



**Mental Health Resources Available
in English in Quebec**
A Resource Tool for Literacy Organizations

A resource developed by:



Literacy Quebec

March 2024



EMERGENCY

If someone is in immediate danger or requires urgent medical support, call 9-1-1.

**If someone is thinking about suicide, call or text 9-8-8
(available 24 hours a day, 7 days a week).**

If someone is experiencing gender-based violence:

**SOS violence conjugale
Toll-free: 1-800-363-9010
Text: 438-601-1211**



Mental Health Resources Available in English in Quebec

A Resource Tool for Literacy Organizations

This guide was developed by Literacy Quebec.

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How to Use This Guide

This guide was developed by Literacy Quebec for its member organizations. It lists various mental health resources and services available in English that could be useful internally with staff and volunteers, but also in working with diverse learners.

The document is broken down into common categories to simplify searches, however, some resources and services may appear in more than one section.

Please keep in mind that this guide is not intended to be an exhaustive list of all the English mental health resources and services that exist in the province. It was designed as a first step to lead to the appropriate resources that could assist and guide you.

While we have focused mainly on provincial English resources and services, we have indicated links to websites that can provide regional or local resources and services as well. Look for the icon on the right in each section for links to help you find local resources. Space was also added in each section to record these specific resources for your organization.



A complimentary information card with primary resources was also developed to be used with learners who may want a quick reference tool of resources and services.



Crisis and Suicide Prevention Resources

EMERGENCY:

- **If someone is in immediate danger or requires urgent medical support, call 9-1-1.**
 - **If someone is thinking about suicide, call or text 9-8-8 (available 24 hours a day, 7 days a week).**
-

Suicide.ca

Quebec suicide prevention hotline : 1-866-277-3553

Text: 535353

<https://suicide.ca/en>

Suicide.ca's mission is to use digital technology to prevent suicide. It provides information and support to people with suicidal thoughts and behaviours, people who are worried about someone or have lost loved ones to suicide, and professionals who work with vulnerable clientele.

Canadian Association for Suicide Prevention

Quebec suicide prevention hotline: 1-866-277-3553

<https://suicideprevention.ca/>

CASP envisions a Canada without Suicide and is a pan-Canadian organization that provides advocacy, communication and resources on suicide prevention and life promotion.



Regional Suicide Prevention Resources



Canadian Association for Suicide Prevention

To locate suicide prevention services in your area:

<https://suicideprevention.ca/resources/#support-services>

Name of resource: _____

Telephone number: _____



Mental Health Information, Help and Referral Lines

Info-Social 811

811

<https://www.quebec.ca/en/health/finding-a-resource/info-social-811>

Free and confidential telephone consultation service. The service is available 24 hours a day, 365 days a year. Anyone who lives in Québec can call Info-Social 811 for themselves or for a family member or friend.

211 Services

211

<https://www.211quebecregions.ca/en/>

211 is an information and referral service that refers citizens towards community organizations, public and parapublic services and programs near them.

Kids Help Phone

1-800-668-6868

Text CONNECT to 686868

<https://kidshelpphone.ca/>

Kids Help Phone is Canada's only 24/7 e-mental health service offering free, multilingual and confidential support to help all young people Feel Out Loud.



LÉO

1-855-768-7536

<https://www.leoquebec.org/>

LÉO is a psychological support line for people involved in cooperatives and NPOs in Quebec.

This support service (provided by Relief <https://relief.ca/relief-1/about-relief>) is free, confidential and readily available. Please note that for services in English, users must complete the online registration form.

McGill Students' Nightline

514-398-6246

<https://nightline.ssmu.ca/>

McGill Students' Nightline is a confidential, anonymous and non-judgmental listening service run by McGill students.

Tel-jeunes

Text (8 am to 10:30 pm): 514-600-1002

Phone (6 am to 2 am): 1-800-263-2266

<https://www.teljeunes.com/en/about>

Their mission to guide Quebec's youth through their everyday discoveries, first experiences, questions, and difficulties. Services are dedicated to young people between the ages of 12 and 17, their parents, school staff, and significant adults in the lives of these adolescents.



