

External Resources List

Addictions

Chabad LIFELINE	outpatient centre, all forms of addiction, crisis intervention, family program, support, etc. [E]	514-738-7700 chabadlifeline.com
Foster Pavillion	medicare, public rehab centre for addictions (not mental illness), specialized services, inpatient & outpatients, individual and group therapy (for drugs, alcohol, gambling, cyberdependence) [E]	514-486-1304 crdfoster.org
Addiction Outreach Program	outpatient assessment & dual diagnosis treatment; group and family support, crisis intervention; coaching; workshops; sliding scale [E]	514-731-8000 514-814-4488 (crisis) addictionoutreach.ca
Addictions Unit - MGH	public outpatient therapy & support for substance abusers, with detox services, medicare [E/F]	514-934-8311 muhc.ca/addictions_unit
Portage	rehab centre based on therapeutic comm. model, various treatment programs [E/F]	514-939-0202 portage.ca
Centre de Réadaptation en Dépendance de Montréal	programme jeunesse, famille et adulte; réadaptation pour le traitement d'alcoolisme, toxicomanie, jeux & problèmes concomitants [F]	514-385-1232 dependancemontreal.ca
Clinique nouveau départ (TMR)	privé, traitement de tous les dépendances, détoxification et réhabilitation [F/E]	514-521-9023 cliniquenouveaudepart.com

Crisis centres

Le regroupement des centres de crise du grand Montréal	visit website for information on 9 crisis centres in the Greater Montreal (Laval, south, west and east Mtl., Laurentians, ...)	www.rccgm.com
Auberge Shalom	services for women and children victim of conjugal violence [E/F]	514-731-0833 (24hrs) 514-485-4783 (counselling) aubergeshalom.org
Auberge Transition	shelter for women and children victim of conjugal violence [E/F]	514-481-0495 aubergetransition.org
Chez Doris Day Centre	for homeless women and women in difficulty, self-referral, [E/F]	514-937-2341 chezdoris.ca
Le Parados	for women and children victim of conjugal violence, 24/7, short term accommodations & accompaniment for external services [E/F]	514-637-3529 leparados.com
West Island Crisis Centre	24/7 crisis line, counselling, short-term housing, community interventions and evaluation, post crisis follow-up [E/F]	514-684-6160
Accueil Bonneau	assistance, housing, food, psychosocial intervention [F]	514-845-3906 accueibonneau.com
Tracom	24/7 phone line, community follow-up, crisis counselling, short term shelter (up to 2 weeks) [E/F]	514-483-3033 tracom.ca

Eating Disorders

ANEB Québec	help line, referrals, support groups, family support, prevention [E/F]	514-630-0907 anebquebec.com
Eating Disorders BACA clinic	personalized outpatient treatment, private, staffed by nutritionists, doctors and mental health professionals [E/F]	514-544-2323 cliniquebaca.com
Douglas Eating Disorders Clinic	need referral; ED treatment program, waiting list, outpatient and inpatient [E/F]	514-761-6131 ext. 2895

General Counselling

The Applied Psychology Centre - Concordia University	Sept-April, graduate & PhD students studying psychology offer psychotherapy services. *Call in Aug or Dec. [E]	514-848-2424 x7550
The Argyle Institute of Human Relations	individual, couple and family counselling (sliding scale) [E/F]	514-931-5629 argyleinstitute.org
McGill Psychoeducational and Counselling Clinic	individual counselling services provided by masters and doctoral students [E/F]	514-398-4641
Head and Hands Inc	counselling and legal services for adults up to the age of 25 [E/F]	514-481-0277 headandhands.ca
The Emotional Health CBT Clinic (Q.E. Health, #261)	Individual CBT for depression, anxiety, OCD, eating disorders... [E/F]	514-485-7772 cbtclinic.ca
Montreal Therapy Centre	Individual, couple, family, art therapy (sliding scale) [E/F]	514-244-1290 montrealtherapy.com
La Maison St-Jacques	Psychothérapie de groupe, 18 – 50 ans [F]	514-526-4132 maisonstjacques.com
Clinique d'anxiété de Montréal	CBT based therapy specializing in anxiety, stress, phobias and related problems [E/F]	514-769-1117 psy anxietemontreal.com
St-Mary's Hospital	Psychiatry crisis service, CBT + integrative approach for individual and group psychotherapy, short term	514-345-3511 x 2684
Jewish General Hospital – Behavioural Psychotherapy and Research Unit	Individual and couple CBT, sexual and marital problems, sleep disorder, anxiety/panic disorders, depression, chronic illness	514-340-8210 x 5626 jgh.ca/en/behaviouralpsychotherapy
Women's Centre of Montreal	Provides support and education in confidential and respectful environment. Call to make apt. [E/F]	514-842-4780 centredesfemmesdemtl.org
Order of Psychologist of Québec/ Ordres des psychologues du QC	To find a psychologist in private practice in your region	ordrepsy.qc.ca/en
Order of Counsellors/Ordre des conseillers et conseillères d'orientation du Québec	To find a psychotherapist and/or career counsellor in your region [E/F]	orientation.qc.ca
Herzl CRIU Walk-in Centre	Walk-in Centre with multi-disciplinary staff	514-340-8311 jgh.ca/en/Walk-InCentre
Westmount Psychological Services	Individual and couple therapy	514-223-5327 wellnessinmind.ca
Expression Lasalle	community mental health centre; objective is to offer free services in mental health (by master's level students) to individuals living Montreal; includes mostly group therapy, some individual and some creative art therapies.	514-368-3736 http://www.expressionlasalletherapies.ca/ *Waiting time- 6 months to one year

