www.arc-hss.ca

Email: info@arc-hss.ca

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What are mental health problems?

A variety of terms can be used to describe mental health problems: mental disorder, mental illness, poor mental health, psychiatric illness, nervous breakdown and burn out. These terms do not give much information about what is really happening with the person. A mental health disorder causes major changes in a person's thinking, emotional state and behaviour and disrupts the person's ability to function and carry out their usual personal relationships. A mental health problem is a broader term that includes both mental health disorders and symptoms of mental disorders which may not be severe enough to warrant the diagnosis of a mental disorder.

There remain many stigmas and myths surrounding mental illness. Stigmas refer to negative attitudes (prejudice) and negative behaviour (discrimination) towards people with mental health problems. The stigma attached to mental health problems presents a serious barrier to assessment, diagnosis, treatment and support needed for recovery as well as acceptance from the community.

10 myths and the truth about mental health problems

Myth #1 Mental illnesses aren't real illnesses.

Fact: Mental illnesses create distress that does not go away on their own. These are real health problems with effective treatments. When someone breaks their arm, we wouldn't expect them to "get over it." Nor would we blame them if they required help in their daily lives while they recovered.

Myth #2 Mental illnesses will never affect me.

Fact: Researchers estimate that as many as one in five Canadians will experience a mental health problem or illness in any given year.

Myth #3 Mental illnesses are just an excuse for poor behaviour.

Fact: Some people who experience mental illnesses may act in ways that are unexpected or seem strange. The illness, not the person, is behind these behaviours.

Myth #4 People with mental illnesses are violent and dangerous.

Fact: People who experience a mental illness are no more violent than people without a mental illness. It is important to note that people who experience mental illnesses are much more likely to be victims of violence than to be violent.

Myth# 5: Young people are just seeking attention when they talk about their mental health struggles.

Fact: Many young people genuinely struggle with their mental health and may not always express their feelings openly. It is essential to take their concerns seriously and provide support.

Myth #6 People don't recover from mental illnesses.

Fact: Today, there are many different kinds of treatments, including medication and therapy, services, and supports that can help a person recover or achieve their goals.

Myth #7 People who experience mental illnesses are weak and can't handle stress.

Fact: People who experience mental illnesses may actually be better at managing stress than people who haven't experienced mental illness. Many have learned skills like stress management and problem-solving so they can address their issues and continue to balance life needs.

Myth #8 People who experience mental illnesses can't work.

Fact: Most people who experience serious mental illnesses want to work but face systemic barriers to finding and keeping meaningful employment.

Myth #9 Children can't have a mental illness like depression. Those are adult problems.

Fact: Many mental illnesses first appear when a person is young. Although mental illnesses may look different in children, they can impact the way young people acquire and develop skills, which can lead to challenges in the future.

Myth #10: If mental health issues run in the family, there's nothing that can be done.

Fact: While genetics can play a role in mental health, environmental factors and lifestyle choices also influence mental wellbeing. Many strategies can help mitigate risks and promote mental health.

When to see a medical professional

Signs it is time to consider seeing a professional with your child:

- They feel the challenges they are facing are more than they can manage on their own
- It is beginning to affect the things they enjoy
- Feels like a 'new normal' and not a temporary situation
- Avoiding those they care about or who care about them
- Negative feelings are intense or persistent and seem hard to shake
- Sleep, eating habits, or hygiene are impacted

Guide: How to talk to your doctor about mental health

It can feel intimidating to bring up a mental health concern to your doctor. It is important to ask for help you or your child need.

What can I expect from seeing a doctor?

- Questions about what is going on, how you are feeling, and what you and/or your child are currently doing to manage.
- Information about supports that are available, such as counselling
- Prescribed medications if appropriate
- Recommended lifestyle changes that might have an impact
- Referral to a specialist if needed
- Set a follow-up appointment

Before your appointment

- Have a conversation with your child and write down any important information. It can relieve some of the pressure to open up in front of the doctor and also to make sure nothing is forgotten.
- Define the problem and set a goal
- Why are you going to the doctor and what do you and your child hope to achieve from this visit?

During your appointment

- Support your child in stating concerns as clearly as possible
- Refer to the notes as needed
- Ask questions as applicable:
 1. What are the treatment options?
 2. What else can be done at home to help?
 3. Do you have any printed materials, resources or website recommendations?

After the appointment

- Help your child follow through with treatment that was prescribed
- Follow-up with medical professionals
- Contact your child's doctor immediately if they have worsening symptoms or other negative effects.
- Be patient- it may take time to find the right treatment plan.

Resource Form: Talking to your doctor about mental health and wellbeing

You may find it easier to talk to your doctor while referring to this form. You can write down concerns you notice leading up to your appointment and make sure you have any questions identified in advance.

Write down the concerns you are experiencing. Be as detailed as possible.

