

VENT OVER TEA

ADDITIONAL RESOURCES IN MONTREAL

Addiction/Addiction Support

Al-Anon Family Groups

<https://al-anon-montreal.org/pour-nous-contacter/>

Al-Anon Family Groups provides a support group for friends and families of people suffering from alcoholism. At regular meetings, friends and family members share their experiences and learn how to apply the principles of the Al-Anon program to their own situations. There are “Ala-teen” meetings available for younger family members and friends. This service is available in English and French and meetings are free.

Chabad Lifeline: A Centre in Côte des Neiges (Montreal)

<http://www.chabadlifeline.com/>

The Chabad Lifeline offers programs and support groups for addicts and their families (alcohol, drugs, gambling, sex, eating, co-dependency), an outpatient centre (all forms of addiction), crisis intervention, support, one-on-one counselling, among other services. Services are free, for clientele of all ages, and mostly offered in English.

Drugs: Help and Referral

<http://www.drogue-aidereference.qc.ca/www/index.php?locale=en-CA>

The Drugs: Help and Referral service is a helpline for people coping with addiction. The helpline offers support by providing an attentive ear, information and resources in the region. The service is bilingual and runs 24/7.

Pavillon CRD Foster

<http://www.crdfoster.org/-Home->

Pavillon Foster offers evaluation and treatment programs to Montreal youth and adults concerned with their use of alcohol or drugs and their gambling habits. They also offer support services to family members and friends. The initial evaluation is free of cost and this session serves to create an action plan for the person which will include external resources and steps to take.

Info Line (En): (514) 486-1304

Their Adult substance abuse program is detailed here:

<http://www.crdfoster.org/Adult-substance-abuse-program>

Portage

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

Portage is a Canadian non-profit organization that helps people suffering from substance abuse-related problems to overcome their dependencies. They provide not only rehabilitation but also support groups, recreational activities and resources for families and loved ones.

Assault and Sexual Assault

Montreal Assault Prevention Centre

<http://www.epamapc.org/>

MAPC is a prevention centre aimed at helping potential victims develop skills needed in harmful situations. They offer assault prevention workshops which target populations more vulnerable to assault such as children, teenagers, women and people with physical or intellectual disabilities.

Montreal Sexual Assault Centre

<http://cvasm.org/en/index>

The CVASM provides listening and support services through a 24/7 helpline. They also offer referral to psychosocial support at health centers in Montreal and other support for victims of assault. Their website offers information in English and French.

SACOMSS McGill

<http://www.sacomss.org/wp/>

SACOMSS offers support and advocacy to survivors of sexual and physical assault of the English-speaking community of Montreal. One does not need to be affiliated to McGill to use their services. Their programs include a helpline (they have specific hours listed on their



site), drop-in counseling, support groups and advocacy, among others. Their services are free.

Community-Building/Skill-Development

L'asterisk

<https://coalitionjeunesse.org/>

A physical safe space for LGBTQ+ youth open 5days/nights per week for socializing, service referral and support. Services offered in French and English.

Centre Social D'Aide Aux Immigrants

<http://centrecsai.org/>

Center designed to help immigrants and refugees integrate into the Greater Montreal community. This center provides classes to learn French and resources to aid in finding employment for immigrants.

La Ruche d'Art St. Henri

An art hive and community in Saint-Henri where anyone is welcome to join to create art. Free art supplies are provided. Both English and French speaking individuals welcome.

Ruelle de L'Avenir

<http://www.ruelledeleavenir.org/>

Ruelle de L'Avenir focuses on adolescents and children and their social problems, including school dropouts, by promoting skill-development training through their 80 Transit program. This program also provides homework assistance, as well as themed workshops in cooking, gardening, the sciences, the arts and electronic media. This service is offered in French and is free for schools in the Commission scolaire de Montréal.

The Yellow Door

www.yellowdoor.org

The Yellow Door provides a community to “empower young people, initiate and engage in community and creative projects that promote social inclusion, combat urban isolation and spark positive societal change.” They offer free meditations, yoga lessons, tea circles, art sessions, coffeehouses, etc. A great place to meet new people in a safe, accepting and loving space.

Counselling and Therapy

AMI Quebec Action on Mental Illness Quebec □

<http://amiquebec.org/> □

AMI Quebec is a great hub of information, resources, and publications regarding the different facets of mental illness. Programs include workshops (in-person and over the phone), counselling, hospital support, support groups and much more. Most services are free (workshops, support groups, etc.), but others (counseling, etc.) have variable charges. Services offered in French and English. They also offer programs specifically targeted, such as Hoard No More! and BPD (Borderline Personality Disorder) for Families.

Argyle Institute Montreal

<http://argyleinstitute.org/en/>

The Argyle Institute offers counselling and psychotherapy services to the Montreal community. Their team is composed of trained therapists and counselors who use talk therapy to work with people through a range of mental health related issues. Their website offers information in English and French. Their prices are calculated and adjusted according to the income of the user.

L'association multiethnique pour l'intégration des personnes handicapées (AMEIHP)

<http://www.ameiph.com/>

The AMEIHP helps to break the isolation of people who have an intellectual, physical or other disability, particularly those in minority groups. This group provides resources regarding health services, social services, employment, psychosocial support, etc. This service is in French and information is provided free of cost.

