Mental Health Resources

Made by the Cornwall Student Union for the Students of St. Lawrence College and its Communities

November 2022



For Eastern Ontario and Western Quebec Focusing on the Communities of Cornwall, Brockville, and Kingston

This document was created to protect our students and the members of the communities in which they live with best resources possible.

Please use this document and it’s contents when needed and share to help others when needed.

**“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.”**

* **Elisabeth Kübler-Ross**

**This [memorial] tree, and this document is dedicated to the students of SLC that could not find there way out of the depths of their struggles. May we remember them always, through the life of this tree. Please remember that when you struggle, to seek the help you need, because with that help, tomorrow is always a possibility.**

**Mental Health Resources for Eastern Ontario/Western Quebec**

Crisis (Ottawa and SD&G and Russell Counties):

* <http://crisisline.ca/> or 1-866-996-0991

Suicide Prevention (Ottawa, SD&G and Russell Counties):

* <http://suicidepreventionottawa.ca/> or 613-729-0577

Free Therapy (Virtual):

* [Stronger Minds by MindBeacon](https://www.mindbeacon.com/strongerminds-home)
* [www.whatsupwalkin.ca](http://www.whatsupwalkin.ca)

Affordable Therapy:

* [Psychotherapy Online and In Office Toronto — Advance Health](https://www.advancehealth.ca/psychotherapy-landing?gclid=EAIaIQobChMI8PWwiMLv-QIVD5SzCh1QLQsvEAAYASAAEgIJtPD_BwE)
* [BetterHelp - Help us match the right therapist for you](https://www.betterhelp.com/helpme/?utm_source=AdWords&utm_medium=Search_PPC_c&utm_term=online+therapy_p&utm_content=137146879852&network=g&placement=&target=&matchtype=p&utm_campaign=15794153178&ad_type=text&adposition=&gclid=EAIaIQobChMIzuCTl8Lv-QIVEPfjBx1T6wwtEAAYASAAEgKjTfD_BwE&not_found=1&gor=helpme)
* [Online Therapy Services in Ontario | Psychotherapy Collective](https://www.psychotherapycollective.ca/?gclid=EAIaIQobChMIzuCTl8Lv-QIVEPfjBx1T6wwtEAAYAiAAEgLIw_D_BwE)
* [Ask a Question, Get an Answer ASAP! (justanswer.com)](https://www.justanswer.com/sip/therapists?r=ppc|ga|1|||&JPKW=therapist&JPDC=S&JPST=&JPAD=470946655168&JPMT=b&JPNW=g&JPAF=txt&JPRC=1&JPCD=&JPOP=&cmpid=11234680707&agid=105425031570&fiid=&tgtid=kwd-10299021&ntw=g&dvc=c&r=ppc|ga|1|||&JPKW=therapist&JPDC=S&JPST=&JPAD=470946655168&JPMT=b&JPNW=g&JPAF=txt&JPRC=1&JPCD=&JPOP=&cmpid=11234680707&agid=105425031570&fiid=&tgtid=kwd-10299021&ntw=g&dvc=c&gclid=EAIaIQobChMItoa-tcLv-QIVDpSzCh0NdATOEAAYASAAEgIiCPD_BwE)
* [Starting Therapy | Shift Collab](https://www.shiftcollab.com/starting-therapy)
* [Affordable Counseling | Affordable Therapy | Open Path Collective](https://openpathcollective.org/)
* [Counseling In-person & Online | Layla](https://www.layla.care/)

Self-Help Resources:

* [Mental Health Resources for Young Adults | Stella's Place (stellasplace.ca)](https://stellasplace.ca/for-young-adults/)
* [Anxiety — Advance Health](https://www.advancehealth.ca/anxiety?gclid=EAIaIQobChMI8vjzh8Tv-QIVj__jBx3hdA0BEAMYASAAEgLQS_D_BwE)
* [Psychological First Aid - Self-Care | Canadian Red Cross Learning](https://learn.redcross.ca/p/psychological-first-aid-self-care?adgroup=%7Badgroup%7D&utm_campaign=%7Bcampaign%7D&utm_source=google&utm_medium=cpc&utm_adid=%7Badid%7D&utm_keyword=mental%20health&gclid=EAIaIQobChMIgMixlcTv-QIV0vrICh2sag_2EAAYAiAAEgK4rvD_BwE)
* [Coping With COVID-19 - Anxiety Canada](https://www.anxietycanada.com/covid-19/)
* [COVID-19 resources | COVID-19 resources toolkit | mental health | self-care | grief support | family support (spectrumhealthcare.com)](https://spectrumhealthcare.com/resources/covid-19-resources-toolkit/)
* [Managing Stress, Anxiety and Substance Use During Covid-19: A Resource For Healthcare Providers [infographic] (ccsa.ca)](https://www.ccsa.ca/sites/default/files/2020-04/CCSA-COVID-19-Stress-Anxiety-and-Substance-Use-Health-Care-Providers-Infographic-2020-en.pdf)
* [HelpGuide.org](https://www.helpguide.org/)
* [how\_breathing\_affects\_feelings\_en-gb.pdf (centreforchange.ca)](https://www.centreforchange.ca/images/ClientFollowUpResources/how_breathing_affects_feelings_en-gb.pdf)
* [tidesinfosheetselfmanagement-pdf.pdf (camh.ca)](https://www.camh.ca/-/media/images/all-other-images/covid-19-professionals/tidesinfosheetselfmanagement-pdf.pdf)
* [tidesinfosheetcollabcomm-pdf.pdf (camh.ca)](https://www.camh.ca/-/media/images/all-other-images/covid-19-professionals/tidesinfosheetcollabcomm-pdf.pdf)
* <http://togetherall.com/en-gb/big-white-wall/>
* <http://bounceback.cmha.ca>
* [Mental Health and the COVID-19 Pandemic | CAMH](https://www.camh.ca/en/health-info/mental-health-and-covid-19)
* [The Genwell Project – The Human Connection Movement](https://genwellproject.org/)

Resources for the Helper- How to Support Others with Mental Health:

* [Earn your Be Their Certificate!!](https://betherecertificate.org/)
* [COVID-19 Response (jack.org)](https://jack.org/COVID-Response)

Grief Resources:

* [What's Your Grief Podcast (whatsyourgrief.com)](https://whatsyourgrief.com/grief-podcast/)
* [Grief and COVID-19: Mourning our bygone lives (apa.org)](https://www.apa.org/news/apa/2020/grief-covid-19)
* [Verywell Mind - Know More. Live Brighter.](https://www.verywellmind.com/)
* [Anticipatory Grief: Signs and How to Cope | A Place for Mom](https://www.aplaceformom.com/caregiver-resources/articles/anticipatory-grief)
* [Loss, grief, and healing | CAMH](https://www.camh.ca/en/health-info/mental-health-and-covid-19/loss-grief-and-healing)

Additional Mental Health Resources:

* [takecare19 | accessible & inclusive mental health through COVID-19](https://takecare19.com/)
* [ocfp-mh-patient-resources.pdf (ontariofamilyphysicians.ca)](https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/community-supports-special-populations/ocfp-mh-patient-resources.pdf)
* [Psychological First Aid - Self-Care | Canadian Red Cross Learning](https://learn.redcross.ca/p/psychological-first-aid-self-care?adgroup=%7Badgroup%7D&utm_campaign=%7Bcampaign%7D&utm_source=google&utm_medium=cpc&utm_adid=%7Badid%7D&utm_keyword=mental%20health&gclid=EAIaIQobChMI-d2Xgsfv-QIVk0lyCh3IqgnJEAAYAiAAEgKHQvD_BwE)
* [Resources for health care workers during COVID-19 | CAMH](https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals)
* [#HealthyAtHome - Mental health (who.int)](https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---mental-health?gclid=EAIaIQobChMIiuC2qcfv-QIVhYfICh1IUQiqEAAYAiAAEgLt3vD_BwE)
* [Self-Care | CAMH](https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals/self-care)
* [Behavioral Health - Neighborhood Health Center - Buffalo, NY (nhcwny.org)](https://nhcwny.org/services/service%3Abehavioral-health/?gclid=EAIaIQobChMI4LvTzsfv-QIVid7ICh3NoQQVEAAYASAAEgJoWvD_BwE)
* [Mental Health and Wellness Support - Friends of Ruby](https://www.friendsofruby.ca/programs-and-services/mental-health-and-wellness-support/)
* [Virtual Counselling - WES For Youth Online](https://wesforyouthonline.ca/virtual-counselling-2/?gclid=EAIaIQobChMI4LvTzsfv-QIVid7ICh3NoQQVEAMYAiAAEgLdc_D_BwE)
* [Home - Project Helping](https://projecthelping.org/?gclid=EAIaIQobChMI4LvTzsfv-QIVid7ICh3NoQQVEAMYAyAAEgIoCPD_BwE)
* [Greenspace | Patients (greenspacehealth.com)](https://www.greenspacehealth.com/en-ca/patients)
* [Mental Health Mondays: Free Covid-19 & Mental Health Resources - artsUNITE / UNITÉ des arts](https://www.artsunite.ca/mental-health-mondays-free-covid-mental-health-resources/?lang=fr)
* [Digital Mental Health Help | SureHealth](https://www.surehealth.ca/mental-health?gclid=EAIaIQobChMIztuFmsjv-QIVFpXICh0RzwLAEAMYAiAAEgIDj_D_BwE)
* <https://campusmentalhealth.ca/toolkits/>
* <https://campusmentalhealth.ca/knowledge-sharing/>
* <https://campusmentalhealth.ca/resource/a-practical-guide-to-mental-health-and-the-law-in-ontario/>
* <https://campusmentalhealth.ca/resource/promoting-youth-mental-health-through-the-transition-from-highschool/>
* <https://www.ncbi.nlm.nih.gov/books/NBK567376/>
* <https://mentalhealth.csmls.org/i-am-a-student/>
* <https://ontariosuniversities.ca/issues-priorities/student-supports>
* <http://www.crisisline.ca/>
* Talk4healing (for Indigenous women) 1-855-554-HEAL (4325)

**National Resources**

* Crisis Services Canada provides 24/7 support to people in Canada.
	+ Call 1-800-456-4566 or
	+ text 45645
* National Suicide Prevention Lifeline provides 24/7.
	+ Call 1-800-273-8255.

**Good2Talk- Has services dedicated to Post Secondary Students!!**

* 1-866-925-5454 (available 24/7)
* Text GOOD2TALKNS to 686868
* You can talk to a mental health professional one on one:
	+ **Call 1-866-585-0445 or text WELLNESS to**:
		- 686868 for youth
		- 741741 for adults

### Find mental health support for Indigenous people

Indigenous peoples can contact Hope for Wellness for immediate mental health counselling and crisis intervention across Canada. To get help:

* call 1-855-242-3310 (toll-free)
* [use the live web chat](https://www.hopeforwellness.ca/)

Services are available in some Indigenous languages.

Indigenous women- This resource is available in English only.

Indigenous women can contact [Talk 4 Healing](https://www.talk4healing.com/) for culturally appropriate and confidential support and resources seven days a week, 24 hours a day. Services are available in 14 languages. To get help:

* call or text 1-855-554-4325
* [use the live web chat](http://www.talk4healing.com/live-chat/)

Hope for Wellness Help Line

* Call 1-855-242-3310 (toll-free) or connect to the [online Hope for Wellness chat](https://www.hopeforwellness.ca/).
* to all Indigenous peoples across Canada who need immediate emotional support, crisis intervention or referrals to community-based services
* in English and French and, on request, in Cree, Ojibway and Inuktitut
* [Access programs and services to improve your mental health and help prevent suicide in Indigenous communities](https://www.sac-isc.gc.ca/eng/1576089278958/1576089333975)

**Mental health, wellness, and addictions support**

If you are **currently receiving mental health and addictions services and support**, please contact your current service provider. Many providers are modifying their services to offer virtual care, meeting clients by phone or secure videoconferencing.

**If you aren’t currently receiving services** and would like support for your wellbeing, there are services and information you can access online or by phone.