Physical



Emotional



Thoughts



Behaviours



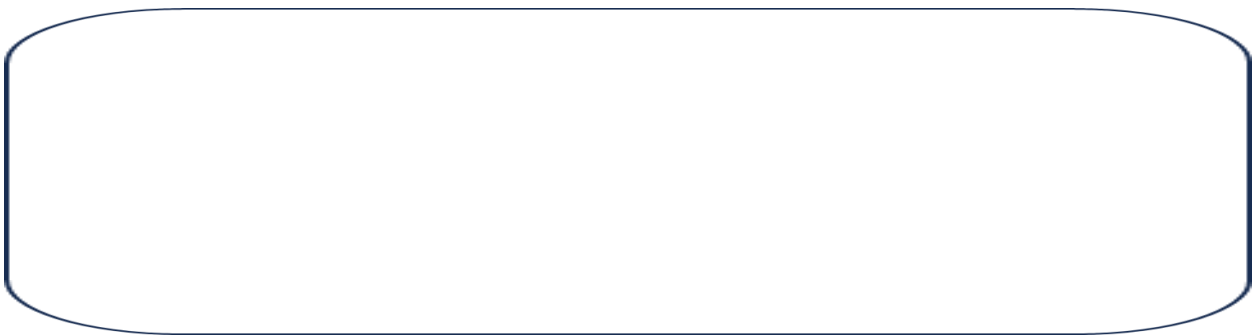
Describe any recent changes in your life: are there any recent events or situations in your life that have caused stress or impacted your mental health?

A large, empty, rounded rectangular box with a dark blue border, intended for the user to describe recent changes in their life that may have caused stress or impacted their mental health.

Any other physical or mental conditions: Are you experiencing or being treated for anything else that is impacting your health?

A large, empty, rounded rectangular box with a dark blue border, intended for the user to describe any other physical or mental conditions that may be impacting their health.

Medications or supplements you are taking:

A large, empty, rounded rectangular box with a dark blue border, intended for the user to list any medications or supplements they are currently taking.

Questions:

Resources

The primary objective of Canadian health care policy is to protect, promote and restore the physical and mental wellbeing of residents of Canada and to facilitate reasonable access to health services without financial or other barriers. Different organizations, from formal institutions to non-profit community organizations exist to fulfill these legal requirements. You may need to access a combination of these services at any time as a patient or family member of a patient.

Hospitals

If you are ever experiencing suicidal thoughts or are worried about being able to keep yourself safe, visit the emergency room of the hospital.

Charles-LeMoynes Hospital
3120 Taschereau Blvd.
Greenfield Park, QC J4V 2H1

Haut-Richelieu Hospital
920 Séminaire Blvd. N.
St-Jean-sur-Richelieu, QC J3A 1B7

CLSCs

The CLSC (local health and social service centre) is the main access point for all pediatric, adolescent and adult psychosocial and mental health services. Professionals can help identify and find solutions to your marital, family or relationship problems, personal crises, adaptation and social integration issues.

The following CLSCs offer this service:

Montérégie-Centre

CLSC de la rue Champlain
for individuals 12-25 years of age only
(450) 358-8922

CLSC Samuel-de-Champlain
(450) 445-4452 Ext. 612666

CLSC du Richelieu
(450) 658-7561 Ext. 4510

CLSC de la Vallée-des-Forts
(450) 358-2572, Ext. 4510

CLSC Saint-Hubert
(450) 443-7400, Ext. 627318

Clinique de Jeunes du bassin de Chambly
(450) 658-201

811 — Info-Santé / Info-Social

This service is available 24 hrs/365 days a year and gives you access to nurses and social workers.

- For service in English, press 9
- For health questions, press 1
- For Social Services, press 2
- To register for a family physician, press 3

Info-Social 811 service professionals give advice and can answer questions about psychosocial issues. If necessary, they can also refer you to an appropriate resource in the health and social services network or to a community resource.

Here are some examples of situations when you can call Info-Social 811:

- You are in a situation that makes you feel out of control with anxiety.
- You are worried about a family member or friend.
- You are experiencing family or relationship problems.
- You are going through a bereavement.
- You have questions about other worrisome situations or behaviours.

Qualified professionals will collect your personal information (name, date of birth, postal code, telephone number), assess and respond to your needs, and refer you to an appropriate resource, as necessary.

Crisis Services

What does it mean to be in a state of crisis?

An event or a life situation can greatly interrupt daily routines. If despite your best efforts to use your personal resources, you feel like:

- You have lost control of your life
- You have lost everything
- You are greatly worried about the future
- You have run out of options

It is at this moment that you are experiencing a crisis.

You notice that:

- You are having difficulty getting good sleep
- Your daily tasks feel impossible
- You are anxious
- You are experiencing ideas of suicide
- The symptoms of your mental illness have increased
- There have been major changes in the behaviour and attitudes of a loved one

There are several crisis centres that offer services locally and regionally:

Access Crisis Centres

The Access Crisis Centre offers crisis management services by a specialized team of mental health workers who will guide you towards a road to recovery.

Free services offered: Telephone intervention 24 hours a day, 7 days a week, evaluation and referral, crisis follow-up, emergency housing.

Services are offered to adults in the following cities: Brossard, Longueuil, Boucherville, Varennes, Verchères, Saint-Hubert, Calixa-Lavallée, Contrecoeur, Saint-Amable, Sainte-Julie, Saint-Bruno, Saint-Lambert, Le Moyne et Greenfield Park.

