### Addictions

<table>
<thead>
<tr>
<th>Provider</th>
<th>Services</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chabad LIFE LINE</td>
<td>Outpatient, all forms of addiction, crisis intervention, family program, support, etc. [E/F]</td>
<td>514-738-7700 chabadlifetime.com</td>
</tr>
<tr>
<td>Foster Pavilion</td>
<td>Medicare, public rehab centre for addictions (not mental illness), specialized services, inpatient &amp; outpatients, individual and group therapy (for drugs, alcohol, gambling, cyberdependence) [E]</td>
<td>514-486-1304 crdfoster.org</td>
</tr>
<tr>
<td>Addiction Outreach Program</td>
<td>Outpatient assessment &amp; dual diagnosis treatment; group and family support, crisis intervention; coaching; workshops; sliding scale [E]</td>
<td>514-731-8000 514-814-4488 (crisis) addictionoutreach.ca</td>
</tr>
<tr>
<td>Addictions Unit - MGH</td>
<td>Public outpatient therapy &amp; support for substance abusers, with detox services, medicare [E/F]</td>
<td>514-934-8311 muhc.ca/addictions_unit</td>
</tr>
<tr>
<td>Portage</td>
<td>Rehab centre based on therapeutic comm. model, various treatment programs [E/F]</td>
<td>514-939-0202 portage.ca</td>
</tr>
<tr>
<td>Centre de Rédemption en Dépendance de Montréal</td>
<td>Programme jeunesse, famille et adulte; réadaptation pour le traitement d’alcoolisme, toxicomanie, jeux &amp; problèmes concomitants [F]</td>
<td>514-385-1232 dependancemontreal.ca</td>
</tr>
<tr>
<td>Clinic nouvelle départ (TMR)</td>
<td>Prêt, traitement de tous les dépendances, détoxication et réhabilitation [F/E]</td>
<td>514-521-3023 cliniquenouveudepart.com</td>
</tr>
</tbody>
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### Crisis Centres

<table>
<thead>
<tr>
<th>Provider</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Le regroupement des centres de crise du grand Montreal</td>
<td>Visit website for information on 9 crisis centers in the Greater Montreal (Laval, south, west and east MTl., Laurentians, ... )</td>
<td><a href="http://www.rrcgm.com">www.rrcgm.com</a></td>
</tr>
<tr>
<td>Auberge Shalom</td>
<td>Services for women and children victim of conjugal violence [E/F]</td>
<td>514-731-0833 (24hrs) 514-485-4783 (counselling) aubergeshalom.org</td>
</tr>
<tr>
<td>Auberge Transition</td>
<td>Shelter for women and children victim of conjugal violence [E/F]</td>
<td>514-481-0495 aubergetransition.org</td>
</tr>
<tr>
<td>Le Parados</td>
<td>For women and children victim of conjugal violence, 24/7, short term accommodations &amp; accompanying for external services [E/F]</td>
<td>514-637-3529 leparados.com</td>
</tr>
<tr>
<td>West Island Crisis Centre</td>
<td>24/7 crisis line, counselling, short-term housing, community interventions and evaluation, post crisis follow-up [E/F]</td>
<td>514-684-6160</td>
</tr>
<tr>
<td>Accueil Bonneau</td>
<td>Assistance, housing, food, psychosocial intervention [F]</td>
<td>514-845-3906 accueilbonneau.com</td>
</tr>
<tr>
<td>Tracom</td>
<td>24/7 phone line, community follow-up, crisis counselling, short term shelter(up to 2 weeks) [E/F]</td>
<td>514-483-3033 tracom.ca</td>
</tr>
</tbody>
</table>

### Eating Disorders

<table>
<thead>
<tr>
<th>Provider</th>
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</tr>
</thead>
<tbody>
<tr>
<td>ANEB Quebec</td>
<td>Help line, referrals, support groups, family support, prevention [E/F]</td>
<td>514-630-0907 anebquebec.com</td>
</tr>
<tr>
<td>Eating Disorders BACA clinic</td>
<td>Personalized outpatient treatment, private, staffed by nutritionists, doctors and mental health professionals [E/F]</td>
<td>514-544-2323 cliniquebaca.com</td>
</tr>
<tr>
<td>Douglas Eating Disorders Clinic</td>
<td>Need referral; ED treatment program, waiting list, outpatient and inpatient [E/F]</td>
<td>514-761-6131 ext. 2895</td>
</tr>
</tbody>
</table>