You can find information about programs that may be right for you based on your mental health and addictions needs, and the type of support that you prefer. You can:

* [find public mental health or addiction programs](https://www.ontario.ca/#mental-health-addictions-programs)
* [access self-led telephone or online therapy for stress, anxiety, and depression](https://www.ontario.ca/#self-led-therapy)
* [find services for children and youth](https://www.ontario.ca/#mental-health-children-youth)
* [talk to or text a professional counsellor if you are a post-secondary student](https://www.ontario.ca/#mental-health-post-secondary)
* [find culturally appropriate support for Indigenous people](https://www.ontario.ca/#mental-health-indigenous)
* [get support if you are a health care worker](https://www.ontario.ca/#support-health-care-worker)

**Find public mental health or addiction programs**

For help connecting with the right public mental health and addictions program or support across Ontario, contact ConnexOntario - available 24/7:

* call 1-866-531-2600 (toll-free)
* [use the online chat](https://www.connexontario.ca/Home/Chat) (in English only)
* [visit the ConnexOntario website](https://www.connexontario.ca/)

**Access self-led telephone or online therapy for stress, anxiety, and depression**

[BounceBack](https://bouncebackontario.ca/) is a free skill-building program that adults and youth 15+ can access over the phone. With the guidance of a coach, you’ll work through a series of workbooks at your own schedule, to gain practical skills to better manage low mood, anxiety, worry or stress. You’ll learn things like how to improve your mood by changing the way you think or respond to things.

You can find:

* [workbooks and coaching](https://bouncebackontario.ca/get-started-bounceback-coaching/) available for youths and adults (15 and older) in English and French. For those 19 and older, content is also available in Arabic, Farsi, Spanish and Traditional Chinese.
* [videos](https://bouncebackontario.ca/get-started-bounceback-today-videos/) with helpful tips, available in English, French, Arabic, Farsi, Cantonese, Mandarin, and Punjabi

[Breaking Free Online](https://www.breakingfreeonline.ca/) is a free online support tool designed to help you reduce or stop the use of over 70 substances, such as tobacco, alcohol, and drugs, including opioids.

Breaking Free Online uses practical, self-guided courses , positive coping skills and behaviour change techniques to support individuals in recovery and help prevent a relapse. It can be used alone, or as part of an ongoing treatment program supervised by clinicians.

It is:

* free for Ontarians 16 and older
* available [online](https://www.breakingfreeonline.ca/) 24 hours a day, 7 days a week
* easy, safe, and confidential
* available in English and French

### Find mental health resources for children and youth

There are [mental health services for children and youth](https://www.ontario.ca/page/mental-health-services-children-and-youth) under 18 across Ontario.

#### Talk to or text a counselor

For support at any time of day, children and youth can call 1-800-668-6868 or text CONNECT to 686868 to contact [Kids Help Phone](https://kidshelpphone.ca/). Kids Help Phone can also help you [find public resources, services and support for children and youth based on your location](http://www.kidshelpphone.ca/resourcesaroundme).

**For youth and young adults**

**Kids Help Phone**

Available 24 hours a day to Canadians aged 5 to 29 who want confidential and anonymous care from trained responders.

* Call 1-800-668-6868 (toll-free) or text CONNECT to 686868.

**Additional resources and access to support is available through**[**Facebook Messenger**](https://kidshelpphone.ca/get-virtual-support-with-facebook-messenger/)**and the**[**Kids Help Phone website**](https://kidshelpphone.ca/)**.**

### Get support if you are a health care worker

If you are a health care worker impacted by stress related to COVID‑19, support is available to help you cope. This support includes resources you can access on your own, with a group of peers or with a clinician.

Find [resources you can access on your own](https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals) with tips and ideas to help you maintain your mental wellness and cope with stress.

Participate in an online session with peers to learn about ways to build resilience and maintain wellness through lectures and case-based discussions by joining:

* [ECHO Coping with COVID](https://camh.echoontario.ca/echo-coping-with-covid/), which is designed for health care providers and doctors responding to the COVID‑19 pandemic (meets twice per week)
* [ECHO Care of the Elderly for LTC: COVID‑19](https://clri-ltc.ca/resource/echo-covid19/), which is designed for those working in long-term care settings (meets once a week)

These resources are available in English only.

If you are a frontline health care worker and would like confidential support from a clinician, you can self-refer online or by phone to any of the access points below.

* [Ontario Shores Centre for Mental Health Sciences, Whitby](https://www.ontarioshores.ca/services/health-care-worker-assist) (in English only)
* [St. Joseph’s Healthcare, Hamilton](https://www.stjoes.ca/hospital-services/mental-health-addiction-services/connect-mental-health-and-addiction-outpatient-programs/covid-19-mental-health-services-for-hcw) (in English only)
* [The Royal Ottawa Mental Health Centre, Ottawa](https://www.theroyal.ca/covid-frontline-wellness)
* [Waypoint Centre for Mental Health Care, Penetanguishene](http://www.waypointcentre.ca/programs_and_services/c_o_v_i_d_frontline_wellness)
* [Centre for Addictions and Mental Health (CAMH), Toronto](http://www.camh.ca/covid19hcw)

The [Canadian Mental Health Association, Ontario Division](https://ontario.cmha.ca/) has developed [Your Health Space](https://yourhealthspace.ca/), a free program to support the mental health of those working in Ontario’s health care settings. This program includes trainer-facilitated live workshops and self-directed modules that provide organizations, teams, and employees with the tools to foster workplace mental health. Training will be available for health care workers, leaders, and support staff.

If you would like to bring this program to your health care workplace, please visit [Your Health Space’s website](https://yourhealthspace.ca/) or email them for more information.

* Toll-free: 1-877-330-3213
* Toll-free TTY: 1-888-340-1001

### Ontario community support program

If you are a low-income senior or a person with a disability (PWD) in need, such as those in supportive housing environments or community-based independent living programs, you can get:

* paid or subsidized delivery of meals
* delivery of medicine and other necessities

[Visit the COVID‑19 Community Support Finder to get help](https://www.ontariocommunitysupport.ca/).

If you can’t request service using the internet or you require service in a language other than English or French, call:

* 211 on any phone
* Toll-free: 1-877-330-3213
* Toll-free TTY: 1-888-340-1001

### 211 Ontario

Get information and referrals to community, government, social and health services, including [mental health resources](https://211ontario.ca/211-topics/mental-health-addictions/), across Ontario.

* Call 2-1-1 or toll-free at Toll-free: 1-877-330-3213
* [Live chat](https://211ontario.ca/chat/) online
* [Email](https://211ontario.ca/contact-211-ontario/#email-enquiries-link)

### Seniors Active Living Centres

These centres offer social, cultural, learning, and recreational programs. [Contact your local centre](https://www.ontario.ca/page/find-seniors-active-living-centre-near-you) to see if virtual or telephone programming is available.

### Seniors Safety Line

The [Seniors Safety Line](http://www.eapon.ca/) is a 24/7, confidential and free resource that provides information, referrals and support in over 150 languages for seniors experiencing abuse. Trained counsellors also provide safety planning and supportive counseling.

Call 1-866-299-1011 for support. If you are in danger right now, call 911 or your local police.

### Ontario Caregiver Helpline

Provides caregivers with a one-stop resource for [information and support](https://ontariocaregiver.ca/find-support-2/), including a 24/7 helpline.

Call 1-833-416-2273 or connect to [live chat](https://ontariocaregiver.ca/) online.

### Volunteer opportunities

Ontario is helping connect community organizations with volunteers the province needs to serve seniors, people with disabilities and others in need of assistance while they self-isolate during COVID‑19.

**Tips for taking care of your mental wellness**

* Take breaks from social media and the news.
* Stay socially connected. If you're not comfortable doing this in person or if you're isolating due to illness, reach out to friends and family through:
	+ phone calls
	+ emails
	+ video calls
	+ text or online messages
* Practise mindfulness by:
	+ [stretching](https://wellnesstogether.ca/en-CA/movement-towards-wellness)
	+ [meditating](https://wellnesstogether.ca/en-CA/breathe-in-peace-and-energy)
	+ [taking deep breaths](https://wellnesstogether.ca/en-CA/deep-breathing)
* Try to:
	+ [eat healthy meals](https://food-guide.canada.ca/en/healthy-eating-habits/)
	+ exercise regularly using the [Canadian 24-hour movement guidelines](https://csepguidelines.ca/)
	+ get plenty of sleep
	+ limit your use of drugs and alcohol if you can
* Focus on the positive aspects of your life and things you can control.
* Be kind and compassionate to yourself and others.

**Distress and Crisis Ontario:**[**http://www.dcontario.org/**](http://www.dcontario.org/)
Distress Centres (DC’s) across Ontario offer support and a variety of services to their communities. At a DC you can find a listening ear for lonely, depressed, and/or suicidal people, usually 24 hours a day, seven days a week. The website also offers a chat function.

**Cornwall Community Resources:**

### CORNWALL COMMUNITY HOSPITAL’S ADDICTION AND MENTAL HEALTH SERVICES OFFER A WIDE VARIETY OF SERVICES TO MEET THE NEEDS OF INDIVIDUALS WITHIN OUR CATCHMENT'S AREA OF 100,000 PEOPLE, SUCH AS:

* Child and Youth Mental Health Services
* Mental Health Crisis/Mobile Crisis Team
* Withdrawal Management Services
* Adult Mental Health Services
* Outpatient Mental Health Program
* Geriatric Mental Health Services
* First Episode Psychosis Program
* The Assertive Community Treatment Team
* Addiction Services

### HOW TO GET CONNECTED WITH COMMUNITY ADDICTION AND MENTAL HEALTH SERVICES AT CCH:

AccessMHA is a service that provides a single point of entry to Eastern Ontario’s system of care for mental health and addictions. Cornwall Hospital's Community Addiction and Mental Health Services are available through AccessMHA.

For access to addiction and mental health services, please:

1. Fill out a form at [AccessMHA.ca](https://www.accessmha.ca/)
2. A mental health and addictions professional will work with you to assess your needs and connect you to the right services within our health care network.

### ARE YOU EXPERIENCING A MENTAL HEALTH CRISIS?

If your substance use/addiction or mental health needs are a medical emergency, or if there is a concern you might hurt yourself or someone else, contact 9-1-1, or go to your nearest hospital emergency department.

You can also contact a crisis line:

* For adults (16+): 24/7 Mental Health Crisis Line at 1-866-996-0991 ([www.crisisline.ca](https://www.cornwallhospital.ca/controls/content/www.crisisline.ca))
* For youth (under 16): 24/7 Child, Youth and Family Crisis Line for Eastern Ontario at 1-877-377-7775 (www.ysb.ca)

### COMMUNITY WITHDRAWAL MANAGEMENT SERVICES:

For safe and supportive client-centered community withdrawal management services, Cornwall Community Hospital's Community Withdrawal Management Program is here to help at 613-938-8506. These services are for people aged 16 or older needing assistance with withdrawal from alcohol and/or other drugs.

## Additional Mental Health Resources:

* eMental Health (Mental Health Services, Help and Support in Your Community): <http://www.ementalhealth.ca/>
* Reach Out Now (Suicide Prevention Coalition of Champlain East): <http://reachoutnow.ca/>
* Cornwall and District Family Support Group: <http://listentofamilies.ca/>

## Outpatient Mental Health Program

The Outpatient Mental Health Program provides an array of evidence-based psychotherapy services for adults,16 years and over experiencing moderate to severe mental health challenges.

* Individual and group therapy
* Multidisciplinary staffing with MSW, R.N., and MD clinical specialists.
* Case management chronic clinics (medication monitoring clinics) for the hard-to serve psychiatric population.

### ACCESSMHA: FREE MENTAL HEALTH AND/OR SUBSTANCE USE/ADDICTION SUPPORT, SERVICES, AND CARE

AccessMHA is a service that provides a single point of entry to Eastern Ontario’s system of care for mental health and addictions. CCH’s Community Addiction and Mental Health Services is a proud partner of AccessMHA.