Telephone: (450) 679-8689

Website: www.santemonteregie.qc.ca/centre-de-crise-laccs

Centre de crise et de prévention du suicide du Haut-Richelieu-Rouville

The crisis and suicide prevention centre of Haut-Richelieu-Rouville is a community organization that works with all individuals touched by suicide or a crisis situation in order to renew a sense of power in one's life and recover balance in the wake of a suicidal crisis. All services are offered in French and English.

Telephone: (450) 348-6300 / 1 (866) 277-3553

Website: www.ccpshrr.ca

Free services offered:

- Telephone intervention 24 hours a day, 7 days a week
- Evaluation and referral
- Crisis follow-up
- Housing
- Support groups for the bereaved

Suicide Action Montreal

Suicide Action Montreal offers crisis management services by a specialized team of mental health workers who will guide you towards a road to recovery.

Free services offered:

- Telephone intervention 24 hours a day, 7 days a week
- Evaluation and referral
- Crisis follow-up
- Telephone intervention and referral to prevent suicide

Hotline: 1 (866) 277-3553, Website: www.suicideactionmontreal.org

Local Organizations with Mental Health Content Offered in English

Ainsi soit-elle centre de femmes

The women's centre *Ainsi soit-elle* is an organization that welcomes and offers resources for the needs of women. The centre welcomes women of all ages, with specific needs or not, and helps facilitate social interaction, education, and fosters a spirit of mutual support. While all group activities are conducted in French, there are two outreach workers who are bilingual and offer individual consultation sessions.

1224 Notre-Dame St., Chambly, QC J3L 1K3

Telephone: (450) 447-3576

Email: info@ainsisoitellecdf.ca

Website: www.ainsisoitellecdf.ca

Aire ouverte

The service is dedicated to that serving the needs of adolescents and young adults 12-25 years of age who are looking for help with social, psychological, relational, physical or sexual problems they are facing. Services are free and confidential. All workers have the ability to speak English.

5811 Taschereau Blvd., local 30, Brossard

Drop-in services: Tuesday, Wednesday and Thursday from 1:00 to 8:00 p.m. and Saturday 10:00 a.m. to 5:00 p.m.

By appointment from Monday to Friday.

Telephone: (450) 445-4474

Email: aireouverte.cclm.cisssmc16@ssss.gouv.qc.ca

185 Champlain St., St-Jean-sur-Richelieu

Drop-in service: Tuesday, Wednesday and Thursday from 1:00 to 8:00 p.m.

Services with an appointment: Monday to Friday

Telephone: (450) 358-8922, ext. 3083

Email: aireouverte.hrr.cisssmc16@ssss.gouv.qc.ca

Alcoholics Anonymous

Open meetings are available to anyone interested in Alcoholics Anonymous program of recovery from alcoholism. Non-alcoholics may attend open meetings as observers. English language in-person meetings occur on different days of the week. For more information or to find virtual meetings go to the website.

In-person meeting locations:

- 83 Churchill Blvd., Greenfield Park, QC J4V 3L8
- 1050 Parkland St., Greenfield Park, QC J4V 3M9
- 335 Springfield St., Greenfield Park, QC J4V 1X7

Phone helpline: (514) 376-9230 available from 9:00 a.m. to 10:00 p.m., 7 days a week

Website: www.aa87.org

Alternative Centregens

A day centre that helps integrate members living with mental health and mood disorders into society by breaking isolation and creating a safe space for them to join.

Services: Alternative Centregens offers many different activities and programs for those who live with or have experienced mental health issues. Centregens welcomes francophone, anglophone and all communities. English language services were reduced during the Covid-19 pandemic but are slowly restarting with a monthly English language lunch and discussion.

582 Coteau-Rouge Dr., Longueuil, QC J4J 1Y2

Telephone: (450) 651-0651

Email: direction@centregens.ca

Website: www.centregens.ca

AMI-Quebec

Helps families manage the effects of mental illness through support, education, guidance and advocacy.

Services: There are support groups for family caregivers, for those suffering from mental illness, and some mixed groups for both. Support groups help participants feel less alone and better understand and cope with the effects of mental illness in their everyday lives. The groups are facilitated by people who have experience, either as a caregiver, or having lived with mental illness.

5800 Decarie Blvd., Montreal, QC H3X 2J5

Telephone: (514) 486-1448

Email: info@amiquebec.org

Website: www.amiquebec.org

ARC - Assistance and Referral Centre

Offers referral and mental wellbeing services for English speakers of the Montérégie-Centre.

91 Churchill Blvd., Greenfield Park, QC J4V 3L8

Telephone: (514) 605-9500

Email: info@arc-hss.ca

Website: www.arc-hss.ca

Carrefour En Santé Mentale Pour Les Familles Et L'entourage

Since 1981, the Carrefour En Santé Mentale Pour les Familles et L'Entourage has fulfilled their mission of bringing together the members of a mentally ill person's social circle so as to provide them with a wide range of support services that may prove beneficial and help to facilitate personal development.

Services offered include:

- Psychosocial intervention: Individual, couple and family interventions providing psychosocial support via facilitating communication, listening, problem-solving and referral to appropriate resources.
- Youth Services: Activities geared towards responding to the needs of youth (aged 5-18 years old) who are living with a person (father, mother, sibling, etc.) who is suffering from a mental health problem(s).

