



Mental health Resources

Quebec

- 2023 -

Introduction

Navigating the mental health care system can be challenging and overwhelming, especially during difficult times. That's why we are proud to provide this guide as a resource to help you find the support and services you need.

This guide is a compilation of various mental health organizations and services available in Quebec. We are grateful to have a supportive community that shares information and resources regularly, which allowed us to gather this information and present it in an easy-to-use format.

Whether you are seeking therapy, crisis support, peer support, or general information on mental health, this guide provides a range of options to explore. We hope that by using this guide, you will find the resources that best suit your needs and receive the support you deserve.

At Vent Over Tea, we believe that everyone deserves access to quality mental health care, and we are committed to promoting mental wellness in our community. We hope that this guide will serve as a valuable tool in your mental health journey.

This guide will be updated regularly to ensure that all information is as accurate as possible.

If you are in a crisis or emergency, please consult the following resources for immediate attention:

Emergency: 911

Suicide Action Montreal (Quebec-wide): 514-723-4000

Tel-Aide: 514-935-1101

Drug and Alcohol Help: 1-800-265-2626

Legend

Throughout the guide, you will see the following icons on certain resources. Consult this legend to understand their additional services or features.



Crisis Intervention



Emergency Housing



Free Counselling



Housing Search & Accompaniment



Sliding Scale Counselling



Caregiver Support



Youth Activities



LGBTQ+ Services



Seniors Activities



Listening



Support Groups



Free Legal Services



Employment/Training



Medical Services



Addiction/Detox



Newcomer/Refugee Support



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Crisis Services

SUICIDE ACTION MONTREAL

Provincial - EN/FR - All Ages ●

Tel: 1-866-277-3553 SMS: 1-855-957-5353

Suicide Action Montréal (SAM) is to help prevent these incidents through greater access to information, quality services and resources.

suicideactionmontreal.org/

SUICIDE.CA

Canada - EN/FR - All Ages ●

Tel: 1-866-277-3553

Thinking about suicide? Worried about someone? Grieving? Suicide.ca is here for you. They provide professional and confidential service 24 hours a day, 7 days a week.

suicide.ca/

INTERLIGNE

Provincial - EN/FR - All Ages ●●●🏠⚖️

Tel: 1-888-505-1010

Interligne is a front-line organization that, through its listening, intervention and awareness services, contributes to the well-being of people concerned with sexual diversity and gender plurality.

interligne.co/

JEVI

Estrie - FR - All Ages ●

Tel: 819-564-1354

JEVI is a community organization with a mission to promote well-being and prevent suicide among the population of the seven territories in the Estrie region that it serves.

jevi.qc.ca/

MONTREAL SEXUAL ASSAULT CENTRE

Montreal & Provincial - EN/FR - All Ages ● 

Tel: 1-888-933-9007

The MSAC offers a range of bilingual services free of charge to anyone who has been a victim of sexual violence. Services are also offered to the victim's family and close friends.

cvasm.org/

MONTREAL CRISIS CENTRES

Montreal - EN/FR - All Ages ●

Tel: 819-564-1354

Crisis centres provide assistance to adults in a state of psychological or psychosocial distress and to their loved ones. Consult the list of Crisis centres at the link below.

santemontreal.qc.ca/en/public/support-and-services/crisis-centres/

Crisis Services

WEST ISLAND CRISIS CENTRE

Montreal West Island- EN/FR - Adults ● 🏠

Tel: 514-684-6160

The centre responds to the needs of adults in a state of situational crisis, emotional distress or adjustment crisis, whether suicidal or not, as well as their loved ones.

centredecriseoi.com/

ASSOCIATION IRIS

Nord-de-l'Île-de-Montréal - FR - 14+ ● 🏠

Tel: 514-388-9233

The Crisis Intervention Center has the mandate to intervene in the Montreal territories served by the CIUSSS of North Island of Montreal and to offer an alternative to hospitalization.

associationiris.ca/

LE TRANSIT

Centre-Est-de-l'Île-de-Montréal - EN/FR - Adults

Tel: 514-282-7753 ● 🏠

Le Transit is a community mental health organization with over 25 years' experience providing specialized, short-term, free and confidential crisis services to those in need.

citransit.com/

TRACOM

Centre-Ouest-de-l'Île-de-Montréal - EN/FR - Adults

Tel: 514-483-3033 ● 🏠

Tracom is a non-profit organization. Qualified crisis intervention workers are available 24/7 to take your call. We offer professional services that are free, confidential, and bilingual.