For access and referrals to addiction and mental health services, please book an appointment with [AccessMHA.ca](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.accessmha.ca%2F&data=05%7C01%7CWordha.Adnan%40cornwallhospital.ca%7C26e905037d534e025e3b08daa60a3b6a%7C859b41b6130f4d13a6931ffec4e7cb5a%7C0%7C0%7C638004860112129491%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=nxsYYyehJ44z9QeHStQ4f769kMbEBRxZY8wpjbVrGEw%3D&reserved=0). A mental health and addictions professional will get in contact with you to assess your needs and connect you to the right services within our health care network.

840 McConnell Avenue
Cornwall Ontario K6H 5S5

Telephone 613-938-4240 ext. 4278
Fax: 613-936-4679

**Satellite offices are located in Winchester and Alexandria for individual therapy. Please contact our Cornwall office for all referrals or queries.**

## Cornwall Mental Health Crisis Line/Mobile Crisis Team

There are two components to the mental health crisis response in the community to help people with serious mental health problems. This could include situational crisis, psychosis, severe depression or anxiety, or suicidal thoughts (not needing immediate medical attention).

Mental Health Crisis Line: Individuals, families or concerned friends (over the age of 16) can call the **Mental Health Crisis Line toll free at 1-866-996-0991.** The volunteer will offer support and, if required, can make a direct transfer to the Mobile Crisis Team.

The Mobile Crisis Team works closely with hospital, police, psychiatrists, and hospital emergency rooms to ensure a safe and comprehensive response, keeping individuals in the safety of their communities when this is the proper course of action. Professionals in the community are provided with a direct phone number to the Mobile Crisis Team.

 **Adult Mental Health Services**

Adult Mental Health Services is for adults, aged 16 and over with mild to moderate mental health concerns. We offer a variety of programs to assist people with their mental health needs. All our programs target specific concerns in a timely fashion using evidence-based practices.

Offered in both English and in French, services are provided from our main office in Cornwall and from satellite offices in Winchester and in Alexandria. Office hours are Monday to Thursday, 8:00 a.m. - 5:30 p.m., and Friday 8:00 a.m. - 4:00 p.m., with later appointments available upon request.

Referrals can be made by the individual seeking the help, family member, physicians, health care professionals, or community agencies or services. The Adult Mental Health Services team provides services to individuals from age 16 to 65 which include:

* An array of evidence-based psychotherapy services for adults experiencing mild to moderate mental health challenges and /or a period of intense stress due to an identifiable situation.
* Consultation regarding mental health issues with families, other health care professionals agencies and organization
* Workshops and groups
* Collaboration with community agencies, families, and intimate partners to improve treatment outcomes

## ACCESSMHA: FREE MENTAL HEALTH AND/OR SUBSTANCE USE/ADDICTION SUPPORT, SERVICES, AND CARE

AccessMHA is a service that provides a single point of entry to Eastern Ontario’s system of care for mental health and addictions. CCH’s Community Addiction and Mental Health Services is a proud partner of AccessMHA.
For access to addiction and mental health services, please:

 Fill out a form at [AccessMHA.ca](https://www.accessmha.ca/)

1. A mental health and addictions professional will work with you to assess your needs and connect you to the right services within our health care network.

Main office:

850 McConnell Ave.
Cornwall Ontario
613-361-6363
Fax: 613-361-6364

**As always, in case of emergency, call 911.**

* Aids and Sexual Health Information: 1-800-668-2437
* Akwesasne Community Justice Program: 613-575-2250 ext. 2400
* Akwesasne Community Support Program: 613-575-2341 ext. 3262
* Akwesasne Family Violence Program: 613-937-4322
* Akwesasne Family Wellness Program: 613-937-4322
* Akwesasne Mohawk Police: 613-575-2340
* Assault and Sexual Abuse Program: 613-938-4240 ext. 4202
* Assaulted Women’s Helpline: 1-866-863-0511
* Befriending Program - Carefor: 613-932-3451
* Beyond 21 (The Hub for Beyond 21 Foundation): 613-935-3121
* Bridging Gaps: 613-933-2121
* Canada Pension Plan Old Age Security: 1-800-277-9914
* Canadian Mental Health Association: 613-933-5845
* Centre 105 Center: 613-933-3991 ext. 30
* Child and Youth Mental Health Services - Cornwall Community Hospital: 613-361-6363
* Child, Youth and Family Crisis Line for Eastern Ontario: 1-877-377-7775
* Community Action Network Against Abuse: 613-932-4610 ext. 123
* Community Conex: 613-262-1534
* Community Food Share (Dundas and Stormont Counties): 613-898-0781
* Community Living Dundas County: 613-543-3737
* Community Living Glengarry: 613-525-4357
* Community Living Stormont County: 613-938-9550
* Community Support Services: 1-855-647-8483
* ConnexOntario - Drug & Alcohol Helpline: 1-866-531-2600 or 1-800-565-8603
* Cornwall Community Police Service: 613-932-2110
* Cornwall Community Hospital - Addiction and Mental Health Services: 1-844-361-6363
* Cornwall Fire Services: 613-930-2787 ext. 2311
* Creative Coping for Kids: 613-932-4610
* Criminal Injuries Compensation Board: 1-800-372-7463
* Distress Centre of Ottawa and Region: 1-866-996-0991
* Early Childhood Integration Consultation Service, Community Living Stormont: 613-938-9550
* Eastern Ontario Health Unit: 1-800-267-7120, 613-933-1375, **info@eohu.ca**
* EJM/EJS/Adult Diversion Program: 613-575-5000
* Équipe psycho-sociale pour enfants, adolescents et familles de S.D.G.: 613-525-3952
* Family Law Information Centre - Cornwall: 613-933-8666
* Fem’aide: 1-877-336-2433
* Gladue Unit Services: 613-575-5000
* Greenview Manor: 613-933-2117
* Hogansburg Akwesasne Volunteer Fire Department: 1-518-358-2161
* Home Care Home Support: 613-575-2250 ext. 1069
* House of Lazarus: 613-989-3830
* Immigration and Citizenship Canada: 1-888-242-2100
* Immigration Direct: 1-604-227-9490
* Inclusion Alliance: 613-933-9675
* Initiation à la vie: 613-938-1881
* Inspire Community Support Services: 613-932-4610
* Kids Help Phone: 1-800-668-6868
* Kinsmen Community Residence: 613-938-3378
* LEAP/OESP: 613-932-2051
* Lesbian Gay Bi Trans Youth Line: 1-800-268-9688
* Linking Hands Dundas: 613-989-3830
* Maison Baldwin House: 613-938-2958
* Maison Interlude House: 1-800-461-1842
* March of Dimes Canada: 1-877-695-7999
* Men & Healing: 613-482-9363
* Mental Health Crisis Line: 1-866-996-0991
* MentalK / K homme'unique: 613-937-3132 ext. 232
* Naomi’s Family Resource Centre: 613-774-2838
* Ontario Disability Support Program: 1-800-565-5374
* Ontario Poison Control Centre: 1-800-268-9017
* Ontario Provincial Police (Stormont, Dundas, and Glengarry Detachment): 613-534-2223
* Ontario Works: 613-933-6282
* Open Hands Residential Services: 613-933-0012
* Probation and Parole Services: 613-933-6335
* Roy McMurtry Legal Clinic /Legal Clinic of S.D. & G.: 613-932-2703
* Saint Vincent de Paul - Alexandria: 613-525-3466
* Seniors’ Safety Line: 1-866-299-1011
* Sexual Assault Support Services for Women of SDG&A: 613-932-1755
* Society of St. Vincent-de-Paul - Cornwall: 613-932-9345
* Special Olympics Cornwall: 613-330-9125
* Superior Court of Justice: 613-933-7500
* Teen Health and Wellness: 1-800-784-2433
* Telehealth Ontario: 1-866-797-0000
* The Agape Centre: 613-938-9297
* The Salvation Army: 613-932-7515
* TR Leger Immigrant Services: 1-877-875-3437
* United Way of Stormont, Dundas & Glengarry: 613-932-2051
* Victim Services of Stormont, Dundas, Glengarry and Akwesasne: 613-938-8900
* Victim Support Line: 1-888-579-2888
* Victim Witness Assistance Program: 1-888-579-2888
* Wholistic Health and Wellness - Akwesasne: 613-575-2341 ext. 3100
* Youth Now Connections: 613-938-2799

**Brockville Community Resources:**

# **Mental Health Program**

## Crisis line

If you have concerns about a loved one’s mental status and you think they may need immediate police or medical assistance, please call our 24/7 Crisis Line 613-345-4600 or 1-866-281-2911.

The Mental Health Crisis Service provides first line response in addressing mental health crisis situations in Leeds and Grenville. Our services are confidential for individuals 16 years of age and over.

The goal is timely assessment, stabilization, and referral to appropriate resources. The Mental Health Crisis Team (MHCT) is staffed by nurses and social workers with access to a multidisciplinary team.

## Outpatient programs

Assertive Community Treatment (ACT) is a client-centred, recovery-oriented mental health service delivery model that helps facilitate community living, psychosocial rehabilitation and recovery for those facing severe mental illnesses or have severe symptoms or impairments.

You can also find the Outpatient Program, made up of a team of psychiatrists, psychologists, nurses and social workers.

All BGH's mental health programs provide specialized psychiatric consultation and follow-up to patients 16-and-older experiencing mental illness.

**Brockville General Hospital**
75 Charles St., Brockville, ON K6V 1S8
Phone: 613-345-5649
Fax: 613-345-3529

# **Lanark, Leeds and Grenville Addictions and Mental Health**

# We are OPEN and here to help!

Mental health and addiction support are considered ESSENTIAL. Lanark, Leeds & Grenville Addictions & Mental Health continues to offer services to the community, including telephone, virtual and in person appointments. If you need help, get in touch: for the Brockville office call 1-866-499-8445; for all other office locations, call 1-800-361-6948.

# Virtual Care

* Where possible, the LLGAMH team will provide **Virtual Care** using computers, tablets and phones. You can connect with us from wherever you are.
* You can also come to the office and be connected virtually with a staff member using an LLGAMH tablet.

[Everyone is encouraged to follow the Ministry guidelines and practice social distancing.](http://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/social-distancing/social-distancing-eng.pdf)

