

# Mental Health External Resources

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## Addictions

|   |   |
|---|---|
| <a href="#">Chabad LIFELINE</a><br>514-738-7700                                     | Outpatient centre, all forms of addiction, crisis intervention, family program, support, etc. [English]   |
| <a href="#">CRD Foster</a><br>450-443-4413<br>1-866-964-4413                        | Medicare, public rehab centre for addictions (not mental illness), specialized services, inpatient & outpatient, individual and group therapy (for drugs, alcohol, gambling, cyber-dependence) [English/French] |
| <a href="#">Addiction Outreach Program</a><br>514-731-8000<br>514-814-4488 (crisis) | Outpatient assessment & dual diagnosis treatment; group and family support, crisis intervention, coaching, workshops, sliding scale [English/French]  |
| <a href="#">Addictions Unit - MGH</a><br>514-934-8311                               | Public outpatient therapy & support for substance abuse, with detox services, Medicare [English/French]   |
| <a href="#">Portage</a><br>514-939-0202   | Rehab centre based on therapeutic community model, various treatment programs [English/French]  |
| <a href="#">Centre de réadaptation en dépendance de Montréal</a><br>514-385-1232    | Programme jeunesse, famille et adulte; réadaptation pour le traitement d'alcoolisme, toxicomanie, jeux, et problèmes concomitants [French]  |
| <a href="#">Clinique nouveau départ (TMR)</a><br>514-521-9023                       | Privé, traitement de tous les dépendances, détoxification et réhabilitation<br>Private, treatment for addiction, detox, and rehab [French/English]  |

## Crisis Centres

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| <a href="#">Le regroupement des centres de crise du grand Montréal</a>                  | Nine crisis centres in the Greater Montreal area, including Laval, South, West, and East Montreal, LaSalle, etc. [English/French]                               |
| <a href="#">Auberge Shalom</a><br>514-731-0833 (24 hours)<br>514-485-4783 (Counselling) | Services for women and children who are victims of conjugal violence [English/French]   |
| <a href="#">Auberge Transition</a><br>514-481-0495                                      | Shelter for women and children who are victims of conjugal violence [English/French]  |
| <a href="#">Chez Doris Day Centre</a><br>514-937-2341                                   | Day Centre for homeless women and women in difficulty, self-referrals [English/French]  |
| <a href="#">Le Paradis</a><br>514-637-3529  | Services for women and children who are victims of conjugal violence, 24/7, short term accommodations, and accompaniment for external services [English/French] |
| <a href="#">West Island Crisis Centre</a><br>514-684-6160                               | 24/7 crisis line, counselling, short-term housing, community interventions, and evaluation, post-crisis follow-up [English/French]                              |
| <a href="#">Accueil Bonneau</a><br>514-845-3906   | Assistance, housing, food, psychosocial intervention [French]   |
| <a href="#">Tracom</a><br>514-483-3033  | 24/7 phone line, community follow-up, crisis counselling, and short-term shelter (up to 2 weeks) [English/French]   |

## Eating Disorders

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| <a href="#">ANEB Québec</a><br>514-630-0907                               | Help line, referrals, support groups, family support, prevention [English/French]   |
| <a href="#">Eating Disorders BACA clinic</a><br>514-544-2323              | Personalized outpatient treatment, private, staffed by nutritionists, doctors, and mental health professionals [English/French] |
| <a href="#">Douglas Eating Disorders Clinic</a><br>514-761-6131 ext. 2895 | Requires referral; eating disorder treatment program, outpatient and inpatient [English/French]                                 |

