

# Mental Health External Resources

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## Addictions

<a href="#">Chabad LIFELINE</a> 514-738-7700	Outpatient centre, all forms of addiction, crisis intervention, family program, support, etc. [English]
<a href="#">CRD Foster</a> 450-443-4413 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> 514-731-8000 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> 514-934-8311	Public outpatient therapy & support for substance abuse, with detox services, Medicare [English/French]
<a href="#">Portage</a> 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> 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> 514-521-9023	Privé, traitement de tous les dépendances, détoxification et réhabilitation Private, treatment for addiction, detox, and rehab [French/English]

## Crisis Centres

<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, Laurentians, etc. [English/French]
<a href="#">Auberge Shalom</a> 514-731-0833 (24 hours) 514-485-4783 (Counselling)	Services for women and children who are victims of conjugal violence [English/French]
<a href="#">Auberge Transition</a> 514-481-0495	Shelter for women and children who are victims of conjugal violence [English/French]
<a href="#">Chez Doris Day Centre</a> 514-937-2341	Day Centre for homeless women and women in difficulty, self-referrals [English/French]
<a href="#">Le Parados</a> 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> 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> 514-845-3906	Assistance, housing, food, psychosocial intervention [French]

<a href="#">Tracom</a> 514-483-3033	24/7 phone line, community follow-up, crisis counselling, and short-term shelter (up to 2 weeks) [English/French]
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## Eating Disorders

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

## General Counselling

<a href="#">The Applied Psychology Centre – Concordia University</a> 514-848-2424 ext. 7550	Sept. - April, Masters & PhD psychology students offer psychotherapy services. *Call in Aug. or Dec. for intake [English]
<a href="#">The Argyle Institute of Human Relations</a> 514-931-5629	Individual, couple, and family counselling (sliding scale) [English/French]
<a href="#">McGill Psychoeducational and Counselling Clinic</a> 514-398-4242	Individual counselling services provided by Masters and PhD psychology students at McGill [English/French]
<a href="#">Head and Hands</a> 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> 514-485-7772	Individual CBT for depression, anxiety, OCD, eating disorders, and more [English/French]
<a href="#">Montreal Therapy Centre</a> 514-244-1290	Individual, couple, family, and art therapy (sliding scale) [English/French]
<a href="#">La Maison St-Jacques</a> 514-526-4132	Psychothérapie de groupe, 18 - 50 ans [French]
<a href="#">Clinique d'anxiété de Montreal</a> 514-769-1117	CBT-based therapy specializing in anxiety, stress, phobias and related problems [English/French]
St-Mary's Hospital 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> 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> 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> 514-340-8253	Walk-in centre with multi-disciplinary staff [English/French]
<a href="#">Westmount Psychological Services</a> 514-223-5327	Individual and couple therapy [English]

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

## Learning Disabilities

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

## Other

<a href="#">McGill Domestic Violence Clinic and the Montreal Anger Management Centre</a> 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> 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> 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> 514-676-7775	Parent support groups, parent workshops, family counselling [English/French]
<a href="#">La clé des champs</a> 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> 514-954-1848	Coaching and therapy specializing in personality disorders [French]
<a href="#">Recovery International</a> 514-481-7030	Self-help organization uses CBT, peer to peer, and self-help training
<a href="#">Hope and Cope – Jewish General</a> 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> RVH: 514-843-1666 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> 514-398-6094	Medicare, call for assessment [English/French]
<a href="#">Revivre</a> 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> 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> 514-529-5567	Resources and intervention for men who have been sexually abused in their childhood [English/French]
<a href="#">Kahnawake Shakotia'takehnhas Community Services</a> 450-632-6880 (M-F, 8:30 a.m. – 4:30 p.m.) 450-632-6505 (After-hours)	Social services and referrals, located within the territory of Kahnawake
<a href="#">Face à Face</a> 514-934-4546	Listening & referral centre (Monday-Friday, 9-5), drop-in support groups, and housing support services [English/French]