### Home Office: 1.613.342.2262

TF: 1-866-281-2911

## ****Lanark, Leeds and Grenville Addictions and Mental Health:****

**Brockville**

25 Front Avenue, W., Suite 1
Brockville, ON K6V 4J2
[(613) 342-2262](http://tel:%206133422262/)

**Carleton Place**

145 Hooper St.
Carleton Place, ON K7C 0A9
(613) 283-7723

**Delta**

18 King Street
Delta, ON K0E 1G0
(613) 928-3460

**Gananoque**

23 Mill Street
Gananoque, ON K7G 2L5
(613) 382-4016

**Kemptville**

2671 Concession Road
Kemptville, ON K0G 1J0
(613) 258-7204

**Lanark**

207 Robertson Dr.
Lanark, ON K0G 1K0
(613) 283-7723

**Prescott**

1652 County Road 2
Prescott, Ontario K0E 1T0
(613) 925-5940

**Smiths Falls**

179 Elmsley Street N
Smiths Falls, On K7A 2H8
(613) 283-7723

|  |  |
| --- | --- |
| [Brockville General Hospital - Mental Health Services](https://www.southeasthealthline.ca/displayService.aspx?id=70409)  75 Charles St, Brockville, ON  K6V 1S8 | 613-345-5649 ext 52100 |
| [Brockville General Hospital - Mental Health Services - Assertive Community Treatment Team (ACTT)](https://www.southeasthealthline.ca/displayService.aspx?id=170882)  25 Front Ave W, Brockville, ON  K6V 4J2 | 613-345-4600 |
| [Lanark County Mental Health](https://www.southeasthealthline.ca/displayService.aspx?id=72666)  179 Elmsley St N Unit 142, Smiths Falls, ON  K7A 2H8 | 613-283-2170 |
| [Lanark County Mental Health - Community Treatment and Case Management](https://www.southeasthealthline.ca/displayService.aspx?id=196152)  179 Elmsley St N Unit 142, Smiths Falls, ON  K7A 2H8 | 613-283-2170 |
| [Lanark, Leeds and Grenville Addictions and Mental Health](https://www.southeasthealthline.ca/displayService.aspx?id=72773)  25 Front Ave W Unit 1, Brockville, ON  K6V 4J2 | 613-342-2262 |
| [Lanark, Leeds and Grenville Addictions and Mental Health - Brockville Office](https://www.southeasthealthline.ca/displayService.aspx?id=72774)  25 Front Ave W Unit 1, Brockville, ON  K6V 4J2 | 613-342-2262 |
| [Lanark, Leeds and Grenville Addictions and Mental Health - Brockville Office - Open Access Days - Walk-In Clinic](https://www.southeasthealthline.ca/displayService.aspx?id=172887)  25 Front Ave W Unit 1, Brockville, ON  K6V 4J2 | 613-342-2262 |
| [Lanark, Leeds and Grenville Addictions and Mental Health - Delta Office](https://www.southeasthealthline.ca/displayService.aspx?id=72780)  18 King St, Delta, ON  K0E 1G0 | 613-928-3460 |
| [Lanark, Leeds and Grenville Addictions and Mental Health - Delta Office - Rapid Access Counseling - Walk-In Clinic](https://www.southeasthealthline.ca/displayService.aspx?id=172888)  18 King St, Delta, ON  K0E 1G0 | 613-928-3460 |
| [Lanark, Leeds and Grenville Addictions and Mental Health - Gananoque Office](https://www.southeasthealthline.ca/displayService.aspx?id=72781)  23 Mill St, Gananoque, ON  K6V 2L5 | 613-382-4016 |
| [Lanark, Leeds and Grenville Addictions and Mental Health - Gananoque Office - Rapid Access Counseling](https://www.southeasthealthline.ca/displayService.aspx?id=172884)  23 Mill St, Gananoque, ON  K6V 2L5 | 613-382-4016 |
| [Lanark, Leeds and Grenville Addictions and Mental Health - Prescott Office](https://www.southeasthealthline.ca/displayService.aspx?id=72786)  1652 County Rd 2, Prescott, ON  K0E 1T0 | 613-925-5940 |
| [Lanark, Leeds and Grenville Addictions and Mental Health - Prescott Office - Open Access - Walk-in Days](https://www.southeasthealthline.ca/displayService.aspx?id=172886)  1652 County Rd 2, Prescott, ON  K0E 1T0 | 613-925-5940 |
| [Lanark, Leeds and Grenville Addictions and Mental Health - Smiths Falls Office](https://www.southeasthealthline.ca/displayService.aspx?id=166430)  179 Elmsley St N, Unit 142, Smiths Falls, ON  K7A 2H8 | 613-283-7723 |
| [Mental Health Support Project - The LINK - Peer Support and Drop-in Centre](https://www.southeasthealthline.ca/displayService.aspx?id=73119)   88 Cornelia St W Suite A4, Smiths Falls, ON  K7A 5K9 | 613-284-4608 |
| [Open Doors for Lanark Children and Youth](https://www.southeasthealthline.ca/displayService.aspx?id=73398)   88 Cornelia St W, Unit A1, Smiths Falls, ON  K7A 5K9 | 613-283-8260 |
| [Open Doors for Lanark Children and Youth - Perth Office](https://www.southeasthealthline.ca/displayService.aspx?id=186898)  40 Sunset Blvd Unit 123, Perth, ON  K7H 2Y4 | 613-264-1415 |
| [Peer Support South East Ontario - Leeds and Grenville Outreach Support](https://www.southeasthealthline.ca/displayService.aspx?id=153312)  277 King St W 2nd Fl, Prescott, ON  K0E 1T0 | 613-213-0774 |
| [Canadian Mental Health Association - Ontario Division](https://www.southeasthealthline.ca/displayService.aspx?id=186279)  180 Dundas St W, Suite 2301, Toronto, ON  M5G 1Z8 | 416-977-5580 |
| [Canadian Mental Health Association - Ontario Division - BounceBack - Reclaim Your Health](https://www.southeasthealthline.ca/displayService.aspx?id=186281)   8271 Keele St, Unit 2, Concord, ON  L4K 1Z1 |  |
| [Centre for Addiction and Mental Health (The) - Kingston](https://www.southeasthealthline.ca/displayService.aspx?id=70736)  City Place II, 1473 John Counter Blvd Suite 402, Kingston, ON  K7M 8Z6 | 613-546-4266 |
| [Child and Parent Resource Institute (CPRI)](https://www.southeasthealthline.ca/displayService.aspx?id=12648)  600 Sanatorium Rd, London, ON  N6H 3W7 | 519-858-2774 |
| [Open Doors for Lanark Children and Youth - Carleton Place Office](https://www.southeasthealthline.ca/displayService.aspx?id=186897)  130 Lansdowne Ave Unit 10, Carleton Place, ON  K7C 2T7 | 613-257-8260 |
| [Open Doors for Lanark Children and Youth - Carleton Place Office](https://www.southeasthealthline.ca/displayService.aspx?id=212444)   130 Lansdowne Ave, Unit 10, Carleton Place, ON  K7C 2T7 | 613-257-8260 |
| [Providence Care - Regional Specialty Mental Health Services - Community and Outpatient Services](https://www.southeasthealthline.ca/displayService.aspx?id=169289)  Providence Care, 752 King St W, Postal Bag 603, Kingston, ON  K7L 4X3 | 613-540-6165 Ext 4126 |
| [Royal Ottawa Health Care Group (The) - Operational Stress Injury Clinic](https://www.southeasthealthline.ca/displayService.aspx?id=185505)  1475 John Counter Blvd, Suite 100, Kingston, ON  K7M 0E6 | 613-549-1235 |
| [The Royal - Royal Ottawa Mental Health Centre](https://www.southeasthealthline.ca/displayService.aspx?id=211580)  1145 Carling Ave, Ottawa, ON  K1Z 7K4 | 613-722-6521 |

**Need help connecting to health services?**Call South East Health Line at 1-800-668-0901 or 310-2222 (no area code required)

**Kingston Community Resources:**

### Kingston & Frontenac 24/7 Crisis Line

613.544.4229 or Toll Free 1.866.616.6005

### Lennox & Addington (L&A) 24/7 Crisis Line

613.354.7388 or Toll Free 1.800.267.7877

**Walk-In Crisis Services**

Visit our offices in Kingston or Napanee to meet with a Crisis Worker. No appointment is needed to access this service.

Walk-ins are welcome during office hours at:

**552 Princess Street in Kingston**

Monday – Friday 8:30 am – 4:00pm

**70 Dundas Street East in Napanee**

Monday – Friday 8:30 am – 4:00pm

## Mobile Crisis Services

Crisis Workers can provide in-person support to those in crisis in the community, in a variety of settings (in home, in community, or at another service provider location).

Our Mobile Crisis Team responds to calls to our crisis line or situations in the community where urgent in-person support is needed.

**Kingston & Frontenac**

Hours: 8:00 am-midnight Monday – Friday

8:00 am – 8:00 pm Saturday and Sunday

**Napanee and L&A**

Hours: 8:30 am- 8:30 pm Monday – Friday

10:00 am – 6:00 pm Saturday and Sunday

**Partnerships with Police**

*Note: the below programs can be accessed via Police referral only.*

### Crisis Safe Bed Program

The Crisis Safe Bed Program provides supportive, short-term mental health residential placement to individuals experiencing a mental health crisis who have come into contact with police. This program aims to provide individuals with comprehensive, community-based support, diverting individuals from the justice system and potential incarceration, and/or avoiding unnecessary hospitalizations.

### Kingston Area Mobile Crisis Rapid Response Team (MCRTT) and Crisis Outreach & Support Team (COAST)

These programs are operated in partnership with Kingston Police, AMHS-KFLA Crisis Workers are paired with specially trained front-line officers from the Kingston Police. These teams will respond to emergency and non-emergency mental health-related calls from within the community as a uniformed response (MCRRT), 7am-4am, 7 days per week, and plainclothes follow up team by appointment (COAST).

These teams are dispatched as appropriate to respond and follow up to 911 calls and aim to better support individuals in crisis and divert individuals from emergency rooms where possible.

### Lennox & Addington Mobile Crisis Intervention Team (MCIT)

This new and innovative collaboration with L&A OPP provides support and resources to our rural community and policing partners, 8:30 am-7:30 pm, 7 days a week

AMHS-KFLA MCIT staff work closely with OPP detachment staff and are dispatched to calls with a mental health or crisis component once the situation has been assessed for safety by attending officers.  Staff provide immediate support to individuals who may be in crisis, including assessment and referrals to community and agency services where needed.

The goal of the program is to divert individuals from hospital where possible, support officers in assessment and decision making in this area, as well as provide opportunities for individuals to connect with community supports.

**Substance Use Treatment**

AMHS-KFLA offers a range of rehabilitation and treatment options to support recovery and wellness for those 16+ with concerns around substance use, including alcohol.

Services are delivered within a harm reduction framework that meets individuals where they are at to promote health, safety, and wellness along a spectrum of behaviours including abstinence. Services can be accessed at our offices in Kingston, Napanee, Sharbot Lake and Verona, or at home, school or elsewhere in the community.

Individual counselling is offered for guided work through the stages of change. Professionally facilitated support groups are also available, including Day Treatment, an intensive 4-week treatment program.

**Motherwise**

Motherwise is a free, confidential service for individuals who are pregnant or have children aged 6 and under to address concerns about drug or alcohol use.

Motherwise offers information, support, referrals, and counseling in a nonjudgmental way that enables participants to feel safe and share freely. We respect individuals’ goals within a harm reduction framework. You do not need to have custody of your children to receive support.

The program offers a variety of services including:

* Individual assessments
* Client-centred treatment plans
* Confidential support
* Parenting information
* Outpatient counselling
* Referrals to other treatment facilities, alternative resources, and community agencies

**Rapid Access Addiction Medicine (RAAM)**

This innovative partnership embeds an AMHS-KFLA Addictions Counsellor at Street Health, 175 Barrack Street, Kingston, and aims to connect individuals with addictions support, primary care resources and other Street Health programming and resources in one location.

**\*NEW\* Understanding Addiction: Now Online!**

Understanding Addiction is a support group typically offered in person at our offices, and provides weekly support to those new to accessing services or who are on a waitlist for addiction treatment.

Rotating modules include Triggers & Coping Strategies, Self-Care, Coping with Negative Thoughts, Mindfulness and more.

Our group facilitators have made the rotating sessions available on line via video, with worksheets and resources to support each session.

These sessions can be accessed at any time and as often as you wish.

**Assertive Community Treatment Teams (ACTT)**

Assertive Community Treatment (ACT) is a multi-disciplinary approach that provides a comprehensive, collaborative array of treatment, rehabilitation and support services to individuals requiring intensive support who are living in the community. ACT serves individuals with acute or persistent mental health concerns who may also have co-occurring problems such as substance use disorders, homelessness, or involvement with the legal system. ACT is delivered by a team that includes occupational, behavioural, recreational and vocational professionals, addictions and peer specialists, nurses, social workers and psychiatrists. These highly qualified staff provide individual and family support, as well as advocacy and assistance in accessing other community services. The goal is to assist those experiencing serious mental health concerns in reaching their recovery goals. The team is mobile and provides services to people in their community, promoting recovery and community integration through a person-centred approach.

**Case Management**

Case Managers work 1:1 with individuals who have mental health or addiction issues and are living independently in the community. Clients are assigned a Case Manager with whom they can meet regularly. Services are designed to assist clients in their home, work, school, and social environments. Case Managers provide goal-oriented and individualized supports focusing on improved self-sufficiency, through assessment, planning, referrals, advocacy and the development of skills and resources that meet the individual’s needs. Meetings are confidential and can take place in the home, in a community setting (e.g., coffee shop), or at our offices.

Case Management can assist with:

* Development of problem solving and coping skills.
* Development of skills for budgeting and personal care as well as time, anger, and stress management.
* Learning about mental illness or addiction and symptom management.
* Connecting to other community supports and services.
* Interactions with landlords, Public Trustees, ODSP and others.
* A consulting psychiatrist is also available for consultation around medication and treatment options.