- Accompaniment: Per court-ordered request for a psychiatric evaluation and to health, social and other resources

10 Churchill Blvd., Suite 206, Greenfield Park, QC J4V 2L7

Telephone: (450) 766-0524

Email: info@csmfe.org

Website : www.csmfe.org

CAPSA

Offers services and training relating to substance use. Offers virtual support groups to provide a safe environment to discuss individuals' relationships with substances, harm reduction and support.

Telephone: 1 (866) 531-2600

Website: www.capsa.ca/peer-support

CAVAC

Crime Victims Assistance Centres, or CAVACs, offer front-line services to any crime victim or witness. Help from the CAVAC is available whether the perpetrator of the crime has been identified, apprehended, prosecuted or convicted. Post-traumatic intervention offers an evaluation of your needs and resources adapted to reduce the psychological consequences of the crime and favour recovery.

Telephone: (450) 670-3400 / 1 (888) 670-3401

Email: infocavac@cavacmonteregie.com

Centre D'Action Bénévole Interaction

CAB Interaction is a community organization located in Saint-Georges-de-Clarenceville. Activities and services are offered to the population of the cities of Clarenceville, Noyan and the northern tip of Henryville. It provides the following services:

Assistance and support to those who are disadvantaged physically and/or socially and/or psychologically and/or financially.

Administrates volunteers to deliver, give and disseminate any kind of service support and charity for residents for the territory covered.

Encourages the recruitment, training and orientation of volunteers.

100 Principale St., Clarenceville, QC J0J 1B0

Telephone: (450) 294-2646

Email: info@cabinteraction.ca

Website: www.cabinteraction.ca

CDDM (Collectif de défense des droits de la Montérégie)

Supports the legal rights of individuals who have had or who actively live with mental illness.

1295 de Chambly Rd., Longueuil, QC J4J 3X1

Telephone: 1(800) 567-8080

Website: www.cddm.qc.ca

Collectivement Elles

Women's centre in St-Jean-sur-Richelieu that offers a variety of activities, including person support and listening services, French conversation classes, collective kitchens and workshops.

390 Georges-Phaneuf st. Saint-Jean-sur-Richelieu, QC J3B 1K2

Telephone: (450) 346-0662

Website: www.collectivementelles.ca

Com'femme

Com'femme is a women's centre that has existed since 1980 and offers a variety of services, including socialization activities, education activities, a listening service for those in mental distress and individual support depending on need. There is also information available in a library of resources and the free use of computers and the internet to facilitate the optimization of personal independence.

6035 Adam St., Brossard, QC J4Z 1A9

Telephone: (450) 676-7719

Email: cf.intervenante@outlook.com

Website: www.comfemme.org

Dependency readaptation centre (CRD)

A public institution that belongs to the health and social services network and provides detoxification, rehabilitation, and social reintegration services to people with addiction problems related to alcohol, drugs (including prescription medication), gambling and compulsive buying, and problematic internet use. Individual counselling in English and group therapy is available by zoom in English at each of nine regional locations.

Telephone for information or service requests: (514) 486-1304

Entourage Sante Mentale

Provides support for friends and families of those suffering from mental health issues, including providing counselling, helping in crisis, information and support groups and assisting with legal issues related to a person needing hospital care. They are a member of the provincial advocate for mental health "Avant de craquer".

144 Jacques-Cartier St. N., Saint-Jean-sur-Richelieu, QC J3B 6S6

Telephone: (450) 346-5252

Toll Free: 1-855-CRAQUER (1-855-272-7837)

Email <mailto:info@entouragesantementale.ca>

Website: www.entouragesantementale.ca

Entraide pour Hommes

Offers support and counselling services for men who are victims of intimate partner violence and men who are actors of intimate partner violence.

1078 St-Helene St. Longueuil, QC, J4K3R9

Telephone: (450) 651-4447

Website: [Entraide pour hommes | Services pour hommes aux comportements violents](#)

Families for Addiction Recovery

Charitable organization with the goal of helping substance users and their families on the path to recovery. Services offered include a free phone support line, online support groups and support for parents of substance users.

Telephone: 1 (855) 377-6677 ext.207

Website: www.farcanada.org

Friends for Mental health

Friends for Mental Health is a bilingual non-profit organization in the West Island of Montreal. The mission is to help individuals and families better cope with a loved one's mental illness or mental health disorder. The services offered include psychoeducational counselling, training, support groups, art therapy, respite activities, mindfulness, conferences and more.

186 Sutton Place, Suite 121, Beaconsfield, QC H9W 5S3

Telephone: (514) 636-6885 (Monday to Friday from 9:00 a.m. to 4:30 p.m.)

Email: info@asmfmh.org

Website: www.asmfmh.org

Gambling: Help and Referral

Listening services, support, information and referrals for people who are experiencing difficulty with gambling and their families. The services are available 24/7 and are free and confidential.

Telephone: (514) 527-0140

Havre (le) / Our Harbour

Our Harbour provides a caring, cost-effective long-term housing program on the South Shore for people of diverse backgrounds living with mental illness. They offer life-management support, links with resources in the surrounding community and individual assistance in integrating with society. Our Harbour also educates the wider community about mental illness.