Local Community Service Centre (CLSC)	Google CLSC to find service centre of your community	Google CLSC
Medipsy	Team of professionals offering a variety of psychological and neuropsychological services [E/F]	514-419-3005 medipsy.ca

Learning Disabilities

Montreal Children's Hospital – Adult ADD/ADHD research project	free testing through research project, participants must be a QC resident, have referral from a medical doctor and fill requirements for research project, call for screening [E/F]	514-412-4400 x23286
Concordia University Applied Psychology	Sept-April, graduate & PhD students studying psychology offer psychotherapy services. Call in Aug or Dec. [E]	514-848-2424 x7550
Dr. Kieron Rogan	private practice, offers comprehensive LD testing	514-282-3442
Marlene Dworkin	private practice, offers comprehensive LD testing	514-488-0555
Medipsy	Team of professionals offering a variety of psychological and neuropsychological services [E/F]	514-419-3005 medipsy.ca

Other

McGill Domestic Violence Clinic & the Mtl. Anger Management Centre	individual, couples, family and group counselling for men and women who experience violence in intimate relationships [E]	514-398-2686 https://www.mcgill.ca/dvc/
Pro-Gam: Centre for intervention and research in conjugal and family violence	psychotherapy program for men who have used abusive behaviours in their relationships with partners or family members [E/F]	514-270-8462 www.pro-gam.ca
AMI-Québec	helps families and patients manage the effects of mental illness via psycho-education, referrals, support groups, local and regional counselling for the care-giver, etc. [E]	514-486-1448 amiquebec.org
Family Resource Centre (West Island)	parent support groups, parent workshops, family counselling	514-685-5912 familyresourcecenter.qc.ca
La clé des champs	mutual aid network for people with anxiety disorders , workshops and publications [E/F]	514-334-1587 lacleschamps.org
ffapamm- Fédération des familles et amis de la personne atteinte de maladie mentale	consulter ce site pour trouver groupes d'entraide et gamme de services dans votre région [F]	www.ffapamm.com
Institut Victoria	coaching and therapy specializing in personality disorders (F)	514-954-1848 institut-victoria.ca
Recovery International	a self-help organization helping a range of people, whether or not they have a history of psychiatric hospitalization, uses CBT, peer to peer, and self-help training	514-481-7030 http://www.recoverycanada.org/
Hope and Cope – Jewish General	responds to psychosocial needs of cancer patients and their caregivers , palliative care bereavement program, library, group activities [E]	514-340-8255 www.jgh.ca/en/HopeCope
Cedars Cancer Institute	provides cancer patients and their families with practical, educational, emotional and humanitarian support	RVH: 514-843-1666 MGH: 514-934-1934 x42314 www.cansupport.ca
Sex and Couple Therapy Services - RVH	medicare, call for assessment,	514-398-6094 http://www.sexandcoupletherapy.com/
Revivre	association québécoise de soutien aux personnes souffrant de troubles anxieux, dépressifs ou bipolaires [F]	514-529-3081 www.revivre.org
MUSIC The McGill University Sexual Identity Centre - MGH	provides specialized mental health care to individuals, couples and families regarding matters of sexual orientation [E/F]	514-934-1934 x43585 www.mcgill.ca/cosum
The Panic Centre	Interactive website, online support, online CBT course [E]	paniccenter.net
CRIPHASE	Resources and intervention for Men Sexually Abused in their Childhood [E/F]	514-529-5567 http://criphase.org/en/

Hotlines and Referral Lines

Depressed Anonymous	Listening and referral services	514-278-2130
Face à Face	listening & referral centre/drop-in support groups [E/F]	514-934-4546 http://faceafacemontreal.org/
Gambling: Help and Referral	www.jeu-aidereference.qc.ca [E/F]	514-527-0140
Drug Referral Line	24/7 info and referral service [E/F] www.drogue-aidereference.qc.ca	514-527-2626 1-800-265-2626
Suicide Action Montreal	listening line, also offers education & bereavement support [E/F] www.suicideactionmontreal.org	514-723-4000 1-800-277-3553
Gai Écoute	centre d'aide, d'écoute téléphonique et de renseignements à l'intention des personnes intéressées par les questions relatives à l'orientation sexuelle [F]	514-866-0103 1-888-505-1010 www.gai-ecoute.org
Project 10	promotes the well being of lesbian, gay, bisexual, transgender, transsexual, two-spirit, intersexed & questioning youth & adults 14-25; anonymous listening line Monday-Thursday, 12-6 [E/F]	514-989-4585 p10.qc.ca
Multi-Écoute	listening services in many languages, inf. & 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[multicultural]	514-737-3604 www.multiecoute.org
SOS Conjugal Violence SOS Violence conjugale	listening, evaluation and referral service for counselling and shelter [E/F] www.sosviolenceconjugale.ca	514-873-9010 1-800-363-9010
Éducation-Coup-de-fil	free counselling line for parents, parental figures & children concerning family issues [E/F] http://www.premiereresource.com/index.php/en/	514-525-2573 1-866-329-4223