## General Counselling

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| <a href="#">The Applied Psychology Centre – Concordia University</a><br>514-848-2424 ext. 7550                   | Sept. - April, Masters & PhD psychology students offer psychotherapy services.<br>*Call in Aug. or Dec. for intake [English]  |
| <a href="#">The Argyle Institute of Human Relations</a><br>514-931-5629  | Individual, couple, and family counselling (sliding scale) [English/French]   |
| <a href="#">McGill Psychoeducational and Counselling Clinic</a><br>514-398-4242                                  | Individual counselling services provided by Masters and PhD psychology students at McGill [English/French]  |
| <a href="#">Head and Hands</a><br>514-481-0277   | Counselling and legal services for youth up to the age of 25 [English/French]   |
| <a href="#">The Emotional Health CBT Clinic</a><br>514-485-7772  | Individual CBT for depression, anxiety, OCD, eating disorders, and more [English/French]  |
| <a href="#">Montreal Therapy Centre</a><br>514-244-1290  | Individual, couple, family, and art therapy (sliding scale) [English/French]  |
| <a href="#">La Maison St-Jacques</a><br>514-526-4132   | Psychothérapie de groupe, 18 - 50 ans [French]  |
| <a href="#">Clinique d'anxiété de Montreal</a><br>514-769-1117   | CBT-based therapy specializing in anxiety, stress, phobias and related problems [English/French]  |
| St-Mary's Hospital<br>514-345-3511 ext. 2684   | Psychiatry crisis service, CBT + integrative approach for individual and group psychotherapy, short-term  |
| <a href="#">Jewish General Hospital – Behavioral Psychotherapy and Research Unit</a><br>514-340-8222, ext. 25626 | Individual and couple CBT, sexual and marital problems, sleep disorders, anxiety/panic disorders, depression, chronic illness   |
| <a href="#">Women's Centre of Montreal</a><br>514-842-4780   | Support and education for women in confidential and respectful environment. [English/French]  |
| <a href="#">Order of Psychologist of Québec/ Ordres des psychologues du QC</a>                                   | Find a psychologist in private practice in your region [English/French]   |
| <a href="#">Order of Counsellors/Ordre des conseillers et conseillères d'orientation du Québec</a>               | To find a psychotherapist and/or career counsellor in your region [English/French]  |
| <a href="#">Herzl CRIU Walk-in Centre</a><br>514-340-8253  | Walk-in centre with multi-disciplinary staff [English/French]   |
| <a href="#">Westmount Psychological Services</a><br>514-223-5327   | Individual and couple therapy [English]   |
| <a href="#">Expression LaSalle</a><br>514-368-3736   | Community mental health centre; offers free mental health services by Masters students including group therapy, as well as individual and creative art therapies [English/French] *Waiting-time 6 months – 1 year |
| <a href="#">Local Community Service Centre (CLSC)</a>  | Find a CLSC service centre in your community  |

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| <a href="#">Medipsy</a><br>514-419-3005 | Team of professionals offering a variety of psychological and neuropsychological services [English/French] |
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## Learning Disabilities

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| Dr. Kieron Rogan<br>514-282-3442                 | Private practice, offers comprehensive LD testing  |
| <a href="#">Marlene Dworkind</a><br>514-488-0555 | Private practice, offers comprehensive LD testing [English/French]   |
| <a href="#">Medipsy</a><br>514-419-3005          | Team of professionals offering a variety of psychological and neuropsychological services [English/French] |