440 Notre-Dame St., Saint-Lambert, QC J4P 2K4

Telephone: (450) 671 9160

Email: info@ourharbour.org

Website: www.ourharbour.org

Initium

A welcome centre that serves the needs of people with schizophrenia or other illnesses with psychotic features. The centre offers employment support, food aid and self-directed activities. There are not specific activities offered in English; however, all organized activities are client directed and client led and can be adapted to meet the needs of English speakers.

1301 Ste-Helene St., Longueuil, QC J4K 3S4
Telephone: (450) 928-9898

Narcotics Anonymous

Offers support to individuals struggling with substance use. Services can be offered over the phone and as support groups, both in person and online.

Telephone: 1 (855) 544-6362
Website: www.naquebec.org

Parrainage Civique du Haut-Richelieu

The organization matches people with intellectual and mental health issues with people in the community for outings and other activities (friendship, socialization).

25 Jacques-Cartier N., Office 8, Saint-Jean-sur-Richelieu, QC J3B 8C9
Telephone: (450) 347-8091
Email: info@entreamis.ca
Website: www.entreamis.ca

Pavillon l'essence ciel

A rehabilitation centre for men 18 years and over with a history of addiction, including alcohol and drugs, that offers a 3-6 month program of individual and group therapy located in Saint-Hubert.

Telephone: (450) 672-0926 or 1 (855) 672-0926
Website: www.lessenceciel.org

Le Point Commun

For those living with severe mental health problems. Many of the services are offered in French but staff speak English and offer crisis services in English.

177 Longueuil St., St-Jean-sur-Richelieu, QC J3B 6P2
Telephone: (450) 346-5706
Website: www.maisonlepointcommun.org

Relief

Organization that supports people living with anxiety, depression or bipolarity, and their loved ones, so they can keep moving forward with virtual and in-person support groups and training. The website offers courses in self-management as well as therapist lead groups for learning to live with a mental illness.

418 Sherbrooke St. E., Office 300, Montreal, QC H2L 1J6

Telephone: (514) 529-3081

Website: www.relief.ca

Santé Mentale Quebec Haut-Richelieu

Offers activities to people with mental health issues, help with getting a job, and transportation to mental health appointments.

211 Mayrand St., Office 1, St-Jean-sur-Richelieu, QC J3B 3L1

Telephone: (450) 346-5736

Website: www.smqhr.ca

Santé Mentale Quebec Rive-Sud

Helps promote wellbeing in individuals living with mental illness.

150 rue Grant, Office 227, Longueuil, QC J4H 3H6

Telephone: (450) 616-1569

Website: www.smqrivesud.ca

Service d'Intervention en Santé Mentale Espoir

The mission is to offer support and assistance for rehabilitation, social reintegration, transitional accommodation and community support to adults in the Greater Longueuil region suffering from mental health problems or psychiatric disorders.

Services: There are activities linked to the person's recovery plan that happen in French along with supervised transitory apartments, stages 1, 2 and 3. Individual community support and community follow-ups are available in English with outreach workers.

1704 Saint-George St., LeMoyne, QC J4P 3J2

Telephone: (450) 672-4597

Email: info@serviceespoir.com

Website: www.serviceespoir.com

La Traversée

Organization that offers psychosocial services to women and children who have been victims of sexual violence.

10 Hickson Ave., Saint-Lambert, QC J4R 2N3

Telephone: (450) 465-5263

Website: www.latraversee.qc.ca

Troc (le)

Support and listening services for adolescents and young people who are experiencing housing insecurity and other difficulties.

895 Ste-Hélène St., Longueuil

Telephone: (450) 677-9021

Virage (Le)

Provides individual and group therapy for youth and adults and their families who have substance abuse problems.

5110 Cousineau Ave., St-Hubert

Téléphone: (450) 443-2100

Developmental Disabilities and Autism**Access Adult Education Ventures Program**

Ventures, a social and socio-vocational integration service from the Quebec Ministry of Education, is an inclusive program for differently abled adults located on the South Shore of Montreal. The ultimate goal for the students at Ventures is to increase their autonomy as much as possible both at home and in the workplace. In order to improve in these spheres, the students learn life skills, such as cooking, cleaning, living a healthy lifestyle and social skills, as well as work skills.

163 Cleghorn Ave., St-Lambert, QC J4R 2J4

Telephone: (450) 676-1843

Website: www.access.rsb.qc.ca

Action Intégration en Déficience Intellectuelle

AIDI was founded in 1978 by parents who wished to have a program that helped people with intellectual disabilities or who are on the autism spectrum to live full lives by developing independence, being able to socialize through targeted and personalized activities. For people at least 16 years old and who have a moderate intellectual disability. Services are offered mostly in French but are available in English.

6180 Agathe St., Brossard, QC J4Z 1E1

Telephone: (450) 676-5058, Ext. 102

Website: www.actionintegration.org

Ma Deuxième Maison à Moi

A day centre for adults with autism with services available in French and English. Numbers are limited and referrals are done in collaboration with CISSS Montérégie-Centre and East. There is also a youth services division that offers respite care, after-school care and a summer day camp. Services are offered for youth 4-21 years of age for a fee.

Telephone: (450) 671-5344

Website: www.madeuxiememaison.org

S.Au.S.

The mission of the organization is to offer programs which aim to improve the quality of life of children and teens living with level 3 autism spectrum disorder as well as family members and caregivers. The activities offered include swimming, soccer and dance as well as music therapy and a teen club.

