



# **MENTAL WELLBEING**

Resource Guide



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Mental wellbeing can be described as a combination of how we feel (our emotions and life satisfaction) and how we function (relationships with others, personal control, purpose in life and independence). It is something that affects everyone, old and young, and anyone can experience good or poor mental wellbeing. It's not the same thing as mental health, although the two can influence each other. Long periods of low mental wellbeing can lead to the development of diagnosable mental health conditions such as anxiety or depression. If you're living with a mental health condition, you may experience low mental wellbeing more often, but there will also be long periods where you're able to maintain good mental wellbeing.

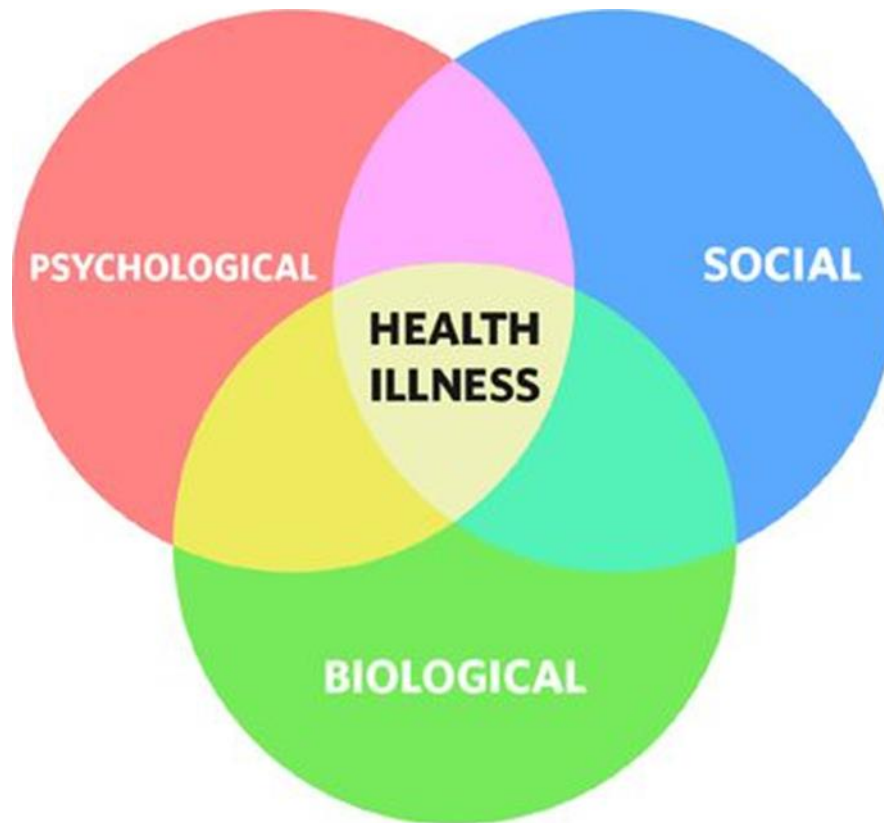
The Public Health Agency of Canada defines mental health as: "...the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual wellbeing that respects the importance of culture, equity, social justice, interconnections and personal dignity" (www.canada.ca)

In Canada, one person in five will experience some problem with their mental health in the course of a year. One in three people will experience a mental health problem in their lifetime. Mental health problems can occur at any age. In fact, half of all mental health disorders begin by the age of 14 and 75% begin by the ages of 24.

Disorders are not unique to a specific portion of the population but can affect people of all origins, races and religions. A range of factors can contribute to the risk of developing a mental health illness including genetic, biological, personality and environmental aspects. Other contributing factors may be extra pressures such as physical ability, culture and sexuality.

	<b>Protective factors</b>	<b>Risk factors</b>
<b>Individual</b>	<ul style="list-style-type: none"> <li>• Interpersonal/prosocial skills</li> <li>• Health literacy</li> <li>• Nutrition</li> <li>• Physical activity</li> <li>• Reading skills</li> <li>• Sleep</li> </ul>	<ul style="list-style-type: none"> <li>• Sadness or depression</li> <li>• Anxiety</li> <li>• Stress</li> <li>• Chronic or severe mental illness</li> <li>• Problematic use of substances, including medications</li> <li>• Heavy alcohol consumption</li> <li>• Smoking</li> <li>• Chronic illness</li> <li>• Poor nutrition</li> <li>• Physical inactivity</li> </ul>
<b>Caregiver/Family</b>	<ul style="list-style-type: none"> <li>• Adequate social and emotional support</li> <li>• Nurturing environment</li> <li>• Social activity</li> <li>• Friendships</li> </ul>	<ul style="list-style-type: none"> <li>• Isolation</li> <li>• Lack of family support</li> <li>• Limited social network</li> </ul>
<b>Environment/Context</b>	<ul style="list-style-type: none"> <li>• Access to community support services</li> <li>• Supportive environment</li> <li>• Access to appropriate mental health services</li> <li>• Opportunities to serve as a volunteer</li> <li>• Meaningful participation and a feeling of belonging</li> </ul>	<ul style="list-style-type: none"> <li>• Low socio-economic status</li> <li>• Lack of support services, including transport, shopping and recreational facilities</li> <li>• Limited mental health service</li> <li>• Stigma and discrimination</li> <li>• Language barriers</li> </ul>

The way that stress factors interact in the lives of an individual can determine the likelihood of developing mental or physical illness.