Regional Information, Help and Referral Lines



Association des Centres d'écoute téléphonique du Québec

To locate a call centre in your area:

<https://www.lignedecoute.ca/centres-decoute-telephonique-par-region/>

Name of resource: _____

Telephone number: _____



Addictions and Substance Abuse Resources

Alcoholics Anonymous Quebec

1-866-544-6322

https://aa-quebec.org/aaqc_wp/ligne-daide/

Alcoholics Anonymous is an organization of peer groups for people who struggle with alcohol addiction who meet to support each other. Non-professional, they are self-financing, they are multiracial, apolitical and they are found almost everywhere. A helpline and resources are available by city. Visit the link above to find a local resource.

Cocaine Anonymous – Quebec Area

1-877-806-0581

<https://www.caquebec.org/en/home/>

Cocaine Anonymous is open to all persons who state a desire to stop using cocaine, including “crack” cocaine, as well as all other mind-altering substances.

Crystal Meth Anonymous

1-855-638-4373

<https://www.crystalmeth.org/>

Crystal Meth Anonymous is a fellowship of people who share their experience, strength, and hope with each other, so that they may solve their common problem and help others to recover from addiction to crystal meth.



Drugs: Help and Referral (Drogue-aide)

1-800-265-2626

<https://www.aidedrogue.ca/en/>

Drugs: Help and Referral (DHR) provides support, information and referrals to anyone worried about their use of drugs, alcohol and/or medication, as well as, to their loved ones.

Gamblers Anonymous Quebec

1-866-484-6664

<https://gaquebec.org/>

Gamblers Anonymous is a fellowship of people who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from a gambling problem.

Gambling: Help and Referral (Jeu-Aide)

1-800-461-0140

<https://aidejeu.ca/en/>

Available 24/7, this specialized helpline is bilingual, free, anonymous and confidential. The counselors encourage people to reflect upon their gambling habits and refer excessive gamblers and their loved ones to proper resources.

Narcotics Anonymous

1-855-544-6362

<https://naquebec.org/en/>

Narcotics Anonymous is a worldwide fellowship of recovering addicts whose primary purpose is to help addicts stop using drugs by utilizing a twelve-step approach.



Portage Quebec

1-844-939-0202

<https://portage.ca/en/quebec/>

Portage fosters the strengths and skills of substance-dependent persons to enable them, through comprehensive and cost-effective interventions based on the therapeutic community approach, to live lives of sobriety filled with dignity, self-respect and accomplishment.

Regional Addictions and Substance Abuse Resources



Quebec government listing of certified resources by region:

https://www.msss.gouv.qc.ca/repertoires/dependances/organismes_certifier.php

Name of resource: _____

Telephone number: _____

Name of resource: _____

Telephone number: _____

Name of resource: _____

Telephone number: _____



Mental Health Resources for Families and Caregivers

Ami Quebec

514-486-1448

<https://amiquebec.org/>

AMI-Quebec helps family caregivers cope with mental illness in a loved one. Family includes those in the circle of support of someone living with mental illness (parents, spouses, siblings, adult children, friends, etc.).

APPUI proches aidants

1-855-852-7784 (open 8 am to 8 pm every day)

<https://www.lappui.org/en/>

APPUI makes everyday life easier and works to preserve the health, well-being and quality of life of caregivers. They ensure that caregivers take full advantage of the resources available across Quebec.

CAP santé mentale

1-855-272-7837

<https://www.capsantementale.ca/en/>

CAP santé mentale is a provincial (Quebec) non-profit community organization whose mission is to bring together, represent, support and mobilize organizations working with loved ones of people with mental health problems and to bring the voice of loved ones to the national plan.



Regional Resources for Families and Caregivers



APPUI proches aidants

To locate resources in your area in their resource directory:

<https://www.lappui.org/en/>

Name of resource: _____

Telephone number: _____



Mental Health Resources by Groups and Populations

2SLGBTQIA+ Populations

Aide aux trans du Québec

1-855-909-9038, #1

<https://atq1980.org/en/>

The organization offers support groups, individual appointments, training and workshops for people transitioning or questioning themselves about their gender identity, as well as family support.

Interligne

1-888-505-1010

<https://interligne.co/>

Through a 24-hour help and information service, Interligne offers support to LGBTQ+ people, their loved ones and staff from a variety of backgrounds.



Additional Resources for 2SLGBTQIA+



For a listing of additional resources:

Fierté Montréal/Pride Montreal

<https://fiertemontreal.com/en/organizations>

Pride Therapy Network of Montreal

<https://pridetherapynetworkmontreal.com/resources/>

Name of resource: _____

Telephone number: _____



Marginalized and Underrepresented Populations

Healing in Colour

<https://www.healingincolour.com/>

Directory of BIPOC mental health resources and therapists who are committed to supporting BIPOC. The database can be searched by region, service, type of delivery (online, group, individual, etc.).