tracom.ca/

CENTRE L'AUTRE MAISON

Sud-Ouest-de-l'Île-de-Montréal - FR - All Ages

Tel: 514-768-7225 ● 🏠

The Centre L'Autre Maison is a non-profit organization that supports an alternative approach and proposes a psychosocial vision of crisis, including a free, 24/7 help line.

centredecrise.ca/autre-maison/

CENTRE DE RÉADAPTATION EN DÉPENDANCES DE L'ESTRIE

Estrie - EN/FR - All Ages ● ○ 🏠

Tel: 819-821-2500

Public Resource for alcoholism and drug, addiction, pathological gambling problems, as well as problematic use of the Internet and screens.

msss.gouv.qc.ca/repertoires/dependances/fiche_public.php?nofiche=44

Crisis Services

LE PASSANT

Estrie - FR - Men, Adults ● 🏠

Tel: 450-375-4404

The organization offers men help, support and referral so that they can stabilize, take charge of themselves and be oriented towards an environment conducive to their well-being and functioning.

lepassant5.wixsite.com/le-passant

KIDS HELP PHONE

Canada - EN/FR - Kids & Young Adults ●

Tel: 1-800-668-6868

Kids Help Phone is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French.

kidshelpphone.ca/

CENTRE DE FEMMES ENTR'ELLES

Estrie - FR - Women, All Ages ● 🏠

Tel: 450-375-0487

The Entr'elles women's center is open to all women, regardless of their social condition, age, ethnic origin, religion, sexual orientation, etc. The center offers individual and group support services.

entrelles.ca/

SOS CONJUGAL VIOLENCE

Provincial - EN/FR - All Ages ●

Tel: 1-800-363-9010

A non-profit organization whose mission is to help ensure the safety of victims of intimate partner violence (IPV) and that of their children throughout Quebec, by offering free, bilingual, anonymous and confidential referral services. Available 24/7.

sosviolenceconjugale.ca/

Community Centres

COLLECTIVE COMMUNITY SERVICES

Montreal - EN - All Ages 

Tel: 514-937-5351

For more than 90 years the not-for-profit CCS Collective Community Services has worked to build networks of support to serve those in our community most in need of a helping hand.

ccs-montreal.org/

BLACK MENTAL HEALTH CONNECTIONS MTL

Montreal - EN/FR - All Ages 

Tel: 514-342-0000

BMHC MTL empowers members of Black communities by breaking mental health barriers and promoting healing through culturally competent education and innovative community care.

bmhcmtl.ca/

HEAD & HANDS


Montreal - EN/FR - All Ages 

Tel: 514-872-9444

Head & Hands has provided medical, legal and social services to Montreal youth. Their services include free weekly drop-in clinics, counselling, youth parents' program, youth drop-in, and more.

headandhands.ca/

BGC DAWSON

Verdun, Montréal - EN - All Ages 

Tel: 514-388-9233

BGC Dawson is a safe and supportive community centre that offers a wide range of educational, recreational, and social programs.

bgcdawson.ca/

OMETZ/L'ANNEXE

Montreal - EN/FR - 16-35 

Tel: 514-342-0000

L'Annexe: the Ometz Centre for Young Adults is a diverse, LGBTQ-affirming Jewish social service & community space open to everyone aged 16-35.

ometz.ca/lannexe/

WOMEN'S CENTRE OF MONTRÉAL

Montreal - EN/FR - Women 

Tel: 514 842-4780

Their mission is to provide educational and vocational training, as well as information, counselling and referral services to help women help themselves.

centredesfemmesdemtl.org/

Community Centres

WEST ISLAND WOMEN'S CENTRE

Montreal West Island - EN/FR - Women 

Tel: 514-695-8529

The WIWC is a dynamic and widely-used non-profit community organization dedicated to improving the quality of life of women.

wiwc.ca/

GROW STILL


Montréal - EN - 18-32 

Tel: 514-388-9233

Provides guidance and support services to emerging adults (18-32) struggling with psychosocial, physical and occupational health, while promoting holistic wellness, help-seeking behaviour, social connectedness, and healthy workplace development.

growstill.org/

PROJECT 10

Montreal - EN/FR - 14-30 

Tel: 514-989-0001

All services at Project 10 are free, confidential and anonymous, including our support services. They are open to 2LGBTQ+ youth between 14-25.