One of the risk factors that may impact a minority language speaker is poor access to social resources in their own language. Language barriers in accessing health care can be especially impactful for mental health where good communication between patient and health professional is essential. Research has shown that the English-speaking minority population of Quebec reports higher rates of feeling unhealthy, having two or more chronic diseases and higher rates of poverty. English-speaking students experience higher rates of bullying in the classroom and report more mental health conditions such as anxiety, depression and eating disorders ([www.150.statcan.gc.ca](http://www.150.statcan.gc.ca)).

### **What are mental health problems?**

A variety of terms can be used to describe mental health problems: mental disorder, mental illness, poor mental health, psychiatric illness, nervous breakdown and burn out. These terms do not give much information about what is really happening with the person. A mental health disorder causes major changes in a person's thinking, emotional state and behaviour and disrupts the person's ability to function and carry out their usual personal relationships. A mental health problem is a broader term that includes both mental health disorders and symptoms of mental disorders which may not be severe enough to warrant the diagnosis of mental disorder.

There remains many stigmas and myths surrounding mental illness. Stigmas refer to the negative attitudes (prejudice) and negative behaviour (discrimination) towards people with mental health problems. The stigma attached to mental health problems presents a serious barrier to assessment, diagnosis, treatment and support needed for recovery as well as acceptance from the community.

## 10 myths and the truth about mental health problems

### **Myth #1 Mental illnesses aren't real illnesses.**

Fact: Mental illnesses create distress that does not go away on their own. These are real health problems with effective treatments. When someone breaks their arm, we wouldn't expect them to "get over it." Nor would we blame them if they required help in their daily life while they recovered.

### **Myth #2 Mental illnesses will never affect me.**

Fact: Researchers estimate that as many as one in five Canadians will experience a mental health problem or illness in any given year.

### **Myth #3 Mental illnesses are just an excuse for poor behaviour.**

Fact: Some people who experience mental illnesses may act in ways that are unexpected or seem strange. The illness, not the person, is behind these behaviours.

### **Myth #4 Bad parenting causes mental illnesses.**

Fact. Mental illnesses are complicated conditions that arise from a combination of genetics, biology, environment, and life experiences.

### **Myth #5 People with mental illnesses are violent and dangerous.**

Fact: People who experience a mental illness are no more violent than people without a mental illness. It is important to note that people who experience mental illnesses are much more likely to be victims of violence than to be violent.

### **Myth #6 People don't recover from mental illnesses.**

Fact: Today, there are many different kinds of treatments including medication and therapy, services, and supports that can help a person recover or achieve their goals.

### **Myth #7 People who experience mental illnesses are weak and can't handle stress.**

Fact: People who experience mental illnesses may actually be better at managing stress than people who haven't experienced mental illness. Many have learned skills like stress management and problem-solving so they can address their issues and continue to balance life needs.

### **Myth #8 People who experience mental illnesses can't work.**

Fact: Most people who experience serious mental illnesses want to work but face systemic barriers to finding and keeping meaningful employment.

### **Myth #9 Children can't have a mental illness like depression. Those are adult problems.**

Fact: Many mental illnesses first appear when a person is young. Although mental illnesses may look different in children, they can impact the way young people acquire and develop skills, which can lead to challenges in the future.

### **Myth #10 Everyone gets depressed as they grow older. It's just part of the aging process.**

Fact: Older adults may be at greater risk of depression because they experience so many changes in roles and social networks, but depression is never an inevitable part of aging

## Resources

The primary objective of Canadian health care policy is to protect, promote and restore the physical and mental wellbeing of residents of Canada and to facilitate reasonable access to health services without financial or other barriers. Different organizations from formal institutions to non-profit community organizations exist to fulfill these legal requirements. You may need to access a combination of these services at any time as a patient or family member of a patient.

### Hospitals

If you are ever experiencing suicidal thoughts or are worried about being able to keep yourself safe, visit the emergency room of the hospital.

Charles-Le Moyne Hospital  
3120 Taschereau Blvd.  
Greenfield Park, QC J4V 2H1

Haut-Richelieu Hospital  
920 Séminaire Blvd. N.  
Saint-Jean-sur-Richelieu, QC J3A 1B7

### CLSCs

The CLSC (local health and social service centre) is the main access point for all pediatric, adolescent and adult psychosocial and mental health services. Professionals can help identify and find solutions to your marital, family or relationship problems, personal crises, adaptation and social integration issues.

The following CLSCs offer this service:

CLSC de la rue Champlain- for individuals 12-25 years of age only  
185 Champlain St.  
Saint-Jean-sur-Richelieu, QC J3B 6V5  
(450) 358-8922

CLSC de la Vallée-des-Forts  
978 Séminaire N., Blvd  
Saint-Jean-sur-Richelieu, QC J3A 1E5  
(450) 358-2572, ext. 4510

CLSC du Richelieu  
300 Marieville Rd.  
Richelieu, QC J3L 3V8  
(450) 658-7561

CLSC Samuel-de-Champlain  
5811 Taschereau Blvd., Suite 100  
Brossard, QC J4Z 1A5  
(450) 445-4452

CLSC Saint-Hubert  
6800 Cousineau Blvd.  
Saint-Hubert QC J3Y 8Z4  
(450) 443-7400, ext. 7318

### **811 — Info-Santé: how calls are handled**

This service is available 24 hrs/365 days a year and gives you access to nurses and social workers.

- For service in English, press 9

- For Health questions, press 1
- For Social Services, press 2

Info-Social 811 service professionals give advice and can answer questions about psychosocial issues. If necessary, they can also refer you to an appropriate resource in the health and social services network or to a community resource.