**For general information on programs & services:**Kingston Area: 613-544-1356
Napanee & Area: 613-354-7521
info@amhs-kfla.ca

**To provide feedback on programs & services:**p. 613-544-9210
feedback@amhs-kfla.ca
[Visit our Feedback page for more information](https://amhs-kfla.ca/contact/feedback/)

**For media and community engagement opportunities please contact**. 613-544-9210
communications@amhs-kfla.ca

Walk In Services:

**Napanee**
70 Dundas Street East
Napanee ON K7R 1H9
p. 613-354-7521
f. 613-354-7524

**Kingston**
552 Princess Street
Kingston ON K7L 1C7
p. 613-544-1356
f. 613-544-2346

The Counselling and Treatment program offers psychotherapy to individuals 16+ with a focus on recovery and wellness for people with serious mental health concerns.

Therapy is available in different formats (individual, groups) and is informed by different approaches based on people’s presenting concerns and treatment goals.

Please call 613.544.1213 (toll-free: 1.866.616.6005) or emailfrc@amhs-kfla.ca**.**

# **Community Resources**

## Mental Health and Addiction Resources

* [Addictions and Mental Health Services of Kingston, Frontenac, Lennox, and Addington](http://www.amhs-kfla.ca/)
* [Detox Centre – Hotel Dieu Hospital site](https://kingstonhsc.ca/mental-health-care/programs-and-departments/detoxification-centre)
* [Heads Up! Early Psychosis Intervention Program](https://kingstonhsc.ca/mental-health-care/programs-and-departments/heads-early-psychosis-intervention-program)
* [Kairos Program - Youth Diversion](https://www.youthdiversion.org/programs/kairos-program/)
	+ [​](https://www.youthdiversion.org/programs/kairos-program/)Kairos is a counselling service which specializes in treatment for youth who are experiencing any level of substance use/misuse, personally or with a family member. Our service is available as an outreach program in all elementary and secondary schools within KFL&A, as well as alternative education sites and group homes.
* [National Institute of Mental Health (NIMH)](https://www.nimh.nih.gov/index.shtml)
	+ Information about signs and symptoms and treatments for mental illness; full text booklets and pamphlets on mental illness can be downloaded or printed
* [Centre for Addiction and Mental Health (CAMH)](https://www.camh.ca/)
	+ Information on topics related to mental health and addiction
* [Schizophrenia Society of Ontario (SSO)](http://www.schizophrenia.on.ca/)
	+ Information on schizophrenia, information for families and caregivers, medication resource centre, list of the programs offered by the SSO
* [Here to Help](http://www.heretohelp.bc.ca/)
	+ Information on mental health and substance use, personal stories, self-help resources in several languages, discussion boards on a variety of topics

## Crisis Resources

A crisis is defined as a period of intense difficulty or trouble. In this time of emergency there are a number of places you can go for help:

* [Emergency Psychiatric Assessment (Forms 1 & 2): Frequently Asked Questions](https://kingstonhsc.ca/mental-health-care/file/5737/download?token=00FiviiB)
* Addiction & Mental Health Services (AMHS) — Serving Kingston, Frontenac, Lennox & Addington (KFLA)
	+ Crisis line (24 hours a day, 7 days a week) Kingston & Frontenac: 613-544-4229 or toll free to 1-866-616-6005
	+ Crisis line (24 hours a day, 7 days a week) Lennox & Addington: 613-354-7388 or toll free to 1-800-267-7877
	+ Website: <https://www.amhs-kfla.ca/services/crisis/>
* Telehealth Ontario
	+ Toll free: 1-866-797-0000
	+ Website: [www.health.gov.on.ca/en/public/programs/telehealth](http://www.health.gov.on.ca/en/public/programs/telehealth)

## Shelters

There are a number of shelters in Kingston that provide temporary accommodation for men, women, and children. Below is a list of some of the shelters in Kingston.

* In From the Cold — Emergency homeless shelter, including individuals suffering from mental health problems and addictions
	+ Website: [kingstonhomebase.ca/in-from-the-cold-emergency-shelter](http://kingstonhomebase.ca/in-from-the-cold-emergency-shelter)
	+ Email: info@kingstonhomebase.ca
* Kingston Harbour Light Men’s Shelter — 8 bed emergency shelter for up to 5 days. Offers bed, hot meals, shower, and laundry facilities
	+ Open to men 18 years and older, for individuals not under the influence of alcohol or drugs. Building is smoke free
	+ Telephone: 613-546-2333 (24 hours a day, 7 days a week)
	+ Website: <http://torontoharbourlight.ca/kingstonharbourlight/>
	+ Email: info@kingstonharbourlight.org
* Kingston Youth Shelter - offers a variety of services to homeless/precariously housed youth between the ages of 16-24
	+ Website: [www.kingstonyouthshelter.com](http://www.kingstonyouthshelter.com/)

## Transitional Housing

* Ryandale Transitional Housing — Affordable accommodation for up to one year for seven individuals who have demonstrated the desire and ability to achieve independent living
	+ Website: [www.ryandale.ca](http://www.ryandale.ca)
	+ Email: ryandaleshelter@cogeco.net
* Dawn House Women’s Shelter — 24-hour emergency temporary shelter for up to 45 days. Offers counselling, basic necessities, information and referrals, computer access, housing assistance, client advocacy, and public education
	+ Open to women 16 years and older and their children
	+ Website: [www.dawnhouse.net](http://www.dawnhouse.net/)
	+ Email: dhouse@kingston.net

## Support for Family Members

* Family Resource Centre — provides information and support to family and friends of persons with mental health concerns
	+ Website: [www.amhs-kfla.ca/family/](http://www.amhs-kfla.ca/family/)
	+ Email: frc@amhs-kfla.ca

## Mental Health & Addiction Resources

* [Addictions and Mental Health Ontario](http://www.addictionsandmentalhealthontario.ca/)
* [Canadian Centre on Substance Abuse](http://www.ccsa.ca/)
* [Canadian Mental Health Association](http://www.ontario.cmha.ca/)
* [Centre for Addiction and Mental Health](http://www.camh.ca/)
* [Low-Risk Alcohol Drinking Guidelines](http://www.ccsa.ca/Resource%20Library/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en.pdf)
* [Lower-Risk Cannabis Use Guidelines](https://www.camh.ca/-/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf)
* [Mental Health Commission of Canada](http://www.mentalhealthcommission.ca/English)
* [Mind Your Mind | Youth, Young Adults & Mental Health](http://mindyourmind.ca/)
* [Mood Disorders Association of Ontario](https://www.mooddisorders.ca/)
* [NAMI: National Alliance on Mental Illness](http://www.nami.org/)
* [Problem Gambling Institute of Ontario](https://www.problemgambling.ca/)
* [Schizophrenia Society of Ontario](http://www.schizophrenia.on.ca/)
* [TeenMentalHealth.org](http://teenmentalhealth.org/)

## Online Mental Health Help & Resources

### *BounceBack Ontario*

BounceBack® is a free skill-building program designed to help youth and adults (15+) manage symptoms of mild to moderate depression and anxiety. Participants learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive.

[BounceBack Ontario](https://bouncebackontario.ca/)

### *Breaking Free*

Breaking Free is an evidence-based wellness and addiction recovery support program available for free to all Ontarians. This online tool is accessible 24/7 and is easy to follow, and completely confidential. Access positive coping skills and work on your recovery at your own pace.

You can use service code KFLA21 to register

[Breaking Free Online](http://www.breakingfreeonline.ca/)

### Togetherall

Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing.

[Togetherall](https://bigwhitewall.ca/)

## Community Resources

Millions of people across Canada have free access through organizations, colleges, and universities.

### *Community & Employment Services*

* [Career Edge](http://careeredge.on.ca/)
* [KEYS Job Centre](http://keys.ca/)
* [Rural Frontenac Community Services](http://www.rfcs.ca/)
* [Prince Edward – Lennox & Addington Social Services](https://lennox-addington.on.ca/social-services)

### *Disabilities, Health & Counselling*

* [Acquired Brain Injury System Navigation of SE Ontario](http://braininjuryhelp.ca/)
* [Alzheimer Society of KFLA](http://www.alzheimer.ca/KFLA)
* [Centre for Abuse and Trauma Therapy](http://www.centrefortherapy.ca/)
* [Community Living Kingston & District](http://www.communitylivingkingston.org/)
* [Community Living Lennox & Addington](http://www.clla.ca/)
* [Community Living North Frontenac](http://www.communitylivingnorthfrontenac.com/)
* [Developmental Services Ontario: South East Region](http://www.dsontario.ca/agencies/dso-southeast)
* [Extend-A-Family Kingston](http://www.eafkingston.com/)
* [H’art Centre](https://www.hartschool.ca/)
* [Trellis HIV & Community Care (formerly HARS)](http://hars.ca/https%3A/trellishiv.ca/)
* [Hotel Dieu Detox Centre](http://www.hoteldieu.com/programs-and-departments/detoxification-centre)
* [Independent Living Centre Kingston](http://www.ilckingston.com/)
* [KFLA Public Health](http://www.kflaph.ca/)
* [Kingston Community Health Centre](http://www.kchc.ca/)
* [Learning disabilities Association of Kingston](http://www.ldakingston.com/)
* [Mental Health Resource Guide Kingston and Surrounding Area (.pdf)](http://psychiatry.queensu.ca/assets/141106KingstonResourceGuide_FIN_e-version1.pdf)
* [New Leaf Link for youth and adults with developmental disabilities](http://www.newleaflink.ca/)
* [Ongwanada](http://www.ongwanada.com/)
* [Providence Care Mental Health Services](http://www.providencecare.ca/mental-health-services/)
* [Queen’s University Student Wellness Services](http://www.queensu.ca/studentwellness/)
* [Resolve Counselling Services](https://resolvecounselling.org/)
* [Sexual Assault Centre Kingston](http://www.sackingston.com/)
* [St. Lawrence College Counselling Services](https://www.stlawrencecollege.ca/campuses-and-services/services-and-facilities/student-wellness-and-accessibility/wellness-services-and-resources/counselling-and-wellness-supports/)

### *Food*

* [KFLA Public Health Community Food Programs](https://www.kflaph.ca/en/healthy-living/Community-Food-Programs.aspx)
* [Loving Spoonful](http://www.lovingspoonful.org/)
* [Lunch by George](http://www.osgk.org/)
* [Martha’s Table](http://www.marthastable.ca/)
* [Morning Star Mission](http://www.morningstarmission.ca/)
* [North Frontenac Food Bank, Sharbot Lake](https://www.facebook.com/northfrontenacfoodbank/)
* [Partners In Mission Food Bank](http://www.kingstonfoodbank.net/)
* [South Frontenac Community Food Services](http://www.sfcsc.ca/food-services)
* [Where to Turn for Help: Food, Shelter, Clothing in Kingston/Frontenac Area](http://www.ilckingston.com/downloads/where-to-turn.pdf)

### *French*

* [ACFOMI: Association canadienne-française](http://acfomi.ca/)
* [Centre Culturel Frontenac](http://www.centreculturelfrontenac.com/fr)
* [FrancoKingston](http://francokingston.info/)
* [Le Réseau des services de santé en français de l’Est de L’Ontario](http://rssfe.on.ca/a-notre-sujet/le-reseau-en-bref/)
* [TAO Tel-Aide 1-800-567-9699](http://telaideoutaouais.ca/)

### *Indigenous*

* [Four Directions Aboriginal Student Centre at Queen’s University](https://www.queensu.ca/fourdirections/)
* [Gathering Communities Making Connections Guide for Indigenous Families and Children in KFLA](http://kflachildrenandyouthservices.ca/aboriginal-guide/)
* [Good Minds Program at Tyendinaga](http://www.mbq-tmt.org/administration-and-services/community-wellbeing/good-minds#null)
* [Kagita Mikam Aboriginal Employment and Training](http://www.kagitamikam.ca/)
* [Métis Nation of Ontario Mental health Project Kingston](http://www.metisnation.org/programs/health-wellness/mental-health-demonstration-project/)
* [Red Cedars Shelter at Tyendinaga](http://www.mbq-tmt.org/administration-and-services/community-wellbeing/red-cedars-shelter)
* [St. Lawrence College Aboriginal Services](http://www.stlawrencecollege.ca/campuses-and-services/services-and-facilities/indigenous-support/)
* [Tipi Moza Aboriginal Housing Services](http://www.tipimoza.com/)