9 Montcalm Blvd. N., #512, Candiac, QC J5R 3L5

Telephone: (514) 944-4986

Email: lisa.kelly@s-au-s.org

Website: www.s-au-s.com

Solutions Homecare

Offers services to seniors and individuals living with Alzheimer's and dementia-related diseases and their families. Services include personal support, companion services, respite, live-in care, nursing services, accompanied visits and various specialized care services. Services are offered on the South Shore (Brossard, St-Lambert, Longueuil, Greenfield Park, Boucherville, St-Bruno, St-Hubert, Candiac, La Prairie and Chateauguay).

4146A Sainte-Catherine St. West, Office 401, Westmount, QC H3Z 1P4

Telephone: (514) 933-4141

The Luck Harvest Project

Equine-assisted therapy and therapeutic riding for people with various disabilities, including physical, psychological, emotional and developmental disabilities.

1900 route 202, Hinchinbrooke, QC J0S 1A0

Telephone: (514) 892-0600

S.Au.S. with ACCESS Royal Oak

A socially centred program for adults with level 2 & 3 autism spectrum disorder. The program focuses on autonomy, life skills, functional fitness, motor skill development, leisure and recreation, art and personal expression, technology and lifelong learning.

3555 Rocheleau St., St-Hubert, J3Y 4T6

Telephone: (450) 676-3636

Email: tamarah.banks@rsb.qc.ca

Website: www.access.rsb.qc.ca

South Shore Literacy Council

The South Shore Literacy Council sponsors Ruth's Care-Share Club which offers classes for adult students with intellectual disabilities. It has expanded to a curriculum that includes literacy instruction, art projects, guided exercises and rehearsals for an annual play.

279 Hubert St., #4, Greenfield Park, QC J4V 1R9

Telephone: (450) 671-4375

Email: ssrc@videotron.ca

Website: www.southshoreliteracyservices.com

Grief and Bereavement

ARC - Assistance and Referral Centre

Offers a support group for current and former caregivers.

91 Churchill Blvd., Greenfield Park, QC J4V 3L8

Telephone: (514) 608-9600,

Email: caregivers@arc-hss.ca

Website: www.arc-hss.ca

Family Survivors of Suicide (FSOS)

A Montreal-based suicide support group, FSOS offers emotional support on overcoming the guilt, anger, depression, and fear that follow in the wake of suicide. It helps survivors to understand the past and lighten the way to a new future.

Email: family survivorsof suicide@gmail.com

Website: www.suicideaftermath.ca

Hope & Cope – Jewish General Hospital

Offers bereavement support and other services in English for those who have lost a loved one to cancer.

Telephone: (514) 340-8255

Website: www.hopeandcope.ca

MADD CANADA

Offers a series of monthly online support sessions to help victims and survivors to connect with trained facilitators and with others who are experiencing similar losses and challenges.

Telephone: 1 (800) 665-6233

Website: www.madd.ca

Myra's Kids Foundation

Monthly grief and bereavement support groups for children and teens, and also for parents and extended family.

We Also Mourn (WAM): a group for men who have experienced perinatal loss, still birth, or miscarriage.

Camp Jackie: Offers every summer a free, non-denominational bereavement 3-day camp for children and teenagers, ages 6 to 17.

Telephone: (514) 731-3655

Website: www.myrakids.ca

Natalie Segall - Grief counsellor

Offers counselling and guides individuals, families, and caregivers who are experiencing grief and loss.

Telephone: (514) 222-9668

Email: natalie@goodgriefcentral.com

NOVA West Island

Adult and children bereavement services provided by a team of registered nurses, health aides, program coordinators and volunteers.

Telephone: (514) 695-8335

Website: www.novawi.org

Rosa Caporicci - Licensed Psychotherapist

Offers grief counselling for perinatal loss: stillbirth, miscarriage, pregnancy termination, sudden infant death syndrome (SIDS).

Telephone: (514) 266-0531

Email: info@ndgtherapy.com

Website: www.ndgtherapy.com

The Compassionate Friends of Canada

Online support groups for families who have lost a child of any age.

Telephone: (438) 257-0881

Email: montreal@TCFCanada.net

Website: www.tcfcanada.net

West Island Women's Centre

Offers a support group for women coping with a miscarriage, still birth or infant death.

Telephone: (514) 781-8529

Email: outreach@wiwc.ca

Website: www.wiwc.ca

Emergency Housing Resources

Abri de la Rive Sud

L'abri de la rive-sud is an organization that offers mixed female-male accommodations for people experiencing difficulty. The mission is to welcome, house, support and refer women and men without housing to help them get off the street.

Telephone: (450) 646-7809

Email: admin@abri-rive-sud.org

Website: www.abri-rive-sud.org/hebergement/ud.org

Action Dependence - St-Jean-sur-Richelieu

Temporary emergency housing for adults 18 years old and plus, who experience chronic or sporadic homelessness. The stay is around 30 days.

Telephone: (450) 348-3821, Ext. 132

Website: www.actionsdependances.org

Chambre Chez Lise

Homeless shelter in Longueuil.