Hope for Wellness

1-855-242-3310

<https://www.hopeforwellness.ca/>

Available 24 hours a day, 7 days a week to First Nations, Inuit, and Métis Peoples seeking emotional support, crisis intervention, or referrals to community-based services. Support is available in English and French and, by request, in Cree, Ojibway, and Inuktitut.

Missing and Murdered Indigenous Women and Girls Crisis Line

1-844-413-6649

<https://www.rcaanc-cirnac.gc.ca/eng/1590523702000/1590523850562>

Crisis support is available to individuals impacted by the issue of missing and murdered Indigenous women, girls, and 2SLGBTQQI+ people 24 hours a day, 7 days a week.



Multicultural Mental Health Resource Centre

<https://multiculturalmentalhealth.ca/services/local-organizations/#region-qc>

The MMHRC provides resources in multiple languages to support culturally safe and competent mental health care for Canada's diverse population.

National Indian Residential School Crisis Line

1-866-925-4419

<https://www.sac-isc.gc.ca/eng/1581971225188/1581971250953>

Crisis support is available to former Indian Residential School students and their families 24 hours a day, 7 days a week.

Promis

(514) 345-1615

<https://promis.qc.ca/en/>

Resources and services to help immigrants and refugees successfully integrate into Quebec society so they can enrich its development to the fullest extent. Support services are completely free and advisors can serve in a number of languages.



Regional Resources for Marginalized and Underrepresented Populations

Federal Government



Listing of mental health resources and services for newcomers to Canada:

<https://www.canada.ca/en/immigration-refugees-citizenship/services/new-immigrants/new-life-canada/health-care/mental-health.html>

211 Services

211 is an information and referral service that refers citizens towards community organizations, public and parapublic services and programs near them.

<https://www.211quebecregions.ca/en/>

Name of resource: _____

Telephone number: _____

Name of resource: _____

Telephone number: _____

Name of resource: _____

Telephone number: _____



Aging Population

Ami Quebec

514-486-1448

<https://amiquebec.org/seniors/>

Listing of several resources for seniors, including mental health support.

Elder Mistreatment Helpline

1-888-489-2287

<https://lignemaltraitance.ca/en>

The Mistreatment Helpline is a provincial telephone line for listening, reference and support specializing in the mistreatment of older adults and all adults in vulnerable situations.

Little Brothers

<https://littlebrothers.ca/>

Little Brothers brightens the days of socially isolated seniors 75 and over throughout Quebec by surrounding them with a caring and committed family throughout their remaining days.

Senior Wellness Centres (CHSSN)

<https://chssn.org/projects/senior-wellness-centres/>

Senior Wellness Centres (SWCs) are community-run programs that aim to maintain and improve the health and well-being of English-speaking seniors, increase access to knowledge of health and social services, and decrease social isolation through purposeful and informed programming.



Tel-aînés

514-353-2463

<https://tel-ecoute.org/programme-tel-aines/>

An anonymous, confidential and free service, available 7 days a week, from 10am to 10pm. For listening or referrals according to needs.

Regional Resources for Aging Populations

APPUI proches aidants



To locate resources in your area in their resource directory:

<https://www.lappui.org/en/>

Name of resource: _____

Telephone number: _____

Name of resource: _____

Telephone number: _____

Name of resource: _____

Telephone number: _____



Children and Youth

Kids Help Phone

1-800-668-6868

Text CONNECT to 686868

<https://kidshelpphone.ca/>

Kids Help Phone is Canada's only 24/7 e-mental health service offering free, multilingual and confidential support to help all young people Feel Out Loud.

Positive Mental Health – Rain or Shine

<https://positivementalhealth.ca/>

Rain or shine, an *Association pour la santé publique du Québec (ASPQ)* initiative in partnership with the Quebec government, offers a tool index for both activities for school professionals and parents, as well as training and interventions to support the development of youth's social and personal competencies. It also promotes the creation of favourable environments for their mental health.