### *Legal*

* [Community Advocacy & Legal Centre](http://communitylegalcentre.ca/)
* [Kingston Community Legal Clinic](http://www.kclc.ca/)
* [Queen’s Legal Aid](https://queenslawclinics.ca/queens-legal-aid)

### *LGBTQ+*

* [FUSE Youth Group](https://www.facebook.com/FUSE-Youth-Group-195460157149842/?ref=page_internal&hc_ref=PAGES_TIMELINE&fref=nf)
* [HIV AIDS Regional Services](http://hars.ca/)
* [Lesbian Gay Bi Trans Youthline](http://www.youthline.ca/)
* [Queen’s Levana Gender Advocacy Centre](https://levanagenderadvocacycentre.com/)
* [Queen’s Education on Queer Issues Project](https://www.facebook.com/equipqueens/)
* [TransFamily Kingston](http://www.transfamilykingston.com/)
* [Transgender Families Network TWCM](https://www.facebook.com/pg/TWCM-Together-We-Conquer-Mountains-1885431985018663/about/)

### *Newcomers, Immigrants & Refugees*

* [ACFOMI Immigrant Services](https://www.acfomi.org/en/services-aux-immigrants/)
* [KCHC Immigrant Services](http://www.kchc.ca/index.cfm/immigrant-services/)
* [Kingston Immigration Partnership](http://www.kipcouncil.ca/)

### *Seniors*

* [Lennox & Addington Seniors Outreach Services](http://lasos.ca/)
* [Seniors Association Kingston Region](https://seniorskingston.ca/)
* [South Frontenac Seniors Services](http://www.sfcsc.ca/seniors-services)

### *Shelters & Housing*

* [City of Kingston Housing Resources](https://www.cityofkingston.ca/residents/community-services/housing)
* [Dawn House](http://www.dawnhouse.net/)
* [Home Base Housing/In from the Cold Emergency Shelter](http://kingstonhomebase.ca/)
* [Kingston Interval House](http://kingstonintervalhouse.com/)
* [Kingston Youth Shelter](http://www.kingstonyouthshelter.com/)
* [L&A Interval House](http://www.intervalhousenapanee.ca/)
* [Lennox & Addington County Housing Resources](https://lennox-addington.on.ca/social-services/housing)
* [Red Cedars Shelter at Tyendinaga](http://www.mbq-tmt.org/administration-and-services/community-wellbeing/red-cedars-shelter)

### *Support Groups & Peer Support*

* [Al-Anon/Alateen Ontario](http://al-anon.alateen.on.ca/)
* [Alcoholics Anonymous Kingston](http://www.kingstonaa.org/)
* [Alcoholics Anonymous Quinte East (includes Napanee, Verona)](https://www.quinteeastaa.org/meetings?scope=all)
* [Bereaved Families of Ontario](http://bfo-kingston.ca/)
* [Gamblers Anonymous](http://www.gamblersanonymous.org/ga/addresses)
* [Narcotics Anonymous | Limestone Area](http://www.limestonena.com/)
* [Peer Support South East Ontario](http://psseo.ca/)

### *Youth & Families*

* [Boys and girls club of Kingston and Area](http://www.bgckingston.ca/)
* [Family & Children’s Services KFLA](http://www.facsfla.ca/)
* [Girls Inc.](http://www.girlsinclimestone.ca/)
* [KFLA Children and Youth Services](http://kflachildrenandyouthservices.ca/)
* [Kingston Youth Shelter](http://www.kingstonyouthshelter.com/)
* [KFLA Youth Portal](https://kflayouth.ca/)
* [Kingston Military Family Resource Centre](http://kmfrc.com/calendar/)
* [Maltby Centre – Mental Health and Autism Services for Children and Youth](http://maltbycentre.ca/)
* [One Roof: Kingston Youth Hub](https://www.facebook.com/oneroofkingston/)
* [Youthab: Housing, Mental Health and Employment services](http://www.youthab.ca/)
* [Youth Diversion](http://www.youthdiversion.org/)

**Montreal Community Resources:**

**Below is a list of English and/or Bilingual mental health resources available in the MCQ region:**

[AMI-Quebec](http://amiquebec.org/)
**AMI**-**Quebec** helps families manage the effects of mental illness through support, education, guidance, and advocacy.
**Call 1-877-303-0264 (Contact number outside of Montreal)
Email** info@amiquebec.org

[APPAMM-Drummond](https://www.appamm-drummond.org/)
**APPAMM (The Association for the Loved Ones of those with a Mental Illness)** provides support and information to relatives and friends of people with a mental illness. A range of free and confidential services are available.
**Call 819-478-1216
Email** directionadr@appamm-drummond.org

[Argyle Institute](https://argyleinstitute.org/) **The Argyle Institute** offers therapy and counselling services for individuals and couples as well as education for aspiring and existing professionals in the field of Psychology and Social Work.
**Call 514-931-5629 or 514-931-8754
Email** **info@argyleinstitute.org**

[Association le P.A.S.](http://www.lepas.ca/) **Association le P.A.S** is an organization in Victoriaville that helps the families and friends of individuals whose loved one is living with a diagnosed or undiagnosed mental illness by providing tools, information, resources, and therapy.
**Call 819-751-2842
Email** lepas@cdcbf.qc.ca

[Association Quebecoise de prevention du suicide (AQPS)](https://www.aqps.info/besoin-aide-urgente/liste-centres-prevention-suicide.html?region=8)
**The Association québécoise de prévention du suicide (AQPS)** is a non-profit organization whose mission is to support the community, provide tools, raise public awareness, and influence decision-makers in order to help prevent suicide.
**Call 418-614-5909**

[Crisis Services Canada](https://www.crisisservicescanada.ca/en/)
**Crisis Services Canada (CSC)** is a national network of existing distress, crisis, and suicide prevention line services. They are committed to supporting any person living in Canada who is affected by suicide, in the most caring and least intrusive manner possible.
**Call Toll free number: 1-833-456-4566 Available 24/7**
**Text 45645 4pm-midnight ET**

[Centre d'écoute et de prevention suicide Drummond](https://cepsd.ca/)
**The Centre d'écoute et de prévention suicide Drummond** offers a phone listening service to anyone who feels the need to talk or to break out of solitude. They also provide support for people who lost a loved one to suicide.
**Call 819-477-8855 (Hotline) - Available from 8:30 - 10:00 p.m., 7 days a week
Call 819-477-8855 (Crisis Intervention) - Available 24 hrs. a day, 7 days a week**[Dunham House](https://www.dunhamhouse.ca/) **Dunham House** is a residential treatment center for individuals suffering from mental health and concurrent disorders including addiction. Based in the Estrie Region, they offer a in-stay drug and alcohol recovery program in English, and also take English clients from all over the province.
**Call 450-263-3434
Email** info@dunhamhouse.ca

[Info-Social 811](https://www.quebec.ca/en/health/finding-a-resource/info-social-811/)
**Info‑Social 811** is a free and confidential telephone consultation service. You can call 811 to reach a psychosocial worker quickly if you have a psychosocial problem. The service is available 24 hours a day, 365 days a year.
**Call 811**
[Jack.org](https://jack.org/Resources/COVID-19-Youth-Mental-Health-Resource-Hub?lang=en-ca)
**Jack.org** is a Canadian non-profit organization founded in 2010 that is focused on youth mental health and suicide prevention.
**Call 416-425-2494**

[LÉO](https://www.csmoesac.qc.ca/assets/medias/documents/One-pager-LEO-grand-public-VF.pdf) **LÉO** is a free counseling service that is available in French, English and Spanish for employees and volunteers who work in a community organization. It has been created in response to the psychological distress that has emerged from the COVID-19 pandemic.
**Call 1-855-768-7536**

[Mental Health Commission of Canada](https://mentalhealthcommission.ca/English)
The **Mental Health Commission of Canada (MHCC)** leads the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians. The MHCC’s staff, [Board](http://www.mentalhealthcommission.ca/our-people), and [Advisory Committees](https://www.mentalhealthcommission.ca/English/who-we-are/mhcc-networks) all share the same goal - creating a better mental health system for Canadians.
**Call 613-683-3755
Email** **mhccinfo@mentalhealthcommission.ca**

[Réseau Avant de Craquer](https://www.avantdecraquer.com/en/)
Whether you are a [parent](https://www.avantdecraquer.com/en/parents/), [child](https://www.avantdecraquer.com/en/children/), [sibling](https://www.avantdecraquer.com/en/siblings/), [partner](https://www.avantdecraquer.com/en/partners/), [friend or colleague](https://www.avantdecraquer.com/en/friends-colleagues/), **Réseau Avant de Craquer** is here to help you better cope with a loved one living with mental health problems.
**Call 1-855-272-7837 (1-855-craquer)**

[Suicide Hotline](https://www.crisisservicescanada.ca/en/) (Canada Suicide Prevention Service)
**The Suicide Hotline** is a service to use if you are thinking about suicide or are worried about a friend or loved one. The hotline is available 24/7 and text support is available from 4:00 p.m. to 12:00 a.m. ET.
**Call 1-866-APPELLE (1-866-277-3553)**[The LifeLine Canada Foundation](https://thelifelinecanada.ca/support/)
**The LifeLine Canada Foundation (TLC)** is a registered non-profit committed to the prevention of suicide and positive mental health in Canada and Worldwide.
For**Crisis Support**, please use the contact form in the blue link above to contact their support team.

[Wellness Together Canada](https://ca.portal.gs/)
**Wellness Together Canada** is a new portal dedicated to mental wellness. It connects Canadians to peer support workers, social workers, psychologists and other professionals for confidential chat sessions or phone calls and will make it easier to find credible information and help address mental health and substance use issues.
**Call 1-866-585-0445 to speak with a counselor or better understand all the support options available to you
Youth: Text WELLNESS to 686868**

**Below is a list of French mental health resources available in the MCQ region:**

[Anna et la Mer](https://www.facebook.com/AnnaetlaMer/)
**Anna et la Mer** is a community organization that offers support for youth between the ages of 7 to 17 years old who have a family member with a mental health issue. They offer support groups, educational workshops, listening services and more.
**Call 819-372-1105
Email** annaetlamer@annaetlamer.com

[Centre de prévention du suicide Accalmie (CPSA)](https://preventiondusuicide.com/)
**The Centre de prévention du suicide Accalmie (CPSA)** is an organization whose mission is to prevent suicide and reduce its impact. They offer professional and specialized services aimed at suicide prevention, intervention and postvention.
**Call 1 866 APPELLE (1-866-277-3553) for 24/7 intervention and clinical services**

[Les Parents Partenaires](http://www.parentspartenaires.com/)
**Les Parents Partenaires** is a non-profit organization whose mission is to support parents who have a child or adolescent living with a mental health issue. They offer individualized help and intervene with parents who live with their child or teen that is experiencing different levels such as learning difficulties, depression, ADHD, Tourette's Syndrome, Mood Disorders, etc.

**Trois-Rivières
Call 819 840-2969
Email** parents.partenaires@cgocable.ca

**Victoriaville
Call 819 751 2969
Email** parentspartenaires@cdcbf.qc.ca

[Le SIT Mauricie](http://www.sitmauricie.com/) **Le SIT Mauricie** helps individuals who have a mental illness integrate socially and professionally in the Mauricie region.
**Call 819-694-0704
Email** info@sitmauricie.com

[Le Traversier - Centre de jour et d'entraide en santé mentale](http://letraversier.org/wp/%C2%A0%C2%A0)
**Le Traversier - Centre de jour et d’entraide en santé mentale** is a community organization that provides support to individuals who are living with mental health issues such as major and seasonal depression, bipolar disorder, personality disorders, schizophrenia, and more. They promote healthy lifestyle habits, encourage mutual aid, help break isolation and more.