### General Counselling

<table>
<thead>
<tr>
<th>Provider</th>
<th>Services</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Applied Psychology Centre - Concordia University</td>
<td>Sept-April, graduate &amp; PhD students studying psychology offer psychotherapy services. *Call in Aug or Dec. [E]</td>
<td>514-848-2424 x7550</td>
</tr>
<tr>
<td>The Argyle Institute of Human Relations</td>
<td>Individual, couple and family counselling (sliding scale) [E/F]</td>
<td>514-931-5629 argyleinstitute.org</td>
</tr>
<tr>
<td>McGill Psychoeducational and Counseling Clinic</td>
<td>Individual counselling services provided by masters and doctoral students [E/F]</td>
<td>514-398-4641</td>
</tr>
<tr>
<td>Head and Hands Inc</td>
<td>Counselling and legal services for adults up to the age of 25 [E/F]</td>
<td>514-481-0277 headandhands.ca</td>
</tr>
<tr>
<td>The Emotional Health CBT Clinic (Q.E. Health, #261)</td>
<td>Individual CBT for depression, anxiety, OCD, eating disorders.. [E/F]</td>
<td>514-485-7772 cbtclinic.ca</td>
</tr>
<tr>
<td>Montreal Therapy Centre</td>
<td>Individual, couple, family, art therapy (sliding scale) [E/F]</td>
<td>514-244-1290 montraltherapy.com</td>
</tr>
<tr>
<td>La Maison St-Jacques</td>
<td>Psychothérapie de groupe, 18 – 50 ans. [F]</td>
<td>514-526-4132 maisonstjacques.com</td>
</tr>
<tr>
<td>Clinique d’anxiété de Montreal</td>
<td>CBT based therapy specializing in anxiety, stress, phobias and related problems [E/F]</td>
<td>514-769-1117 psyxiemetromontreal.com</td>
</tr>
<tr>
<td>St-Mary’s Hospital</td>
<td>Psychiatry crisis service, CBT + integrative approach for individual and group psychotherapy, short term</td>
<td>514-345-3511 x 2684</td>
</tr>
<tr>
<td>Jewish General Hospital – Behavioural Psychotherapy and Research Unit</td>
<td>Individual and couple CBT, sexual and marital problems, sleep disorder, anxiety/panic disorders, depression, chronic illness</td>
<td>514-340-8210 x 5626 jgh.ca/en/behaviouralpsychotherapy</td>
</tr>
<tr>
<td>Women’s Centre of Montreal</td>
<td>Provides support and education in confidential and respectful environment. Call to make apt. [E/F]</td>
<td>514-842-4780 centredesfemmesdmtl.org</td>
</tr>
<tr>
<td>Order of Psychologist of Québec/Ordres des psychologues du QC</td>
<td>To find a psychologist in private practice in your region</td>
<td>ordepsy.qc.ca/en</td>
</tr>
<tr>
<td>Order of Counsellors/Ordre des services et conseillers d'orientation du Québec</td>
<td>To find a psychotherapist and/or career counsellor in your region [F]</td>
<td>orientation.qc.ca</td>
</tr>
<tr>
<td>Herzl CRU Walk-in Centre</td>
<td>Walk-in Centre with multi-disciplinary staff</td>
<td>514-340-8311 jgh.ca/en/Walk-inCentre</td>
</tr>
<tr>
<td>Westminster Psychological Services</td>
<td>Individual and couple therapy</td>
<td>514-223-3327 wellnessinnmind.ca</td>
</tr>
<tr>
<td>Expression Lasalle</td>
<td>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.</td>
<td>514-368-3736 <a href="http://www.expressionlasalletherapies.ca/">http://www.expressionlasalletherapies.ca/</a></td>
</tr>
</tbody>
</table>

*Waiting time- 6 months to one year
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]

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 lacedeschamps.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 activities [E]
responds to psychosocial needs of cancer patients and their caregivers, palliative care bereavement program, library, group activities [E]

Cedars Cancer Institute
provides cancer patients and their families with practical, educational, emotional and humanitarian support
R VH: 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]

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://facefacemontreal.org/

Gambling: Help and Referral
www.jeu-aideresequence.qc.ca [E/F]
514-527-0140

Drug Referral Line
24/7 info and referral service [E/F]
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]
514-886-0103 1-888-505-1010 www.gai-écoute.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

Education-Coup-de-fil
free counselling line for parents, parental figures & children concerning family issues [E/F]
514-529-2573 c-1-866-329-4223