Here are some examples of situations when you can call Info-Social 811:

- You are in a situation that is making you feel out of control with anxiety.
- You are worried about a family member or friend.
- You are experiencing family or relationship problems.
- You are going through a bereavement.
- You have questions about other worrisome situations or behaviours.

Qualified professionals will collect your personal information (name, date of birth, postal code, telephone number), assess and respond to your needs, and refer you to an appropriate resource, as necessary.

## **Crisis Services**

What does it mean to be in a state of crisis?

An event or a life situation can greatly interrupt daily routines. If despite your best efforts to use your personal resources, you feel like:

- You have lost control of your life
- You have lost everything
- You are greatly worried about the future
- You have run out of options

It is at this moment that you are experiencing a crisis.

You notice that:

- You are having difficulty getting good sleep
- Your daily tasks feel impossible
- You are anxious
- You are experiencing ideas of suicide
- The symptoms of your mental illness have increased
- There have been major changes in the behaviour and attitudes of a loved one

There are several Crisis Centres that offer services locally and regionally:

### **Access Crisis Centres**

The Access Crisis Centre offers crisis management services by a specialized team of mental health workers who will guide you towards a road to recovery.

Free services offered: Telephone intervention 24 hours a day, 7 days a week, evaluation and referral, Crisis follow-up, emergency housing.



Services are offered to adults in the following cities: Brossard, Longueuil, Boucherville, Varennes, Verchères, Saint-Hubert, Calixa-Lavallée, Contrecoeur, Saint-Amable, Sainte-Julie, Saint-Bruno, Saint-Lambert, Le Moyne et Greenfield Park.

Telephone: (450) 679-8689

Website: [www.santemonteregie.qc.ca/centre-de-crise-laccs](http://www.santemonteregie.qc.ca/centre-de-crise-laccs)

### **Suicide Action Montreal**

Suicide Action Montreal offers crisis management services by a specialized team of mental health workers who will guide you towards a road to recovery.

Free services offered:

- Telephone intervention 24 hours a day, 7 days a week
- Evaluation and referral
- Crisis follow-up
- Telephone intervention and referral to prevent suicide

Hotline: 1 (866) 277-3553

Website: [www.suicideactionmontreal.org](http://www.suicideactionmontreal.org)

### **Centre de crise et de prévention du suicide du Haut-Richelieu-Rouville**

The crisis and suicide prevention centre of Haut-Richelieu-Rouville is a community organization that works with all individuals touched by suicide or a crisis situation in order to renew a sense of power in one's life and recover balance in the wake of a suicidal crisis. All services are offered in French and English.

Telephone: (450) 348-6300 / 1 (866) 277-3553

Website: [www.ccpsrhr.ca](http://www.ccpsrhr.ca)

Free services offered:

- Telephone intervention 24 hours a day, 7 days a week
- Evaluation and referral
- Crisis follow-up
- Housing
- Support groups for the bereaved

### **Crisis Text Line powered by Kid's Help Phone**

Text "CONNECT" to 686868

## Local organizations with mental health content offered in English

### ARC - Assistance and Referral Centre

Offers referral and mental wellbeing services for English speakers of the Monteregie-Centre.

Greenfield Park (Main Office)  
106 Churchill Blvd. (2nd Floor), Greenfield Park, QC J4V 2L9  
514-605-9500, [gpk@arc-hss.ca](mailto:gpk@arc-hss.ca)

Activity Centre  
91 Churchill Blvd., Greenfield Park, QC J4V 3L8  
(514) 951-9711, [admincord@arc-hss.ca](mailto:admincord@arc-hss.ca)

Saint-Jean-sur-Richelieu  
927-B Seminaire N. Blvd., Saint-Jean-sur-Richelieu, QC J3A 1B6  
(450) 525-1176, [npi@arc-hss.ca](mailto:npi@arc-hss.ca)



### Aire ouverte through CISSS Monteregie-Centre

The service is dedicated to that serving the needs of adolescents and young adults 12-25 years of age who are looking for help with social, psychological, relational, physical or sexual problems they are facing. Services are free and confidential. All workers have the ability to speak in English.

There are two locations:

185 Champlain St. Saint-Jean-sur-Richelieu, QC J3B 6V5  
Drop-in service: Tuesday, Wednesday and Thursday from 1:00 till 8:00 p.m.  
Services with an appointment: Monday to Friday  
Phone Number: (450) 358-8922, ext. 3083  
Email: [aireouverte.hrr.cisssmc16@ssss.gouv.qc.ca](mailto:aireouverte.hrr.cisssmc16@ssss.gouv.qc.ca)

5811 Taschereau Blvd., local 30, Brossard, QC J4Z 1A5  
Drop-in services: Tuesday, Wednesday and Thursday from 1:00-8:00pm and Saturday 10:00 a.m. to 5:00 p.m.  
By appointment from Monday to Friday.  
Phone number: (450) 445-4474  
Email: [aireouverte.cclm.cisssmc16@ssss.gouv.qc.ca](mailto:aireouverte.cclm.cisssmc16@ssss.gouv.qc.ca)  
Website: [www.santemonteregie.qc.ca](http://www.santemonteregie.qc.ca)

### AMI-Quebec

Helps families manage the effects of mental illness through support, education, guidance and advocacy. Services: There are support groups for family caregivers, for those suffering from mental illness, and some mixed groups for both. Support groups help participants feel less alone and better understand and cope with the effects of mental illness on their everyday life. The groups are facilitated by people who have experience, either as a caregiver, or having lived with mental illness.