**Call 819-371-2420
E-mail:**centredejour@letraversier.org

## Mental health services and care

To obtain care or services or to find a professional with whom you feel comfortable, contact one of the following resources:

* [Info-Social 811](https://www.quebec.ca/en/health/finding-a-resource/info-social-811)
* Your [family doctor](https://www.quebec.ca/en/health/finding-a-resource/family-doctor-schedule-an-appointment)
* Your [local community services centres (CLSC)](https://sante.gouv.qc.ca/en/repertoire-ressources/clsc/)
* A [psychologist or a psychotherapist in a private practice](https://www.ordrepsy.qc.ca/trouver-de-aide)

## Suicide prevention

Talk anytime, anywhere in Québec, with a professional who is able to speak openly about suicide:

* By telephone: suicide prevention and help line: 1 866 APPELLE or 1-866-277-3553
* By text (SMS): 1-855-957-5353
* By chat: [Suicide.ca](https://suicide.ca/)

Also see the [Prevent suicide](https://www.quebec.ca/en/health/advice-and-prevention/mental-health/preventing-suicide) page.

## Sources of information on mental health and mental disorders

* [Canadian Mental Health Association](http://www.cmha.ca/)
* [Douglas Institute](http://www.douglas.qc.ca/info_sante?locale=en)
Mental Health Info
* [Mouvement Santé mentale Québec](http://www.mouvementsmq.ca/) (in French only)
* [Réseau Avant de craquer](https://www.avantdecraquer.com/) (in French only)
Federation of organizations dedicated to the wellbeing of the family and friends of people living with mental health problems

## Help lines and telephone services

* [Veterans Affairs Canada](http://www.veterans.gc.ca/eng/services/health/mental-health)
Helpline: 1-800-268-7708
This resource is for veterans and their immediate families only
* [Association des centres d’écoute téléphonique du Québec](https://www.lignedecoute.ca/centres-decoute-telephonique-par-region/) (site Web in French)
Find a help line in your region
* [LigneParents](http://ligneparents.com/)
Helpline: 1-800-361-5085 (in French only)
This free and confidential service is available day and night to all parents of children aged between 0 and 20 years. The service is provided by professionals.
* [Tel-jeunes](https://www.teljeunes.com/Home)
Helpline: 1-800-263-2266
This free and confidential service is available day and night to children aged between 5 and 20 years. The service is provided by professionals.

## Support and services in the community

* [Association des groupes d'intervention en défense des droits en santé mentale du Québec](http://www.agidd.org/) (in French only)
* [Au cœur des familles agricoles](https://acfareseaux.qc.ca/) (in French only)
Psychosocial support network for agricultural producers and their family
* [Centres de crise](https://www.centredecrise.ca/) (in French only)
Regroupement des Services d’Intervention de Crise du Québec
* [Relief](https://myrelief.ca/1/home)
Québec Anxiety, Depressive and Bipolar Disorders Support Association
* [Regroupement des ressources alternatives en santé mentale du Québec](http://www.rrasmq.com/) (in French only)
* [Réseau Avant de craquer](https://www.avantdecraquer.com/) (in French only)
Federation of organizations dedicated to the wellbeing of the family and friends of people living with mental health problems
* [Réseau d’entendeurs de voix du Québec](http://www.revquebecois.org/) (in French only)
For people who hear voices and those who support them

## Support for the family members and friends of people living with mental disorders

Resources are available for the family and friends of people living with mental disorders:

* [Association québécoise des parents et amis de la personne atteinte de maladie mentale (AQPAMM)](https://aqpamm.ca/) (in French only)
* [LigneParents](http://ligneparents.com/)
Helpline: 1-800-361-5085
This free and confidential service is available day and night to all parents of children aged between 0 and 20 years. The service is provided by professionals.
* [Regroupement des associations PANDA du Québec](https://www.associationpanda.qc.ca/) (in French only)
The Regroupement supports establishing services that promote the educational and social success of people with ADD/ADHD and responding to the needs of their family and friends.
* [Réseau Avant de craquer](https://www.avantdecraquer.com/) (in French only)
Federation of organizations dedicated to the wellbeing of the family and friends of people living with mental health problems
* [Société québécoise de la schizophrénie](https://www.schizophrenie.qc.ca/fr/) (in French only)
* [Réseau d’entendeurs de voix du Québec](http://www.revquebecois.org/)
For people who hear voices and those who support them

Also see the [Living with a Person Suffering from Mental Illness](https://www.quebec.ca/en/health/advice-and-prevention/mental-health/learn-about-mental-disorders/living-with-person-mental-illness) page to find out how you can help someone with a mental illness while respecting your limits.

## Information and support resources according to mental disorder

### Anxiety disorders and obsessive-compulsive disorder

* [Relief](https://myrelief.ca/1/home)
Québec Anxiety, Depressive and Bipolar Disorders Support Association
* [Phobies-Zéro](http://www.phobies-zero.qc.ca/)
Helpline: 1-866-922-0002

### Attention deficit with or without hyperactivity (ADHD)

* [Regroupement des associations PANDA du Québec](https://www.associationpanda.qc.ca/) (in French only)
The Regroupement supports establishing services that promote the educational and social success of people with ADD/ADHD and responding to the needs of their family and friends.

### Mood Disorders

* [Relief](https://myrelief.ca/1/home)
Québec Anxiety, Depressive and Bipolar Disorder Support Association

### Post-Traumatic Stress Disorder

* [Veterans Affairs Canada](http://www.veterans.gc.ca/eng/services/health/mental-health)
Helpline: 1-800-268-7708
This resource is for veterans and their immediate families only
* [Trauma](http://www.info-trauma.org/en/home)
Douglas Mental Health Institute
* [Trauma Studies Center](https://trauma.criusmm.net/en/)
Institut universitaire en santé mentale de Montréal
* [Centre d’aide aux victimes d’actes criminels (CAVAC)](https://cavac.qc.ca/en/)
* [Centres d'aide et de lutte contre les agressions à caractère sexuel (CALACS)](http://www.rqcalacs.qc.ca/index-en.php)

### Psychotic Disorders

* [Société québécoise de la schizophrénie](http://www.schizophrenie.qc.ca/) (in French only)
* [Réseau d’entendeurs de voix du Québec](http://www.revquebecois.org/)
For people who hear voices and those who support them
* [Association québécoise des programmes pour premiers épisodes psychotiques](http://www.aqppep.ca/) (in French only)

## If you are suffering from a mental health problem, or know someone else who is

### it's important to get help

Mental illness can take many forms. The most known mental illnesses are the following:

* Anxiety disorders
* Borderline personality disorder
* Obsessive-compulsive disorder (OCD)
Mood disorders
* Psychotic disorders
* Post-traumatic stress disorder (PTSD)

Source: [quebec.ca](https://www.quebec.ca/en/health/health-issues/mental-health-mental-illness/)

### The CIUSSS: the place to go to access mental health services

The [Integrated University Health and Social Services Centre (CIUSSS)](https://santemontreal.qc.ca/en/public/montreals-institutions-at-a-glance/ciusss/#c2303) are the point of access to mental health services. Each CIUSSS has two mental health teams, one for children and young people and the other for adults.

They are responsible for evaluating the situation of the people who come to them and giving them the appropriate assistance. Depending on the seriousness of the situation, they may refer these people to dedicated multidisciplinary teams that include social workers, psychologists, child psychiatrists, psychiatrists, doctors, nurses, etc.

They work in cooperation with the teams in the CIUSSS's other sectors and with partners to ensure service continuity.

If you need help, please [contact your CLSC](https://santemontreal.qc.ca/en/public/montreals-institutions-at-a-glance/clscs/), or talk to your doctor or a community organization. They will direct you to the right place to get the support you need.

## À consulter aussi

* [Centres de crises de Montréal](https://santemontreal.qc.ca/en/public/support-and-services/crisis-centres/)
* [Cliniques pour premiers épisodes psychotiques](https://santemontreal.qc.ca/en/public/montreals-institutions-at-a-glance/clinic-for-first-psychotic-episodes/)
* [Maladie mentale](https://www.quebec.ca/sante/problemes-de-sante/sante-mentale-maladie-mentale/#c1563), Québec.ca
* [Réseau avant de craquer](https://www.avantdecraquer.com/)
* [Association canadienne pour la santé mentale](https://cmha.ca/fr/)
* [Mouvement Santé mentale Québec](https://www.mouvementsmq.ca/)
* [Association des groupes d'intervention en défense des droits en santé mentale du Québec](http://www.agidd.org/)
* [Regroupement des ressources alternatives en santé mentale du Québec](http://www.rrasmq.com/)
* [Association des médecins psychiatres du Québec](https://ampq.org/)
* [Association québécoise pour la réadaptation psychosociale](https://aqrp-sm.org/)
* [Société québécoise de la schizophrénie](https://www.schizophrenie.qc.ca/fr/)

| * **ORGANIZATION(WEBSITE)**
 | **PHONE** | **DESCRIPTION** | **LOCATION** |
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| [Association des Medecins Psychiatres du Quebec](http://www.ampq.org/) | 514-350-5128 | Psychiatry information, psychiatrist directory [F] | QC |
| [Auberge Shalom](http://aubergeshalom.org/) | 514-731-0833 | External counseling, emergency shelter for abused women of all ethnicities, 24 Hour Support Line [E/F] | Montreal (Côte-des-Neiges) |
| [Bottin Sante](http://www.bottinsante.ca/Psychologues-Quebec-1.html) | 514-317-2683 | Repertoire of psychologists classified by regions of Quebec [F] | QC |
| [Collective Community Services](http://www.ccs-montreal.org/) | 514-937-5351 | Support services for families, counseling offered [E] | Montreal |
| [Clinique Universitaire de Psychologie (UdeM)](http://psy.umontreal.ca/ressources-services/clinique-universitaire-de-psychologie/) | 514-343-7725 | Affordable psychology clinic offered by psychologists and student clinicians [F] | Montreal |
| Cognitive Principles (Mary's Recovery) | 514-485-2194 | Counseling and CBT group workshops for depression, anxiety, panic, and OCD. [E/F] | Montreal (Westmount) |
| [Concordia Applied Psychology Centre](https://www.concordia.ca/artsci/psychology/facilities-services/apc.html) | 514-848-2424 x7550 | Affordable psychology clinic offered by psychologists and student clinicians for all ages (children, youth, adults, families); services from September to April only [E/F] | Montreal |
| [The Emotional Health CBT Clinic](http://cbtclinic.ca/) | 514-485-7772 | Affordable individual CBT for depression, anxiety, OCD, etc. [E/F] | Montreal |
| [Face à Face](http://faceafacemontreal.org/) | 514-934-4546 | Counselling, drop-in, support group, listening, assisantce [E/F] | Montreal |
| [Head & Hands](http://www.headandhands.ca/) | 514-872-9444 | Medical, social, legal, and counseling services for youth 12-25, young parents program [E/F] | Montreal |
| [Maison Multiethnique Myosotis](https://maisonmyosotis.org/) | 514-271-4407 | Psychotherapy centre--indiv or couples therapy; group activities on a given theme [E/F/Spanish/Arabic/Polish/Russian] $$ | Montreal |
| [La Maison St. Jacques](http://maisonstjacques.com/psychotherapie-de-groupe/) | 514-526-4132 | Free group psychotherapy for adults 18-50, group for mothers, referrals [F] | Montreal |
| [McGill Psychoed. & Counseling Clinic](http://www.mcgill.ca/edu-ecp/about/clinic/) | 514-398-4641 | Counseling, psychoeducational assessments, and psychotherapy for children and adolescents (ages 6 20); $25/session [E] | Montreal |
| [Mental Health Canada](http://www.mentalhealthcanada.com/) | Website | National directory of mental health professionals [E/F] | Canada |
| [Montreal Therapy Centre](http://montrealtherapy.com/) | 514-244-1290 | Psychotherapy services for individuals, couples, and families [E/F/S] $$ (sliding scale) | Montreal (NDG) |
| [The Open Centre](http://centreouvert.com/) | 514-397-9307 | Holistic centre with various professionals in mental and physical health [E/F] | Montreal (NDG) |
| [Ordre des Psychologues du Quebec](http://www.ordrepsy.qc.ca/) | 514-738-12231-800-561-1223 | Referral service to find a private psychologist [E/mostly F] | QC |
| [PsyMontreal](http://www.psymontreal.com/psychologist_montreal.html) | 514-337-2473 | Psychotherapy and coaching services for depression, anxiety, stress, etc. [E/F] $$ (some discounts for students) | Montreal |
| [Teenage Health Unit (JGH)](https://www.jgh.ca/care-services/goldman-herzl-family-practice-centre/teenage-health-unit/) | 514-340-8242 | Health and counseling services for teenagers [E/F] | Montreal (Côte-des-Neiges) |
| [West Island Therapy and Wellness Centre](http://www.westislandtherapycentre.com/) | 514-696-0948 | Psychological services ranging from consultation, assessment, therapy, and treatment programs. [E/F] | Montreal (West Island) |
| [Westmount Psychological Services](http://wellnessinmind.ca/) | 514-223-5327 | Therapy for anxiety, depression, OCD etc. [E/F] $$ | Montreal (Westmount) |
| [L'Atelier](http://www.atelierdartisanat.org/) | 514-844-6458 | Art workshops, professional & social integration programs, 18+ [E/mostly F] (referral needed) | Montreal |
| [Centre d'Apprentissage Parallèle (CAP)](http://www.ateliersducap.org/) | 514-843-5658 | Art therapy, drama therapy, work integration programs, socialization [E/F] | Montreal |
| [Expression LaSalle](http://www.expressionlasalletherapies.ca/) | 514-368-3736 | Art therapy and related workshops, individual counseling [E/F] | Montreal (LaSalle) |
| [Friends for Mental Health (West Island)](https://www.asmfmh.org/en/repit/) | 514-636-6885 | Art therapy workshops for caregivers and families [E/F] | Montreal (West Island) |
| [Les Impatients](http://www.impatients.ca/) | 514-842-1043 | Art & music therapy workshops [E/mostly F] | Montreal |
| [MusiArt Choir (Montreal General Hospital)](https://muhc.ca/homepage/page/muhc-choirs) | 514-934-1934 x42619 | Choir of consumers; explore therapeutic benefits of music [E/F] | Montreal |
| [Pracom](https://www.pracom.ca/) | 514-527-6766 | Art workshops, stress & health workshops, professional reintegration [F] |  |