Tel-jeunes

Text (8 am to 10:30 pm): 514-600-1002

Phone (6 am to 2 am): 1-800-263-2266

<https://www.teljeunes.com/en/about>

Their mission to guide Quebec's youth through their everyday discoveries, first experiences, questions, and difficulties. Services are dedicated to young people between the ages of 12 and 17, their parents, school staff, and significant adults in the lives of these adolescents.



Youth in Mind Foundation

<https://fondationjeunesentete.org/en/>

Youth in Mind Foundation's mission is to prevent psychological distress in young people aged 11 to 18 in Quebec by providing teens, their parents and school staff with online tools and awareness workshops in schools.

[Mini-guide responding to a student in psychological distress - Fondation Jeunes en Tête \(fondationjeunesentete.org\)](https://fondationjeunesentete.org)

Regional Resources for Children and Youth



Youth 4 Youth Quebec

List of mental health and self-care resources province-wide and by region:
<https://www.y4yquebec.org/english-language-mental-health-resources-in-quebec>

Aire ouverte

Health and wellness services for young people aged 12 to 25

To locate an Air ouverte Centre in your area:

<https://www.quebec.ca/en/health/finding-a-resource/aire-ouverte-services-for-young-people-aged-12-to-25>

Name of resource: _____

Telephone number: _____

Name of resource: _____

Telephone number: _____



Workplace Mental Health

Canadian Mental Health Association

<https://cmha.ca/what-we-do/national-programs/workplace-mental-health/>

Several workplace solutions are available on their website including training, a toolkit, and various resources.

LÉO

1-855-768-7536

<https://www.leoquebec.org/>

LÉO is a psychological support line for people involved in cooperatives and NPOs in Quebec.

This support service (provided by Relief <https://relief.ca/relief-1/about-relief>) is free, confidential and readily available. Please note that for services in English, users must complete the online registration form.

Regional Resources for Workplace Mental Health

211 Services



Information and referral service that refers citizens towards community organizations, public and parapublic services and programs near them.

<https://www.211quebecregions.ca/en/>

Name of resource: _____

Telephone number: _____



Mental Health Courses, Training and Workshops

Centre for Addiction and Mental Health (CAMH)

<https://www.camh.ca/en/education/continuing-education-programs-and-courses/workplace-education-and-consulting>

CAMH's workplace mental health workshops and consulting services help leaders and staff recognize the indicators, apply the tools, and build the confidence to successfully address mental health issues and build psychological health and safety in the workplace.

Mental Health Commission of Canada – Mental Health First Aid

<https://mentalhealthcommission.ca/what-we-do/mental-health-first-aid/>

The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

Mental Health and Psychological Safety at Work Master Certificate Program

[Mental Health and Psychological Safety at Work Master Certificate Program | CharityVillage](#)

This 10-part Master Certificate Program is developed by leading psychologists and mental health professionals. The interactive modules explain the many aspects related to workplace mental health and clinicians provide clear guidance on how to optimally address these delicate and complex issues within a work setting. Learning reinforcement activities, reflection exercises and testing ensures knowledge transfer.



Opening Minds

<https://openingminds.org/>

Opening Minds is the leading provider of evidence-based mental health training programs and stigma reduction initiatives across Canada. In addition to the Mental Health First Aid program, they also provide training programs that are geared for the general public, for employers and for student settings.

Regional Mental Health Courses, Training and Workshops



Name of resource: _____

Telephone number: _____



General Mental Health Resources

Canadian Mental Health Association – Quebec Division

<https://quebec.acsm.ca/en/>

Various mental health resources and services are listed on the Quebec Division of the Canadian Mental Health Association’s website.

KDE Hub: Mental Health Promotion Concepts and Principles:

https://kdehub.ca/wp-content/uploads/2023/08/Hub-tool-MHP-concepts-and-principles_FINAL.pdf

Tool to expand the understanding of the foundational concepts and principles of health promotion and mental health promotion.

Mental Health Commission of Canada

<https://www.mhfa.ca/en/safer-language-reference-guide>

“Language Matters” guide to combat stigma around mental health.

Mental Health Research Canada

<https://www.mhrc.ca/>

The website contains mental health research, statistics, a data hub, webinars, key facts and several resources.

Provincial government website on mental health

<https://www.quebec.ca/en/health/mental-health>

The website provides various mental health resources and information.

YES

<https://yesmontreal.ca/english-mental-health-services-resources/>

Various mental health resources in Quebec listed by region.



Mental Health Resources and Services for Our Organization

Name of resource:	_____
Telephone number:	_____
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