5800 Decarie Blvd., Montreal, QC H3X 2J5  
Telephone: (514) 486-1448

Email: [info@amiquebec.org](mailto:info@amiquebec.org)

Website: [www.amiquebec.org](http://www.amiquebec.org)

### **APAMM Rive Sud**

Since 1981, l'Association des Parents et Amis de la Personne Atteinte de Maladie Mentale Rive-Sud APAMM-RS (English translation: The South Shore Association of Parents and Friends of People Suffering from Mental Illness) has fulfilled the mission is to bring together the members of a mentally ill person's social circle so as to provide them with a wide range of support services that may prove beneficial and help to facilitate personal development. Services offered include:

- Psychosocial intervention: Individual, couple and family interventions providing psychosocial support via facilitating communication, listening, problem solving and the referral to appropriate resources.
- Youth Services: Activities geared towards responding to the needs of youth (aged 5-18 years old) who are living with a person (father, mother, sibling, etc.) who is suffering from a mental health problem(s).
- Accompaniment: Per court-ordered request for a psychiatric evaluation and to health, social and other resources

10 Churchill Blvd., Suite 206, Greenfield Park, QC J4V 2L7

Telephone: (450) 766-0524

Website: [www.apammrs.org](http://www.apammrs.org)

### **Santé Mentale Quebec Haut-Richelieu**

Offers activities to people with mental health issues, help with getting a job, and transportation to mental health appointments.

211 Mayrand St., Office 1, Saint-Jean-sur-Richelieu, QC J3B 3L1

Telephone: (450) 346-5736

Website: [www.smqhr.ca](http://www.smqhr.ca)

### **Éclusier du Haut-Richelieu**

Provides support for individuals and families suffering from mental health issues including providing counselling, helping in crisis, information and support groups and assisting with legal issues related to a person needing hospital care.

Member of provincial advocate for mental health, "Avant de craquer"

144 Jacques-Cartier N., Saint-Jean-sur-Richelieu, QC J3B 6S6

Telephone: (450) 346-5252

Toll Free: 1-855-CRAQUER (1-855-272-7837)

Email: [info@eclusierhr.ca](mailto:info@eclusierhr.ca)

Website: [www.eclusierhr.ca](http://www.eclusierhr.ca)

### **Parrainage Civique du Haut-Richelieu**

The organization matches people with intellectual and mental health issues with people in the community for outings and other activities (friendship, socialization).

25 Jacques-Cartier N., Office 8, Saint-Jean-sur-Richelieu, QC J3B 8C9

Telephone: (450) 347-8091

Email: [info@entreamis.ca](mailto:info@entreamis.ca)

Website: [www.entreamis.ca](http://www.entreamis.ca)

## **Relief**

Organization that supports people living with anxiety, depression or bipolarity, and their loved ones, so they can keep moving forward with virtual and in-person support groups and training. The website offers courses in self-management as well as therapist lead groups for learning to live with a mental illness.

418 Sherbrooke St. E., Office 300, Montreal, QC H2L 1J6  
Relief offices are open Monday to Friday, 9:00 a.m. to 5:00 p.m.  
Telephone: (514) 529-3081  
Website: [www.relief.ca](http://www.relief.ca)

## **Friends for Mental health**

Friends for Mental Health is a bilingual non-profit organization in the West Island of Montreal. The mission is to help individuals and families better cope with a loved one's mental illness or mental health disorder. The services offered include psychoeducational counselling, training, support groups, art therapy, respite activities, mindfulness, conferences and more.

186 Sutton Place, Suite 121, Beaconsfield, QC H9W 5S3  
Telephone: (514) 636-6885  
Monday to Friday from 9:00 a.m. to 4:30 p.m.  
Email: [info@asmfmh.org](mailto:info@asmfmh.org)  
Website: [www.asmfmh.org](http://www.asmfmh.org)

## **Havre (le) / Our Harbour**

Our Harbour provides a caring, cost-effective long-term housing program on Montreal's South Shore for people of diverse backgrounds living with mental illness. They offer life-management support, links with resources in the surrounding community and individual assistance in integrating with society. Our Harbour also educates the wider community about mental illness.

440 Notre-Dame St., Saint-Lambert, QC J4P 2K4  
Telephone: (450) 671 9160  
Email: [info@ourharbour.org](mailto:info@ourharbour.org)  
Website: [ourharbour.org](http://ourharbour.org)

## **D'un couvert à l'autre [DCL]**

A welcome centre that serves the needs of people with schizophrenia or other illnesses with psychotic features. The centre offers employment support, food aid and self-directed activities. There are not specific activities offered in English, however, all organized activities are client directed and client led and can be adapted to meet the needs of English speakers.

1301 Ste-Helene St., Longueuil, QC J4K 3S4  
Telephone: (450) 928-9898

## **Alternative Centregens**

A day centre that helps integrate members living with mental health and mood disorders into society by breaking isolation and creating a safe space for them to join.

Services: Alternative Centregens offers many different activities and programs for those who live with or have experienced mental health issues. Centregens welcomes francophone, anglophone and all communities. English language services were reduced during the Covid-19 pandemic but are slowly restarting with a monthly English language lunch and discussion.

462 Sainte-Foy Blvd., Longueuil, QC J4J 1Y2  
Telephone: (450) 651-0651  
Email: [direction@centregens.ca](mailto:direction@centregens.ca)  
Website: [www.centregens.ca](http://www.centregens.ca)

### **Service d'Intervention en Santé Mentale Espoir**

The mission is to offer support and assistance for rehabilitation, social reintegration, transitional accommodation and community support to adults in the Greater Longueuil region suffering from mental health problems or psychiatric disorders.