470 Chambly Rd., Longueuil, QC J4H 3L7

Telephone: (450) 677-5201

Hébergement Maison de la Paix

Organization that offers support to adolescents, young adults and women with or without children living in environments that put them at risk. Services are mainly offered in French, but there are English-speaking staff members on hand.

1617 Ste-Helene St. Longueuil J4K 3S8

Telephone: (450) 674-0059

Website: www.maisondelapaix.org

Hébergement La Casa Bernard-Hubert

Non-profit organization that is dedicated to helping houseless men socially reintegrate.

La Casa

1215 Ste-Foy Blvd., Longueuil, QC J4K 1X4

Telephone: (450) 442-4777

Le Relais (transitional apartments)

7160 Ch. Chambly, St-Hubert, QC J3Y 3R5

Telephone: (450) 442-4777

L'antre-temps

Houses young people ages 16 to 21 experiencing homelessness or who are at risk of experiencing homelessness. A safe space is offered 24/7 for young people who wish to improve their situation, individualized based on their needs and their current life situation.

950 Roland-Therrien Blvd., Longueuil, QC J4J 5H3

Phone: (450) 651-0125

Email: admin@antre-temps.org

La Halte du Coin

La Halte du Coin is a non-profit organization in the Montérégie that has a mission to help vulnerable clients. It is a secure, disability accessible space with a day centre and overnight accommodations.

1599 Bourassa St., Longueuil, QC J4J 3A5

Telephone: (438) 270-1633

Email: info@lahaltesducoin.org

Le Spot

Offers overnight accommodation and meals for people facing housing insecurity.

125 N. Bouthillier, St-Jean-sur-Richelieu, J3B 5Y6

Telephone: (450) 542-3222

Email: infocentredejour@passemoilapuck.ca

La Maison Hina

Emergency shelter in Saint-Jean-sur-Richelieu that offers free support 24/7 for women who experience intimate partner violence. Maison Hina offers a telephone line, community support and emergency shelter.

Telephone: (450) 346-1645

Website: www.maisonhina.com

Maison Dorimène-Desjardins

Subsidized housing (maximum 5 years) intended for young single mothers, less than 30 years old, who want to return to their studies. Call for information from Monday to Thursday 8:30 to 4:30

111 Towner St., St-Jean-sur-Richelieu, QC J3B 3S8

Telephone: (450) 346-5422

Email: maisondorimenedesjardins@videotron.ca

Maison La Source Du Richelieu

Emergency housing for women experiencing domestic violence and their children if needed. To request housing, contact SOS violence conjugal, who will connect you with workers.

Telephone: (450) 743-2821

Email: maisonlasource83@hotmail.com

Website: www.maisonlasource.ca

Maison Simonne Monet Chartrand

Services include support and emergency shelter for women experiencing intimate partner violence. The home is located in Chambly.

Telephone: (450) 658-9780

Website: www.maisonsmc.org

Pavillon Marguerite de Champlain

Services are intended for women who are experiencing intimate partner violence and their children. Services include temporary housing (2 months maximum), telephone services 24/7, individual and group classes, activities for the children. Located in St-Hubert.

Telephone: (450) 656-1946

Website: www.pavillonmarguerite.com

Listening Services

7 Cups – Emotional Support Online Chat

Free online Therapist & Counsellors.

Website: www.7cups.com

First Nations and Inuit Hope for Wellness Help Line

Helpline: 1 (855) 242-3310, Live chat service available

Website: www.hopeforwellness.ca

Grief Line

An anonymous and confidential listening service for individuals experiencing grief is available from 10:00 a.m. to 10:00 p.m., 365 days a year.

Telephone: 1 (888) 533-3845

Kids Help Phone/ Jeunesse J'écoute (24/7)

Helpline: 1 (800) 668-6868 (24/7), SMS Helpline: Text "Connect" to 686868

Website: www.kidshelpphone.ca

Ligne Parents

Anonymous and confidential support for parents of children and teenagers, available 24 hours a day, 7 days a week.

Toll-free: 1 (800) 361-5085

Military Veterans

A confidential and free service available 24/7 to veterans, former RCMP members, their family members and caregivers.

Telephone: 1 (800) 268-7708 to speak with a mental health professional or use the online chat feature

Website: www.canada.lifespeak.com

Missing and Murdered Indigenous Women and Girls Crisis Line

Free crisis support for individuals impacted by the issue of missing and murdered indigenous women, girls and 2LGBTQQIA+ people is available 24 hours a day, 7 days a week.

Telephone: 1 (844) 413-6649

Multi-Écoute

Listening services in many languages, information, and referral services for Canadian immigrants and refugees. Languages offered include Persian, Arabic, Spanish, English, French, Turkish, Tadjik, Urdu, German, Romanian, Russian, etc.

Telephone: (514) 737-3604

Website: www.multiecoutte.org

Naseeha

Web therapy and support for young Muslim community members.

Helpline: 1 (866) 627-3342 (12:00 p.m. to 12:00 a.m.)

Website: www.naseeha.org

National Indian Residential Schools Crisis Line

Available 24 hours a day for anyone experiencing pain or distress as a result of his or her residential school experience.

Telephone: 1 (866) 925-4419

NORS – National Overdose Response Service

An overdose prevention hotline for Canadians offering confidential and non-judgmental support for substance users.