p10.qc.ca/

WEST ISLAND LGBTQ2+ CENTER


Montreal West Island - EN - 13+ 

Tel: 514-794-5428

The West Island LGBTQ2+ Centre is the only LGBTQ2+ resource in the West Island. The Centre has a series of programs that cater to different demographics within the community.

lgbtq2centre.com/

TRANS ESTRIE


Estrie - EN/FR - 12+ 


Tel: 873-989-1298

TransEstrie is a community organization that aims to support, accompany and represent trans and non-binary people in the Estrie region.

transestrie.org/

ASSISTANCE AND REFERRAL CENTRE

Montreal's South Shore - EN - All Ages 

Tel: 514-605-9500 

Dedicated to assisting and empowering people of all ages to access health and social services, information, resources, programs, and activities in English on the South Shore.

arc-hss.ca/

Counseling & Support Groups

AMI-QUEBEC

Montreal - EN - All Ages    

Tel: 514-486-1448

AMI-Quebec is a non-profit organization that helps families manage the effects of mental illness through support, education, guidance, and advocacy. Their programs are free!

amiquebec.org/

FACE À FACE

Montréal - EN/FR - All Ages    

Tel: 514-934-4546

The Face à Face Listening and Intervention Centre is a non-profit community organization dedicated to addressing the concerns of individuals in need.

faceafacemontreal.org/

COMMUNITY PERSPECTIVE IN MENTAL HEALTH

Montreal West Island - EN/FR - 18+   

Tel: 514-342-0000

Community organization dedicated to helping people with mental health problems achieve their fullest potential while meeting the challenges of everyday living within their community.

pcsm-cpmh.org/

FRIENDS FOR MENTAL HEALTH

Montreal West Island - EN/FR - 18+ 

Tel: 514-636-6885

Friends for Mental Health is a non-profit organization that offers support and other resources to those close to a person with a mental health issue.

asmfmh.org/en/

RELIEF

Montreal - EN/FR - 18+ 

Tel: 1-866-738-4873

Offers several services to help you and loved ones live with anxiety, depression or bipolarity. Includes support groups and self-management support.

relief.ca/relief-1/

Listening Services

VENT OVER TEA

Montreal/Sherbrooke - EN/FR - 14+

BOOK A VENT SESSION

Free and confidential active listening service to all members of the local community to promote mental wellness and connection.

ventovertea.com/

TEL-AIDE MONTREAL

Montréal - EN - 18-32 

Tel: 514-935-1101

Provides guidance and support services to emerging adults (18-32) struggling with psychosocial, physical and occupational health, while promoting holistic wellness, help-seeking behaviour, social connectedness, and healthy workplace development.

telaideмонтreal.org/en/

MCGILL STUDENTS' NIGHTLINE

Montreal - EN - McGill Students

Tel: 514-398-6246

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

nightline.ssmu.ca/

CONCORDIA STUDENTS' NIGHTLINE

Montreal - EN - All Ages

Tel: 514-848-7787

A confidential, anonymous, non-judgemental listening service run by Concordia students, open to all.

facebook.com/concordiastudentsnightline/

VICKY

Montréal - EN/FR - All Ages

Vicky is a Black-led multilingual support line project with a decolonial approach. Vicky is here for Black and Indigenous people in what colonisers named Montreal.

allovicky.com/

WELLNESS TOGETHER

Canada - EN/FR - All Ages

Mental health and substance use support for people in Canada and Canadians abroad. Always free and virtual, 24/7.

wellnesstogether.ca/

Housing Services

AUBERGE MADELEINE

Montreal - FR - Women 18+ ● 🏠

Tel: 514-597-1499

The Auberge Madeleine's mission is to welcome, house, and support single women experiencing homelessness aged 18 and over. Their shelter is free, ranging from a few weeks to a few months in response to immediate needs.

aubergemadeleine.org/

AUBERGE TRANSITION

Montreal - EN/FR - Women & Children ●●●○ 🏠🏠

Tel: 514-481-0495

Feminist organization whose primary mandate is to offer shelter, information, counselling and follow-up services to women who are currently experiencing or have experienced any form of spousal abuse.

aubergetransition.org/

MISSION OLD BREWERY

Montreal - EN/FR - All Ages ●● 🏠

Tel: 514-798-2244

Open 24/7, the Mission's emergency services are a gateway to transition programs and resources driven by a network of professionals and partners whose collective goal is to end chronic homelessness.

missionoldbrewery.ca/

AUBERGE SHALOM

Montréal - EN/FR - Women & Children ●● 🏠

Tel: 514-731-0833

Based in Montreal, Auberge Shalom offers diverse and comprehensive services for women and children who have been affected by intimate partner abuse.