Services: There are activities linked to the person's recovery plan that happen in French along with supervised transitory apartments, stages 1, 2 and 3. Individual community support and community follow-ups available in English with outreach workers.

1704 Saint-George St., Le Moyne, QC J4P 3J2  
Telephone: (450) 672-4597  
Email: [info@serviceespoir.com](mailto:info@serviceespoir.com)  
Website: [www.serviceespoir.com](http://www.serviceespoir.com)

### **Centre D'Action Bénévole Interaction**

CAB Interaction is a not-for-profit organization located in Saint-Georges-de-Clarenceville. However, its activities and services are offered to the population of the cities of Clarenceville, Noyan and the northern tip of Henryville. It provides the following services:

Assistance and support to those who are disadvantaged physically and/or socially and/or psychologically and/or financially.

Administrates volunteers to deliver, give and disseminate any kind of service support and charity in the region of Saint-Georges-de-Clarenceville, Noyan and the tip of Henryville.

Encourages the recruitment, training and orientation volunteers.

100 Principale St., Saint-Georges-de-Clarenceville, QC J0J 1B0  
Telephone: (450) 294-2646  
Email: [info@cabinteraction.ca](mailto:info@cabinteraction.ca)  
Website: [www.cabinteraction.ca](http://www.cabinteraction.ca)

### **Ainsi soit-elle Centre de femmes**

The women's centre Ainsi soit-elle is an organization that welcomes and offers resources for the needs of women. The centre welcomes women of all ages, with specific needs or not, and helps facilitate social interaction, education and fosters a spirit of mutual support. While all group activities are conducted in French, there are two outreach workers who are bilingual and offer individual consultation sessions.

1224 Notre-Dame St., Chambly, QC J3L 1K3  
Telephone: (450) 447-3576  
Email: [info@ainsisoitellecdf.ca](mailto:info@ainsisoitellecdf.ca)  
Website: [ainsisoitellecdf.ca](http://ainsisoitellecdf.ca)

## **Com'femme**

Com'femme is a women's centre that has existed since 1980 and offers a variety of services including socialization activities, education activities, a listening service for those in mental distress and an individual support depending on need. There is also information available in a library of resources and the free use of computers and internet to facilitate the optimization of personal independence.

6035 Adam St., Brossard, QC J4Z 1A9

Telephone: (450) 676-7719

Email: [cf.intervenante@outlook.com](mailto:cf.intervenante@outlook.com)

Website: [www.comfemme.org](http://www.comfemme.org)

## **Alcoholics Anonymous**

Open meetings are available to anyone interested in Alcoholics Anonymous' program of recovery from alcoholism. Non-alcoholics may attend open meetings as observers. English language in-person meetings occur every Tuesday, Friday and Sunday evenings at 6:30 p.m. For more information or to find virtual meetings go on the website.

83 Churchill Blvd., Greenfield Park, QC J4V 3L8

Phone helpline: (514) 376-9230 available 9:00 a.m. to 10:00 p.m. - 7 days a week

Website: [www.aa87.org](http://www.aa87.org)

## **Developmental Disabilities and Autism**

### **S.Au.S.**

The mission of the organization is to offer programs which aim to improve the quality of life of children and teens living with level 3 autism spectrum disorder as well as family members and caregivers. The activities offered include swimming, soccer and dance as well as music therapy and a teen club.

9 Montcalm Blvd. N., #512, Candiac, QC J5R 3L5

Telephone: (514) 944-4986

Email: [lisa.kelly@s-au-s.org](mailto:lisa.kelly@s-au-s.org)

Website: [www.s-au-s.com](http://www.s-au-s.com)

### **Access Adult Education Ventures Program**

Ventures, a Social Integration and Socio-vocational Integration service from the Quebec Ministry of Education, is an inclusive program for differently abled adults located on the South Shore of Montreal. The ultimate goal for the students at Ventures is to increase their autonomy as much as possible both at home and in the workplace. In order to improve in these spheres, the students learn life skills such as cooking, cleaning, living a healthy lifestyle and social skills, as well as work skills. Ventures promotes inclusive approaches adapted to each student in order to help them reach their fullest potential.

### **S.au.S. with Access Royal Oak**

S.Au.S. with ACCESS Royal Oak is a socially centred program for adults with level 2 & 3 autism spectrum disorder. The program focuses on autonomy, life skills, functional fitness, motor skills development,

leisure and recreation, art and personal expression, technology and lifelong learning. This new program launched September 6, 2022.

The Ventures and S.Au.S. with ACCESS Royal Oak programs run from 8:30 a.m. - 3:30 p.m., Monday to Friday.

163 Cleghorn Ave., Saint-Lambert, QC J4R 2J4

Telephone: (450) 676-3636

Email: [tamarah.banks@rsb.qc.ca](mailto:tamarah.banks@rsb.qc.ca)

Website: [www.access.rsb.qc.ca](http://www.access.rsb.qc.ca)

### **South Shore Literacy Council**

The South Shore Literacy Council sponsors Ruth's Care-Share Club which offers classes for adult students with intellectual disabilities. It has expanded to a curriculum that includes literacy instruction, art projects, guided exercise and rehearsals for an annual play.