## Other

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| <a href="#">McGill Domestic Violence Clinic and the Montreal Anger Management Centre</a><br>514-398-2686      | Individual, couples, family and group counselling for men and women who experience violence in intimate relationships [English]  |
| <a href="#">Pro-Gam: Centre for intervention and research in conjugal and family violence</a><br>514-270-8462 | Psychotherapy program for men who have used abusive behaviors in their relationships with partners or family members [English/French/Spanish]  |
| <a href="#">AMI-Québec</a><br>514-486-1448  | Services for families and patients to manage the effects of mental illness via psycho-education, referrals, support groups, local and regional counselling for caregivers [English/French] |
| <a href="#">Family Resource Centre (West Island)</a><br>514-676-7775  | Parent support groups, parent workshops, family counselling [English/French]   |
| <a href="#">La clé des champs</a><br>514-334-1587   | Mutual aid network for people with anxiety disorders, workshops and publications [English/French]  |
| <a href="#">Fédération des familles et amis de la personne atteinte de maladie mentale</a>                    | Trouver groupes d'entraide et gamme de services dans votre région [French]   |
| <a href="#">Institut Victoria</a><br>514-954-1848   | Coaching and therapy specializing in personality disorders [French]  |
| <a href="#">Recovery International</a><br>514-481-7030  | Self-help organization uses CBT, peer to peer, and self-help training  |
| <a href="#">Hope and Cope – Jewish General</a><br>514-340-8255  | Responds to psychosocial needs of cancer patients and their caregivers, palliative care bereavement program, library, group activities [English]   |
| <a href="#">Cedars Cancer Institute</a><br>RVH: 514-843-1666<br>MGH: 514-934-1934 ext. 42314                  | Provides cancer patients and their families with practical, educational, emotional and humanitarian support [English/French]   |
| <a href="#">Sex and Couple Therapy Services – RVH</a><br>514-398-6094   | Medicare, call for assessment [English/French]   |
| <a href="#">Revivre</a><br>514-529-3081   | Quebec-based organization devoted to those affected by anxiety, depressive or bipolar disorders [English/French]   |
| <a href="#">MUSIC - The McGill University Sexual Identity Centre – MGH</a><br>514-934-1934 ext. 43585         | Provides specialized mental health care to individuals, couples and families regarding matters of sexual orientation [English/French]  |
| <a href="#">CRIPHASE</a><br>514-529-5567  | Resources and intervention for men who have been sexually abused in their childhood [English/French]   |

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| <a href="#">Kahnawake Shakotia'takehnhas Community Services</a><br>450-632-6880 (M-F, 8:30 a.m. – 4:30 p.m.)<br>450-632-6505 (After-hours) | Social services and referrals, located within the territory of Kahnawake |
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## Hotlines and Referral Lines

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| <a href="#">Écoute Entraide</a><br>Montreal: 514-278-2130<br>Quebec: 1-844-294-2130                           | 8 a.m. – 12 a.m., listening and referral services [French]   |
| <a href="#">Face à Face</a><br>514-934-4546   | Listening & referral centre (Monday-Friday, 9-5), drop-in support groups, and housing support services [English/French]  |
| <a href="#">Gambling: Help and Referral</a><br>Montreal: 514-527-0140<br>Quebec: 1-800-461-0140               | 24/7 support and referral for gambling addiction, online and by phone [English/French]   |
| <a href="#">Drug Referral Line</a><br>514-527-2626<br>1-800-265-2626  | 24/7 support, information and referral for people coping with addiction [English/French]   |
| <a href="#">Suicide Action Montreal</a><br>Montreal: 514-723-4000<br>Quebec: 1-800-277-3553                   | 24/7 listening line, also offers education & bereavement support [English/French]  |
| <a href="#">Interlinge</a><br>Montreal: 514-866-0103<br>Quebec: 1-888-505-1010                                | Provides support and information to those concerned with sexual orientation and gender diversity by phone or on online [English/French]  |
| <a href="#">Project 10</a><br>514-989-4585  | Promotes the well-being of lesbian, gay, bisexual, transgender, two-spirit, intersexed & questioning youth & adults 14-25; anonymous listening line Tuesday 12 – 6 p.m., Thursday 1 – 6 p.m. [English/French]  |
| <a href="#">Multi-Écoute</a><br>514-737-3604  | Listening services in many languages, information and referral service, help with filling out forms, translation and certification of documents, French and English courses, conversation workshops, integration workshops for immigrants, socio-cultural activities [Multi-lingual] |
| <a href="#">SOS Conjugal Violence/ Violence conjugale</a><br>Montreal: 514-873-9010<br>Quebec: 1-800-363-9010 | 25/7 listening, evaluation and referral service for counselling and shelter [English/French]   |
| <a href="#">Éducation-Coup-de-fil</a><br>Montreal: 514-525-2573<br>Quebec 1-866-329-4223                      | Counselling line for parents, parental figures & children concerning family issues [English/French]  |