aubergeshalom.org/

LA MAISON ST. JACQUES

Montreal - FR - 18+ ●●

Tel: 514 526-4132

La Maison St-Jacques mission is to offer services to underprivileged populations that the State are not able to support. This includes housing and support groups.

maisonstjacques.com/

REFUGE DES JEUNES

Montreal - EN/FR - Men, 17-25 ●●○● 🏠🏠

Tel: 514-849-4221

A day, evening and night shelter located at 1836 Sainte-Catherine Street East in Montréal. All services provided by the Refuge des Jeunes are free of charge.

refugedesjeunes.org/

Housing Services

O3 ON OUR OWN

Montreal - EN - Parents 16-30



Tel: 514-369-0757

On Our Own (O3) is a Montreal-based non-profit that offers support services and transitional housing to young, vulnerable parents and their children.

o3onourown.com/

OUR HARBOUR

Montreal's South Shore - EN - 18+



Tel: 450-671-9160

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.

ourharbour.org/

Food Banks & Day Centres

MOISSON ESTRIE

Estrie - EN/FR - All Ages 

Tel: 819-822-6025

Moisson Estrie is a socio-economic organization dedicated to reducing food waste and redistributing foodstuffs, directly or through partner organizations, to persons who are experiencing financial vulnerability.

moissonestrie.com/

MAISON BENOÎT LABRE

Southwest Montreal - EN - All Ages  

Tel: 514-937-5973

An inclusive place providing the necessary support, services and resources to the most vulnerable population in order to improve the living conditions of everyone.

benedictlabre.org/

Resource Centres

211 QUEBEC

Provincial - EN/FR - All Ages

Tel: 211

Information and referral service that refers citizens towards community organizations, public and para-public services and programs near them. This includes a 24/7 hotline, online directory and statistical reports.

211qc.ca/

DRUGS: HELP AND REFERRAL

Provincial - EN/FR - All Ages 🇩🇪

Tel: 514 527-2626

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.

aidedrogue.ca/

WELCOME COLLECTIVE

Montreal - EN/FR - All Ages ❤️

Welcome Collective is an organization whose core mission is to mobilize Montreal's local community to provide immediate help to the city's most precarious refugee claimants.

welcomecollective.org/

MENTAL HEALTH CANADA

Canada - EN/FR - All Ages

Resource list for Mental health & illness, suicide prevention, post-traumatic stress disorder (PTSD), cannabis and mental health and more.

canada.ca/en/public-health/topics/mental-health-wellness.html

LIGNE PARENTS

Montreal - FR - Parents

Tel: 1-800-361-5085

As specialists in the parent-child relationship, the professional interveners at Ligne Parents offer free and confidential services 365 days a year.

ligneparents.com/

REGROUPEMENT DES RESSOURCES ALTERNATIVES EN SANTÉ MENTALE DU QUÉBEC

Provincial- EN/FR - All Ages

Tel: 514-523-7919

RRASMQ is a non-profit coalition with over a hundred community-based organizations in Quebec which includes peer support groups, crisis centers, transition houses, treatment centers, hot lines, etc.

rrasmq.com/index.php

Counselling (Paid)

WEST ISLAND THERAPY AND WELLNESS CENTRE

West Island - EN/FR - All Ages ●

Tel: 514-696-0948

Comprehensive and compassionate approach online and in-person. This includes Individual, couple, family therapies, workshops and corporate wellness training, and academic assessments, speech and occupational therapy.

westislandtherapycentre.com/

MONTREAL THERAPY CENTER

Montreal - EN/FR - All Ages ●

Tel: 514-244-1290

Professional counselling and psychotherapy services in Montreal at a sliding scale rate. Services include individual, family, couples and group therapies.

montrealtherapy.com

THE SEDONA COUNSELLING CENTRE OF MONTREAL

Montreal - EN/FR - All Ages ○

The Sedona Counselling Centre of Montreal is a healing hub offering psychotherapy, couple counselling, family therapy, post-divorce services and child/teen therapy.

centresedona.com/

CONNECTE PSYCHOLOGY

Montréal - EN/FR - All Ages ●

Tel: 514-507-0745

Connecte Psychology offers a variety of services, including individual and couples' sessions, workshops, as well as virtual therapy to best help meet needs.

connectepsychology.com/

NUMINUS CLINIC

Montreal - EN/FR - 18+ ●

Tel: 514-481-0317

Numinus offers trauma-informed, person-centred therapies. This includes individual, group and couples therapy. They also offer psychedelic services.