279 Hubert St., #4, Greenfield Park, QC J4V 1R9

Telephone: (450) 671-4375

Email: [ssrc@videotron.ca](mailto:ssrc@videotron.ca)

Website: [www.southshoreliteracyservices.com](http://www.southshoreliteracyservices.com)

### **Ma Deuxième Maison à Moi**

A day centre for adults with autism with services available in French and English. Numbers are limited and referrals are done in collaboration with CISSS Monteregie-Centre and East. There is also a youth services division that offers respite care, after-school care and a summer day camp. Services are offered for youth 4-21 years of age for a fee.

Telephone: (450) 671-5344

Website: [www.madeuxiememaison.org](http://www.madeuxiememaison.org)

### **Action Intégration en Déficience Intellectuelle**

AIDI was founded in 1978 by parents who wished to have a program that helped people with intellectual disabilities or who are on the autism spectrum to live full lives by developing independence, being able to socialize through targeted and personalized activities. It is for people at least 16 years old and who have a moderate intellectual disability. Services are offered mostly in French but they are available in English as well.

6180 Agathe St., Brossard, QC J4Z 1E1

Telephone: (450) 676-5058, ext. 102

Fax: (450) 676-5686

Website: [www.actionintegration.org](http://www.actionintegration.org)

## **Dementia care and respite services**

### **The South Shore Alzheimer's Society**

The South Shore Alzheimer's Society offers, through the Maison au Campanile retirement home, located in Longueuil, specialized care services for people suffering from Alzheimer's disease. The Maison au Campanile has 23 rooms that are divided into three living spaces: The Yellow House (9 rooms), the Green House (5 rooms) and the Blue House (9 rooms). Each house is a full family unit with individual rooms, a dining room and a living room.

Services: Provides information, resources, training, support and advice.

116 Norbert Blvd., Longueuil, QC J4K 2P1

Telephone: (450) 442-3333

Website: [www.alzheimer.ca](http://www.alzheimer.ca)

### **Seniors Respite Montérégie**

In home/in hospital: Led by a qualified and experienced specialist, this service provides assigned clients with personalized one-on-one activities designed just for them. This service is available seven days a week, sustaining caregivers with just-in-time respite for their loved one as needed.

In residence: Provided by experienced and dedicated professionals, this service provides clients with personalized group activities at designated seniors' residences. This service is available seven days a week, ensuring that stimulating games, cognitive activities and socialization are always available for your loved ones.

83 Churchill Blvd., Greenfield Park, QC J4V 3L8

Telephone: (450) 486-4722

Email: [info@adulthoodcare.ca](mailto:info@adulthoodcare.ca)

Website: [www.adulthoodcare.ca](http://www.adulthoodcare.ca)

### **Centre de Soutien entr'Aidants**

To assist and support caregivers who care for an elderly loved one.

Services: Support and self-help groups, individual counselling, guidance, advice, support, information and referral, conferences, respite.

1688 Gustave-Désourdy St., Saint-Hubert, QC J4T 1Y6

Telephone: (450) 465-2520

Email: [info@lappuimonteregie.org](mailto:info@lappuimonteregie.org)

Website: [www.centredessoutienentraidants.com](http://www.centredessoutienentraidants.com)

### **In Home Care Group**

To improve the quality of life for people with temporary or permanent need of assistance, allowing them to remain at home as long as possible. In Home Care Group will take care of all the tasks so you can focus on what's essential. Spending quality time with your loved ones.

Services: Home Helper, Accompanied Visits, Companionship services, Physical assistance, Personal care, Maintaining Physical shape, Nursing, Respite Care, 24 Hour care.

South Shore: (450) 482-1600

Toll-free: 1 (855) 482-1600

Website: [www.inhomecaregroup.com](http://www.inhomecaregroup.com)

## **Grief and Bereavement**

### **Natalie Segall - Grief counsellor**

Offers counselling and guides individuals, families, and caregivers who are experiencing grief and loss issues.

Telephone: (514) 222-9668



Email: [natalie@goodgriefcentral.com](mailto:natalie@goodgriefcentral.com)

Website: [www.nataliesegall.com](http://www.nataliesegall.com)

### **Rosa Caporicci - Licensed psychotherapist**

Offers grief counselling for perinatal loss: stillbirth, miscarriage, pregnancy termination, sudden infant death syndrome (SIDS).

Telephone: (514) 266-0531

Email: [info@ndgtherapy.com](mailto:info@ndgtherapy.com)

Website: [www.ndgtherapy.com](http://www.ndgtherapy.com)

### **Myra's Kids Foundation**

Monthly grief and bereavement support groups for children and teens, and also for parents and extended family.

*We Also Mourn* (WAM): a group for men who have experienced perinatal loss, still birth, or miscarriage.

Camp Jackie: Offers every summer a free, non-denominational bereavement 3-day camp for children and teenagers, ages 6 to 17.

Telephone: (514) 731-3655

Website: [www.myrakids.ca](http://www.myrakids.ca)

### **NOVA West Island**

Adult and Children Bereavement. Services provided by a team of registered nurses, health aides, program coordinators and volunteers.

Telephone: (514) 695-8335

Website: [www.novawi.org](http://www.novawi.org)

### **West Island Women's Centre**

Offers support group for women coping with a miscarriage, still birth or infant death.

Telephone: (514) 781-8529

Email: [outreach@wiwc.ca](mailto:outreach@wiwc.ca)

Website: [www.wiwc.ca](http://www.wiwc.ca)

### **Hope & Cope – Jewish General Hospital**

Offers bereavement Group Support and other services in English for those who have lost a loved one to cancer.

