



Resource Guide



Mental Health – General Counselling and Listening Services

KIDS HELP PHONE (24hr/7days)

Offers a free, national, bilingual, confidential and anonymous, 24-hour telephone (call or text) and online counselling service for anyone at risk.

Help line: 1-800-668-6868

Text line: Text CONNECT to 686868

www.kidshelpphone.ca

Kids Help Phone
Jeunesse, J'écoute



Tel Aide (24hr/7days)

Provides over the phone bilingual counselling for various issues such as violence, addictions, relationships, stress, anxiety, etc.

514-935-1101

www.telaide.org



Tel-Jeunes (24hr/7 days)

Provides over the phone counselling for children and youth.

Help line: 1-800-263-2266

Text line: 514-600-1002

www.teljeunes.com



Ligne parents (24hr/7 days)

Provides over the phone counselling for parents, as well as resources for parents to help support them when speaking with their children about stress, anxiety, sexuality, family relationships, communication and a variety of other related themes.

1-800-361-5085

www.ligneparents.com

LigneParents

AMI-Quebec

A non-profit organization that helps families manage the effects of mental illness through support, education, guidance, and advocacy.

514-486-1448

<https://amiquebec.org>

amiquébec
Agir contre la maladie mentale
Action on mental illness

Suicide Hotline Information

Suicide Action Montreal (24hr/7days)



***Offers a free listening service, in English and in French,
which is anonymous, confidential and 24/7 for those at risk.***

1-866-277-3553

www.suicideactionmontreal.org



Medical & Legal Services

Head & Hands

Provides medical, legal and social services to Montreal youth. Their services include free weekly drop-in medical clinics, legal information and consultations, & counselling.

514-481-0277

www.headandhands.ca



Herzl Family Practice

Provides comprehensive healthcare, psychotherapy and psychological services to teenagers (13-19).

514-340-8253

<http://jgh.ca/en/HerzlFamilyPracticeCentre>



Hôpital général juif
Jewish General Hospital
Les Auxiliaires | The Auxiliary

Educaloi



A movement to improve access to justice in Quebec by informing Quebecers about their legal rights and responsibilities in everyday language.

<https://www.educaloi.qc.ca/en>



Sexual Assault & Sexual Behavior

Montreal Sexual Assault Centre Crisis Line (24hr/7days)

Offers a range of bilingual services free of charge to anyone who has been a victim of sexual assault, sexual abuse or incest.

Services are also offered to the victim's family and close friends.

514-933-9007

<https://www.cvasm.org>



Marie-Vincent Foundation

Offers support to children and adolescents who are victims of sexual violence.

514-362-6226

<https://marie-vincent.org>



Addictions, Drugs & Alcohol Support

Chabad Lifeline

Offers support and services to youth (ages 5-20) living in at-risk environments affected by addiction and/or to youth who may have substance use concerns or challenges themselves.

The EMSB will be able to maintain reduced services with Chabad Lifeline while schools are closed.

A drug counsellor will be available for the students and their families, Monday to Friday from 8:30am to 3:30pm.

People who will need their confidential services will be able to reach them via this email address:

youthcounselor@chabadlifeline.com

514-738-7700

<https://www.chabadlifeline.com>



Drug Helpline (24hr/7days)

Offers a free listening service, in English and in French, which is anonymous, confidential and 24/7.

514 527-2626

1-800-265-2626

<http://www.droque-aidereference.qc.ca/>



Al-Anon

Help for yourself as well as help for family or friends who are worried about someone with a drinking problem.

514-866-9803

<http://al-anon-montreal.org/aide/>



Alcoholics Anonymous

An international movement of men and women who had an alcohol problem. Not professionals, they are self-financing, they are multiracial, apolitical and are found almost everywhere. There is no age limit or level of education required. All those who want to do something about their drinking problem can become members.

514-350-3444

www.aa-quebec.org



Maison Jean Lapointe

***Specialize in helping people struggling with addictions:
drug, alcohol or gambling.***

514-288-2611

<http://www.maisonjeanlapointe.org>



Narcotics Anonymous

***Provides a recovery process and peer support network
that are linked together. Their mission is to provide an
environment in which addicts can help one another stop
using drugs and find a new way to live.***

1-855-544-6362

www.naquebec.org



Gender Identity, Sexual Orientation

Project 10

Offers information and support for youth or adults who identify as lesbian, gay, bisexual, transgender, transsexual, two-spirit, intersexed - as well as those questioning their sexual orientation or gender identity.

514-989-4585

www.p10.qc.ca



Aide aux Trans du Quebec (ATQ)

Their mission is to assist trans people before, during and after their journey of transition. Helping and listening are the main pillars of support offered by ATQ through various activities, conferences, groups, providing information and fundraising.

1-855-909-9038 #1

<https://atq1980.org>



Centre Interligne Inc.

Provides telephone, email, and chat support and information for people involved or interested in issues related to sexual orientation in Quebec.

514-866-0103

<http://www.interligne.co>



Parlons de
diversité sexuelle
et de genre

Eating Disorders

ANEB - Anorexie et boulimie Quebec

A free and confidential service, which provides support to break the isolation, to talk about what you're going through and to address problems related to your eating disorder.

514-630-0907

<https://anebquebec.com/en/>



National Eating Disorder Information Center

Help line, support, information on eating disorders and referrals to health professionals.

1-866-633-4220

<https://nedic.ca/>



Department of Youth Protection

Batshaw Youth and Family (24hr/7days)
– for residents living in Montreal

If you fear for the security or development of a child/adolescent OR if you feel they may be in danger.

514-935-6196

www.batshaw.qc.ca



LES CENTRES DE LA JEUNESSE
ET DE LA FAMILLE BATSHAW
BATSHAW YOUTH AND FAMILY CENTRES

CISSS (24hr/7days)
– for residents living in Laval

If you fear for the security or development of a child/adolescent OR if you feel they may be in danger.

450-975-4000

www.lavalensante.com/en/care-and-services/list-of-care-and-services/youth-protection/report-a-situation-to-the-dyp/

Centre intégré
de santé
et de services sociaux
de Laval

Québec 

The East Island Network for English Language Services (REISA)



A community organization, which works to increase access to health and social services in English for residents of Montreal's east-end.

514-955-8370 x2217

<https://reisa.ca/category/resource-guides/>

Montreal LGBTQ+ Community Center



Aims to help promote a society where all LGBTQ+ individuals can realize their full potential in an environment which welcomes diversity.

514-528-8424

www.ccglm.org/bottin.php?langue=en

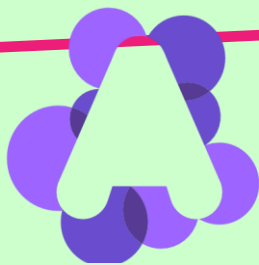


SAFE ZONE

Anxiety Canada

A leader in developing free online, self-help, and evidence-based resources on anxiety.

<https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>



Anxiety
CANADA

YOUTH NETWORK

Mind your Mind

Provides information, interactive tools and innovative resources to build capacity and resilience.

<https://mindyourmind.ca>