Telephone: 1 (888) 688-6677

Tel-Aide Listening Service

Helpline: (514) 935-1101 (24/7)

Website: www.telaidemontreal.org

Tel-Écoute

Anonymous and confidential listening service available from 10:00 a.m. to 10:00 p.m., 365 days a year.

Telephone: (514) 493-4484

Email: tel_ecoute@hotmail.com

Tel-Jeunes

Anonymous and confidential phone counselling for kids and teens under 20, available 24 hours a day, 7 days a week.

Toll-free: 1 (800) 263-2266

Text: (514) 600-1002

Vent Over Tea

Free confidential one-on-one active listening service (phone or video call).

Website: www.ventovertea.com

Vicky's Support Line

Black-led (Montreal) multilingual support line to provide mental health support with a decolonial approach. Support sessions available by appointment (Friday to Sunday from 9:00 a.m. to 10 p.m.)

Website: www.allovicky.com/home

Eating Disorders

ANEB Quebec

Help & Reference Line (Daily from 8:00 a.m. to 3:00 p.m.)

Telephone: (514) 630-0907 (Montreal) / 1 (800) 630-0907 (Outside of Montreal)

Website: www.anebquebec.com

ANEB Ado (for teens)

Helpline: 1 (800) 630-0907

SMS/Text Helpline: 1 (800) 630-0907, online chat available

Website: www.anebados.com

NEDIC – National Eating Disorder Information Centre

Offers online support for individuals struggling with food and weight preoccupation. Services offered include a helpline, live chat services and educational resources.

Helpline: 1 (866) 633-44220

Website & chat services: www.nedic.ca

Domestic Violence

Inform'elle

A non-profit organization working in the Monteregie in order to make family law information accessible and understandable.

3757 Mackay St., Saint-Hubert, QC J4T 2V7

Telephone: (450) 443-3442

Legal information hotline: (450) 443-8221 or 1 (877) 443-8221 (toll-free)

Email: droitpourelle@informelle.osbl.ca

SOS Domestic Violence

Helpline: 1 (800) 363-9010 (24/7)

Text Helpline: 1 (438) 601-1211 (24/7), chat available

Email: sos@sosviolenceconjugale.ca

Website: www.sosviolenceconjugale.ca

2SLGBTQIA+

Gender Creative Kids

Online resources for LGBT+ youth and families.

Website: gendercreativekids.com

Interligne

Helpline: (514) 866-0103 (Montreal) / 1 (888) 505-1010 (24/7), Live Chat available (24/7)

Website: www.interligne.co

It Gets Better Canada

A registered Canadian charity that envisions a world where all 2SLGBTQ+ youth are free to live equally and know their worthiness and power as individuals.

Website: www.itgetsbettercanada.org

LGBT+ Families Coalition

Offers online information, training and workshops for LGBT+ individuals and their families.

Website: www.familleslgbt.org/en

Project 10

Promoting the personal, social, sexual and mental wellbeing of lesbian, gay, bisexual, transgender, transsexual, two-spirit, intersex and questioning (2SLGBTQ+) youth and adults 14-25. Listening services provided by appointment.

Telephone: (514) 989-4585

Website: www.p10.qc.ca

Trans Lifeline

Direct support to trans people in crisis – for the trans community by the trans community.

Helpline: 1 (877) 330-6366 (24/7)

Website: www.translifeline.org

Addiction Resources

Al-Anon/Alateen

Al-Anon is a support program for people whose lives have been affected by someone else's drinking and allows people to share common experiences and bring positive change to their individual situation.

Alateen is a group for teenagers whose lives have been affected by someone else's drinking.

Telephone: 1 (888) 425-2666

Website: www.al-anon.org

Nar-Anon/Narateen

Nar-Anon is a support program for people whose lives have been affected by someone else's addictions.

Narateen is a support group for young people whose lives have been affected by someone else's addictions.

Website: www.nar-anon.org (for information on virtual meetings)

Website Resources – General Information

Mental Health Info - Douglas Mental Health University Institute: www.douglas.gc.ca

Canadian Mental Health Association: www.cmha.ca

Montérégie Public Health (mental health information for adolescents): www.enmodeado.ca

The Cummings Centre: www.cummingscentre.org

Youth Space.ca: www.youthspace.ca

Bounce Back: www.bouncebackqc.ca

Mobile Phone Applications

Mindshift

Expert CBT-based tools to help you relax and be mindful

iOS: [Mindshift](#)

Google Play: [Mindshift](#)

Smiling Mind

Mindfulness-based tools and skills building app to work on many different areas of life

iOS: [Smiling Mind](#)

Google Play: [Smiling Mind](#)

Moodfit

Help monitor your mood. Teaches stress reduction and CBT coping skills

iOS: [Moodfit](#)

Google Play: [Moodfit](#)

Headspace

Teaches mindfulness and meditation to reduce stress and anxiety

iOS: [Headspace](#)

Google Play: [Headspace](#)

Insight Timer

Helps improve sleep and reduce anxiety through mindfulness exercises

iOS: [Insight Timer](#)

Google Play: [Insight Timer](#)

Healthy Minds

Mindfulness techniques to help you be more present, connected, insightful and motivated

iOS: [Healthy Minds](#)

Google Play: [Healthy Minds](#)