Telephone: (514) 340-8255

Website: [www.hopeandcope.ca](http://www.hopeandcope.ca)

### **Family Survivors of Suicide (FSOS)**

A Montreal-based suicide support group, FSOS offers emotional support on overcoming the guilt, anger, depression, and fear that follow in the wake of suicide. It helps survivors to understand the past and lighten the way to a new future.

Email: [family survivorsof suicide@gmail.com](mailto:family survivorsof suicide@gmail.com)

Website: [www.suicideaftermath.ca](http://www.suicideaftermath.ca)

## **MAAD CANADA**

Offers series of monthly online support sessions to help victims and survivors to connect with trained facilitators and with others who are experiencing similar losses and challenges.

Telephone: 1 (800) 665-6233

Website: [www.madd.ca](http://www.madd.ca)

## **Emergency Housing Resources**

### **Chambre Chez Lise**

Homeless shelter in Longueuil  
470 Chambly Rd., Longueuil, QC J4H 3L7  
Telephone: (450) 677-5201

### **Abri de la Rive Sud**

L'abri de la rive-sud is an organization that offers mixed female-male accommodations for people experiencing difficulty. The mission is to welcome, house, support and refer women and men without housing to help them get off the street.

Telephone: (450) 646-7809

Email: [admin@abri-rive-sud.org](mailto:admin@abri-rive-sud.org)

Website: [abri-rive-sud.org/hebergement/ud.org](http://abri-rive-sud.org/hebergement/ud.org)

### **L'antre-temps**

Houses young people ages 16 to 21 experiencing homelessness or who are at risk of experiencing homelessness. A safe space is offered 24/7 for young people who wish to improve their situation, individualized based on their need and their current life situation.

950 Roland-Therrien Blvd., Longueuil, QC J4J 5H3

Phone: (450) 651-0125

Email: [admin@antre-temps.org](mailto:admin@antre-temps.org)

### **La Halte du Coin**

La Halte du Coin is a non-profit organization in the Monteregie that has a mission to help vulnerable clients. La Halte du Coin is a secure, disability accessible space with a day centre and overnight accommodations.

1599 Bourassa St., Longueuil, QC J4J 3A5

Telephone: (438) 270-1633

Email: [info@lahaltesducoin.org](mailto:info@lahaltesducoin.org)

### **Hébergement La Casa Bernard-Hubert**

Non-profit organization that is dedicated to helping houseless men socially reintegrate.

*La Casa*

1215 Ste-Foy Blvd., Longueuil, QC J4K 1X4

Telephone: (450) 442-4777

*Le Relais* (transitional apartments)

7160 Ch. Chambly, Saint-Hubert, QC J3Y 3R5  
Telephone: (450) 442-4777

**Pavillon Marguerite de Champlain**

Services are intended for women who are experiencing intimate partner violence and their children. Services include temporary housing (2 months maximum), telephone services 24/7, individual and group classes, activities for the children. Located in St-Hubert.

Telephone: (450) 656-1946  
Website: [www.pavillonmarguerite.com](http://www.pavillonmarguerite.com)

**Maison Simone Monet Chartrand**

Services include support and emergency shelter for women experiencing intimate partner violence. The home is located in Chambly.

Telephone: (450) 658-9780  
Website: [www.maisonsmc.org](http://www.maisonsmc.org)

**Maison Dorimène-Desjardins**

Subsidized housing (maximum 5 years) intended for young single mothers, less than 30 years old, who want to return to their studies. Call for information from Monday to Thursday 8:30 to 4:30

111 Towner St., Saint-Jean-sur-Richelieu, QC J3B 3S8  
Telephone: (450) 346-5422  
Email: [maisondorimènedesjardins@videotron.ca](mailto:maisondorimènedesjardins@videotron.ca)

**La Maison Hina**

Emergency shelter in Saint-Jean-sur-Richelieu that offers free support 24/7 for women who experience intimate partner violence. Maison Hina offers a telephone line, community support and emergency shelter.

Telephone: (450) 346-1645  
Website: [www.maisonhina.com](http://www.maisonhina.com)

**Action Dependence - Saint-Jean-sur-Richelieu**

Temporary emergency housing for adults 18 years old and plus, who experience chronic or sporadic homelessness. The stay is around 30 days.

Telephone: (450) 348-3821, ext. 132  
Website: [www.actionsdependances.org](http://www.actionsdependances.org)

## Listening Services

### **Military Veterans**

A confidential and free service available 24/7 to veterans, former RCMP members, their family members and caregivers.

Telephone: 1 (800) 268-7708 to speak with a mental health professional or use the online chat feature

Website: [www.canada.lifespeak.com](http://www.canada.lifespeak.com)

### **Kids Help Phone/ Jeunesse J'écoute (24/7)**

Helpline: 1 (800) 668-6868 (24/7)

SMS Helpline: Text "Connect" to 686868

Website: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

### **Tel-Aide Listening Service**

Helpline: (514) 935-1101 (24/7)

Website: [www.telaidemontreal.org](http://www.telaidemontreal.org)

### **7 Cups – Emotional Support Online Chat**

Free online Therapist & Counsellors

Website: [www.7cups.com](http://www.7cups.com)

### **Vent Over Tea**

Free confidential one-on-one active listening service (Phone or video call)

Website: [www.ventovertea.com](http://www.ventovertea.com)

### **Wellness Together Canada**

Short-term counselling with mental health professionals funded by the government of Canada

Helpline: 1 (866) 585-0445

Youth SMS Helpline: Text WELLNESS to 686868

Adult SMS Helpline: Text WELLNESS to 741741

Website: [www.wellnesstogether.ca](http://www.wellnesstogether.ca)

### **Vicky's Support Line**

Black-led (Montreal) multilingual support line to provide mental health support with a decolonial approach.