The Concordia Applied Psychology Center (APC)

<https://www.concordia.ca/artsci/psychology/facilities-services/apc.html>

The in-house training clinic of the department. The APC provides therapy, counselling and assessment services to the local community. Services are provided by psychologists and

psychology interns. Fees are based on a sliding scale. Services offered in English and in French.

The Emotional Health CBT Clinic

<http://cbtclinic.ca/?lang=en> □

This clinic utilizes Cognitive Behavioural Therapy to target the thoughts and behaviors that affect our wellbeing and how well we cope with stress and difficult situations. The goal of CBT is to develop ways of thinking and behaving that promote a healthier, happier lifestyle. The clinic focuses on anxiety and mood disorders, low self-esteem, eating disorders (except anorexia), sleep disorders, and relationship difficulties. Referrals are not necessary; each session with a therapist is \$100-140, though partial fees may be covered by insurance. Services offered in French and English

Face à Face Listening and Intervention Center □

<http://faceafacemontreal.org/> □

Face à Face is a non-profit community organization that offers active listening, counselling and group support services to vulnerable and isolated individuals. Services are offered in French and English in person or by telephone with the goal of encouraging empowerment and social reintegration. Drop-in services are available.

Friends for Mental Health

<http://www.asmfmh.org/>

Friends for Mental Health offers resources mostly in the West Island that are non-profit and bilingual, helping people with mental illnesses through support groups, intervention, or psychiatric evaluation.

The McGill Psychoeducational and Counselling Clinic

<https://www.mcgill.ca/edu-ecp/about/clinic>

Through its training activities, the clinic provides low cost psychological services to people seeking both counselling and psychoeducational assessments. Psychotherapy is provided for adults only and fees are 25\$ a session. English and French.

Montreal Therapy Centre

<https://www.montrealtherapy.com/> □

A website which provides comprehensive steps and assistance to help you find a therapist. The website provides links to information on individual, couples, and family therapy, as well as more specific therapies within these groups (i.e. drama, art, or play therapy, and therapy for children and for teens). Online therapy is also available.

ProjetPal Montreal

<https://www.projetpal.com/programmes/individual-aid-accompagnement/>

Projet Pal is a Montreal-based organization. One of their programs offers Individual aid, accompaniment, and counselling to people struggling with mental health issues. Members are assisted in building their own strategy and action plan to work through the issues they are facing. Membership costs between \$2-5 and can be obtained at the center at drop-in hours.

Tel-Jeunes

<http://en.teljeunes.com/home>

Tel-Jeunes provides a team of professional counsellors available 24/7 by telephone or online to listen, provide support and offer information on any topic of concern. Services are offered both in English and French, free of charge.

Info Sante

<http://sante.gouv.qc.ca/en/systeme-sante-en-bref/info-sante-8-1-1/>

If you are looking for mental health resources near you, this number will give you information and can also give you general medical information for a non-urgent health issue.

Phone number: 811 □

Domestic Violence

WomenAWARE / FemmesAVERTIES (Montreal) ☐

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

WomenAWARE provides long-term help in supporting victims of abuse and raising awareness of domestic violence through the voices of survivors. Services include support services, abuse prevention for teens and dating, and outreach and capacity building. Services are free of charge and offered in French and English.

Women's Centre of Montreal

<http://en.centredesfemmesdemtl.org/social-support>

An organization that provides social support in specific situations such as for women who have experienced incest or conjugal violence, as well as other psychosocial supports from psychologists, social workers, and therapists. This organization also provides information for women who would like to seek advice from a volunteer lawyer. Through this service they can be informed of their rights and obligations in areas such as separation/divorce, child custody, immigration, housing, etc. For a minimal voluntary contribution (\$2 to \$5), you can arrange for a 30-minute appointment with a volunteer lawyer. It is unclear of whether this service is in French or English, though the website is available in both languages

Meditation

Studio Bliss

<http://www.studiobliss.ca/en/>

Studio Bliss offers by-donation meditation classes daily. Classes are offered in French and English.

Suicide and Crisis Intervention

Santé Montreal / Crisis Centers

<https://www.santemontreal.qc.ca/en/public/support-and-services/crisis-centres/>

Crisis centers in Montreal provide assistance to adults in state of threatening and destabilizing psychological/psychosocial distress. Available 24/7 with services including consultation, referrals, follow-up, and temporary accommodation. Services are free of charge and offered in French and English. Find your nearest Crisis Center phone number on their website.

Suicide Action Montreal

<http://www.suicideactionmontreal.org/>

24/7 free suicide hotline, targeted both at individuals who are suicidal/experiencing suicidal thoughts, and individuals who are not experiencing these thoughts themselves but who are concerned about others in their lives or have lost someone to suicide. The telephone crisis intervention service is offered 24/7 and is offered in both English and French. All other programs offered in French only.

Phone number: 1-866-277-3553

Tel-Aide

<http://www.telaide.org/en/>

A Montreal-based free listening service, in English and in French, which is anonymous, confidential and 24/7. The service is accessible to everyone who needs to talk about his or her problems, or who is thinking of suicide.

Tracom Crisis Center

<https://www.tracom.ca/home>

Tracom's mission is to offer psychosocial crisis intervention services to an adult clientele, as well as family members, caregivers, or friends of adults in distress. Tracom offer 24/7 bilingual telephone support, which is free and confidential. They also offer short-term crisis housing.