numinus.com/

CBT CLINIC

Montreal - EN/FR - All Ages ●

Tel: 514-485-7772

Dynamic group of therapists with expertise in CBT, a results-oriented short term therapy. Affiliated with McGill University, the CBT Clinic offers sliding scale CBT therapy.

cbtclinic.ca/

Counselling (Paid)

OPEN PATH COLLECTIVE

Canada - EN/FR - All Ages ●

Nonprofit that allows therapists to provide affordable, in-office and online psychotherapy sessions between \$40 and \$70 (\$30 for student intern sessions)

openpathcollective.org/

Miscellaneous

AIDE JURIDIQUE MONTREAL/LAVAL

Montreal/Laval - EN/FR - 18+ 

Tel: 514-864-2111

CCJM provides legal aid to the residents of the territories of Montreal and Laval pursuant to the Act respecting legal aid and the provision of certain other legal services.

aidejuridiquedemontreal.ca/

AIDE JURIDIQUE ESTRIE

Estrie - EN/FR - 18+ 

Tel: 1-866-558-9222

Works to ensure access to justice to those people who are financially admissible and reside in the Eastern Townships, by providing services to exercise their rights free of charge or with a financial contribution.

aidejuridiqueestrie.ca/ccje-en/

ESTRIE AIDE

Estrie - FR - All Ages

Tel: 819-346-9714

Offers a wide range of everyday objects (furniture, clothing, electronics, etc.) that have been revalued and thus given a second life.

estrieaide.com/

YES EMPLOYEMENT

Montreal - EN/FR - 18+ 

Tel: 514-878-9788

Helps English-speaking Quebecers reach their potential. Teaching skills and confidence to develop a personal career or business strategy through workshops, personalized coaching, and so much more.

yesmontreal.ca/

CARREFOUR JEUNESSE-EMPLOI

Montreal - FR - 16-35 

Tel: 514-875-9770

Supports Montreal youths by motivating and mentoring them in pursuit of their educational, professional, creative, or entrepreneurial projects aimed at finding their place in the Montreal job market and beyond

cjemontreal.org/

BLACK HEALING FUND

Montreal - EN/FR - All Ages

Growing, volunteer-run initiative that exists to provide low-income Black folks in the Tio'tia:ke / Montreal area with discretionary funding and resources that contribute to mental health and wellness.

blackhealingfund.com/

Miscellaneous

HEALING IN COLOUR

Canada - EN/FR - All ages

Healing in Colour offers a directory of BIPOC therapists who are committed to supporting BIPOC.

healingincolour.com/

ALTERHEROES

Provincial - EN/FR - All Ages

Ask Your Question! is 100% anonymous and confidential support on all topics related to sexual diversity, gender plurality, sexual health and intimate relationships.

alterheros.com/en/

COMPENSATION FOR CRIME VICTIMS

Provincial - EN/FR - All Ages

Tel: 1-800-561-4822

IVAC is concerned first and foremost with crime victims, and its mission is to support them and help them access the financial assistance they need for their rehabilitation and return to daily life.

ivac.qc.ca/

FEMMTL

Provincial - EN/FR - All Ages  

A community organization providing support to trans women and transfeminine people.

femtl.ca/

CENTRE FOR GENDER ADVOCACY

Montreal - EN/FR - 18+ 

Tel: 514-937-2110

Independent, student-funded, Concordia University organization mandated to promote gender equality and empowerment, particularly as it relates to marginalized communities.

genderadvocacy.org/

CHSSN (ADAPTATION INITIATIVE)

Provincial - EN/FR - All Ages

information about community organizations, funded by CHSSN and Health Canada, who aim to enhance the vitality of English-speaking minority communities in Quebec.

chssn.org/projects/adaptation-project/

Other Resources

Our community is our strength. We encourage you to check out resource lists from other sources to support your mental health needs. We understand we might not have all the answers you seek, but we hope our friends do! Click the logos to visit their resources.



amiquebec.org/



bmhcmmtl.ca/



pcsm-cpmh.org/



mentalhealthestrie.com/



yesmontreal.ca/



CENTRE FOR ACCESS TO
SERVICES IN ENGLISH
CENTRE D'ACCÈS POUR
SERVICES EN ANGLAIS

casemcq.com/



jupartners.net/

If you have any resources to share, please let us know! Email info@ventoverttea.com with the subject line "Recommended Resource".



Book a vent session at ventovertea.com



@ventovertea