Support sessions available by appointment (Friday – Sunday; 9 AM – 10 PM)

Website: [www.allovicky.com/home](http://www.allovicky.com/home)

### **Naseeha**

Web therapy and support for young Muslim community members

Helpline: 1 (866) 627-3342 (12:00 p.m. -12:00 a.m.)

Website: [www.naseeha.org](http://www.naseeha.org)

### **First Nations and Inuit Hope for Wellness Help Line**



Helpline: 1 (855) 242-3310  
Live chat service available  
Website: [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

### **National Indian Residential Schools Crisis Line**

Available 24 hours a day for anyone experiencing pain or distress as a result of his or her Residential school experience

Telephone: 1 (866) 925-4419

### **Multi-Écoute**

Listening services in many languages, information, and referral services for Canadian immigrants and refugees. Languages offered include Persian, Arabic, Spanish, English, French, Turkish, Tadjik, Urdu, German, Romanian, Russian, etc.

Telephone: (514) 737-3604  
Website: [www.multiecoute.org](http://www.multiecoute.org)

### **Centre d'écoute Monteregie**

A listening service dedicated to reducing the social isolation of individuals 50 years old and plus. Services available from 9h00 to 12h00 and 13h00 to 16h00. Volunteers who are comfortable in English can be scheduled to offer weekly phone calls.

Telephone: 1 (877) 658-8509/ (450) 658-8509  
Website: [www.ecoutemonteregie.org](http://www.ecoutemonteregie.org)

## **Eating Disorders**

### **ANEB Quebec**

Help & Reference Line (Daily: 8:00 a.m. – 3:00 p.m.):  
(514) 630-0907 (Montreal), 1 (800) 630-0907 (Outside of Montreal)  
Website: [www.anebquebec.com](http://www.anebquebec.com)

### **ANEB Ado (for teens)**

Helpline: 1 (800) 630-0907  
SMS/Text Helpline: 1 800 630-0907, online chat available  
Website: [www.anebados.com](http://www.anebados.com)

## **Domestic Violence**

### **SOS Domestic Violence**

Helpline: 1 (800) 363-9010 (24/7)  
Text Helpline: 1 (438) 601-1211 (24/7), chat available  
Email: [sos@sosviolenceconjugale.ca](mailto:sos@sosviolenceconjugale.ca)  
Website: [www.sosviolenceconjugale.ca](http://www.sosviolenceconjugale.ca)

### **Inform'elle**

A non-profit organization working in the Monteregie in order to make family law information accessible and understandable.

3757 Mackay St., Saint-Hubert, QC J4T 2V7  
Telephone: (450) 443-3442  
Legal information hotline: (450) 443-8221 or 1 (877) 443-8221 (toll-free)  
Fax number: (450) 443-2992  
Email: [droitpourelle@informelle.osbl.ca](mailto:droitpourelle@informelle.osbl.ca)

## LGBTQIA2S+

### Interligne

Helpline (24/7): (514) 866-0103 (Montreal) 1 (888) 505-1010  
Live Chat available (24/7)  
Website: [www.interligne.co](http://www.interligne.co)

### Project 10

Promoting the personal, social, sexual and mental wellbeing of lesbian, gay, bisexual, transgender, transsexual, two-spirit, intersex and questioning (2SLGBTQ+) youth and adults 14-25. Listening services provided by appointment.

Telephone: (514) 989-4585  
Website: [www.p10.qc.ca](http://www.p10.qc.ca)

### Trans Lifeline

Direct support to trans people in crisis – for the trans community, by the trans community

Helpline: 1 (877) 330-6366 (24/7)  
Website: [www.translifeline.org](http://www.translifeline.org)



## Website Resources – General Information

**Mental Health Info - Douglas Mental Health University Institute:**  
[www.douglas.qc.ca](http://www.douglas.qc.ca)

**Canadian Mental Health Association**  
[www.cmha.ca](http://www.cmha.ca)

**Monteregie Public Health Department mental health information for adolescents:**  
[www.enmodeado.ca](http://www.enmodeado.ca)

**The Cummings Centre**  
[www.cummingscentre.org](http://www.cummingscentre.org)

### Youth Space.ca

In addition to being a nightly phone and chat crisis service designed to service those younger than 30 across Canada have online resources on many mental health illnesses and topics.

[www.youthspace.ca](http://www.youthspace.ca)



## Telephone Applications

### **Mindshift**

Expert CBT-based tools to help you relax and be mindful

iOS: [Mindshift](#)

Google Play: [Mindshift](#)

### **Smiling Mind**

Mindfulness-based tools and skills building app to work on many different areas of life

iOS: [Smiling Mind](#)

Google Play: [Smiling Mind](#)

### **Moodfit**

Help monitor your mood. Teaches stress reduction and CBT coping skills

iOS: [Moodfit](#)

Google Play: [Moodfit](#)

### **Headspace**

Teaches mindfulness and meditation to reduce stress and anxiety

iOS: [Headspace](#)

Google Play: [Headspace](#)

### **Insight Timer**

Helps improve sleep and reduce anxiety through mindfulness exercises

iOS: [Insight Timer](#)

Google Play: [Insight Timer](#)

### **Healthy Minds**

Mindfulness techniques to help you be more present, connected, insightful and motivated

iOS: [Healthy Minds](#)

Google Play: [Healthy Minds](#)