[Mental Health Facilities : Montreal, QC : Mental Health Services, Help and Support : eMentalHealth.ca](https://www.ementalhealth.ca/Montreal/Mental-Health-Facilities/index.php?m=heading&ID=229)

### Publicly Funded / Free Services

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| [CHU Sainte-Justine](https://www.ementalhealth.ca/index.php?m=record&ID=24208)CHU Sainte-Justine is the largest mother and child centre in Canada and one of the four most important pediatric centres in North America. Our team of 5000**...** [more](https://www.ementalhealth.ca/index.php?m=record&ID=24208)3175 Chemin de la Côte-Sainte-Catherine, Montréal, QC, H3T 1C5 [Map](https://maps.google.ca/maps?q=3175+Chemin+de+la+C%C3%B4te-Sainte-Catherine%2C+Montr%C3%A9al%2C+QC%2C+H3T+1C5)514-345-4931[http://www.chu-sainte-justine.org](http://www.chu-sainte-justine.org/)Area Served: Montreal |
| [Douglas Mental Health University Institute](https://www.ementalhealth.ca/index.php?m=record&ID=11660)The Douglas Institute provides specialized and super specialized clinical services to all age groups in both French and English. [more](https://www.ementalhealth.ca/index.php?m=record&ID=11660)6875 LaSalle Boulevard, Montréal, QC, H4H 1R3 [Map](https://maps.google.ca/maps?q=6875+LaSalle+Boulevard%2C+Montr%C3%A9al%2C+QC%2C+H4H+1R3)514-761-6131[http://www.douglas.qc.ca](http://www.douglas.qc.ca/)Area Served: Montreal |

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| [Institut Philippe-Pinel de Montréal](https://www.ementalhealth.ca/index.php?m=record&ID=24207)Provides a variety of mental health services, in particular the treatment and assessment of adolescents and adults suffering from serious mental health,**...** [more](https://www.ementalhealth.ca/index.php?m=record&ID=24207)10905 Henri-Bourassa Boulevard East, Montréal, QC, H1C 1H1 [Map](https://maps.google.ca/maps?q=10905+Henri-Bourassa+Boulevard+East%2C+Montr%C3%A9al%2C+QC%2C+H1C+1H1)514-648-8461<http://www.pinel.qc.ca/>Area Served: Montreal |
| [Montreal Children's Hospital](https://www.ementalhealth.ca/index.php?m=record&ID=74439)At the Montreal Children’s Hospital, we have eight acute care beds on the inpatient unit. We offer specialized services for the general public and we often**...** [more](https://www.ementalhealth.ca/index.php?m=record&ID=74439)1001 Boulevard Décarie, Montreal, QC, H4A 3J1 [Map](https://maps.google.ca/maps?q=1001+Boulevard+D%C3%A9carie%2C+Montreal%2C+QC%2C+H4A+3J1)514-412-4400[https://www.thechildren.com/departments-...](https://www.thechildren.com/departments-and-staff/departments/department-of-psychiatry-21) |

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| [Montreal General Hospital (MGH)](https://www.ementalhealth.ca/index.php?m=record&ID=11656)Montreal General Hospital is a teaching hospital with McGill University, providing patient care, teaching and research. [more](https://www.ementalhealth.ca/index.php?m=record&ID=11656)1650 Cedar Avenue, Montreal, QC, H3G 1A4 [Map](https://maps.google.ca/maps?q=1650+Cedar+Avenue%2C+Montreal%2C+QC%2C+H3G+1A4)514-934-8010<http://muhc.ca/mgh/dashboard>Area Served: Montreal |

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### Publicly Funded / Free Services

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| [Douglas Mental Health University Institute](https://www.ementalhealth.ca/index.php?m=record&ID=11660)The Douglas Institute provides specialized and super specialized clinical services to all age groups in both French and English. [more](https://www.ementalhealth.ca/index.php?m=record&ID=11660)6875 LaSalle Boulevard, Montréal, QC, H4H 1R3 [Map](https://maps.google.ca/maps?q=6875+LaSalle+Boulevard%2C+Montr%C3%A9al%2C+QC%2C+H4H+1R3)514-761-6131[http://www.douglas.qc.ca](http://www.douglas.qc.ca/)Area Served: Montreal |
| [Montreal Children's Hospital](https://www.ementalhealth.ca/index.php?m=record&ID=74439)At the Montreal Children’s Hospital, we have eight acute care beds on the inpatient unit. We offer specialized services for the general public and we often**...** [more](https://www.ementalhealth.ca/index.php?m=record&ID=74439)1001 Boulevard Décarie, Montreal, QC, H4A 3J1 [Map](https://maps.google.ca/maps?q=1001+Boulevard+D%C3%A9carie%2C+Montreal%2C+QC%2C+H4A+3J1)514-412-4400[https://www.thechildren.com/departments-...](https://www.thechildren.com/departments-and-staff/departments/department-of-psychiatry-21)Area Served: Montreal |

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| [Montreal General Hospital (MGH)](https://www.ementalhealth.ca/index.php?m=record&ID=11656)Montreal General Hospital is a teaching hospital with McGill University, providing patient care, teaching and research. [more](https://www.ementalhealth.ca/index.php?m=record&ID=11656)1650 Cedar Avenue, Montreal, QC, H3G 1A4 [Map](https://maps.google.ca/maps?q=1650+Cedar+Avenue%2C+Montreal%2C+QC%2C+H3G+1A4)514-934-8010<http://muhc.ca/mgh/dashboard>Area Served: Montreal |
| [Residential Treatment Clinic for Operational Stress Injuries](https://www.ementalhealth.ca/index.php?m=record&ID=13269)Operational stress injury (OSI) clinics are specialized outpatient programs that serve Veterans, current Canadian Forces members, and eligible members of the**...** [more](https://www.ementalhealth.ca/index.php?m=record&ID=13269)305 Des Anciens Combattants Blvd., Sainte-anne-de-bellevue, QC, H9X 1Y9 [Map](https://maps.google.ca/maps?q=305+Des+Anciens+Combattants+Blvd.%2C+Sainte-anne-de-bellevue%2C+QC%2C+H9X+1Y9)514-457-3440 x5000[http://www.veterans.gc.ca/eng/sub.cfm?so...](http://www.veterans.gc.ca/eng/sub.cfm?source=mental-health/support/osi-clinics-support)Area Served: [Quebec](https://www.ementalhealth.ca/Montreal/Mental-Health-Facilities/index.php?m=heading&ID=229&r=quebec) |

### Private Practice Professionals and Commercial Businesses

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| [RocklandMd](https://www.ementalhealth.ca/index.php?m=record&ID=20160)QC, CanadaArea Served: Montreal |
| [Drug Rehab Services (DRS)](https://www.ementalhealth.ca/index.php?m=record&ID=73651)2143 Avenue du Suroit, Mascouche, QC, J7L 4G41-877-254-3348 (Toll Free)Area Served: [Canada](https://www.ementalhealth.ca/Montreal/Mental-Health-Facilities/index.php?m=heading&ID=229&r=canada) |

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| [The Stable Grounds Inc. (TSG)](https://www.ementalhealth.ca/index.php?m=record&ID=60766)22678 Johnston Line, Rodney, ON, N0L 2C0905-717-5921Area Served: [Canada](https://www.ementalhealth.ca/Montreal/Mental-Health-Facilities/index.php?m=heading&ID=229&r=canada) |

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## Outpatient/community mental health services

Outpatient Mental Health Services is where a person receives services by going to an office or clinic, without having to stay overnight in a hospital. Services can be "hospital-based", and delivered through a hospital, or they may be "community-based" and delivered outside of a hospital.

### Publicly Funded / Free Services

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| [Addiction Outreach Program (AOP)](https://www.ementalhealth.ca/index.php?m=record&ID=25924)Private non-profit organization which provides intensive outpatient therapeutic and practical services for individuals suffering from drugs, alcohol and**...** [more](https://www.ementalhealth.ca/index.php?m=record&ID=25924)6900 Blvd Decarie, Montreal, QC, H3X 2T8 [Map](https://maps.google.ca/maps?q=6900+Blvd+Decarie%2C+Montreal%2C+QC%2C+H3X+2T8)514-814-4488[http://Addictionoutreach.ca](http://addictionoutreach.ca/) |
| [Adult Survivors of Child Abuse (ASCA)](https://www.ementalhealth.ca/index.php?m=record&ID=22515)This is a recovery group inspired by the 12 step recovery model of Alcoholics Anonymous but following the 21 step model of recovery described by psychologist**...** [more](https://www.ementalhealth.ca/index.php?m=record&ID=22515)Montreal, QC514-965-9774[https://sites.google.com/site/ascamontre...](https://sites.google.com/site/ascamontreal/) |

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| [Anorexia and Bulimia Quebec (ANEB)](https://www.ementalhealth.ca/index.php?m=record&ID=69836)[more](https://www.ementalhealth.ca/index.php?m=record&ID=69836)5500 Transcanadienne, Montreal, QC, H9R 1B6 [Map](https://maps.google.ca/maps?q=5500+Transcanadienne%2C+Montreal%2C+QC%2C+H9R+1B6)514-630-0907<https://anebquebec.com/en>Area Served: Montreal |
| [Douglas Mental Health University Institute](https://www.ementalhealth.ca/index.php?m=record&ID=11660)The Douglas Institute provides specialized and super specialized clinical services to all age groups in both French and English. [more](https://www.ementalhealth.ca/index.php?m=record&ID=11660)6875 LaSalle Boulevard, Montréal, QC, H4H 1R3 [Map](https://maps.google.ca/maps?q=6875+LaSalle+Boulevard%2C+Montr%C3%A9al%2C+QC%2C+H4H+1R3)514-761-6131[http://www.douglas.qc.ca](http://www.douglas.qc.ca/)Area Served: Montreal |

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| [Family Resource Center](https://www.ementalhealth.ca/index.php?m=record&ID=19884)Offer social and study skill development, mentoring, counselling and referral services to English & French Youth 5-25, counselling, parental workshops and**...** [more](https://www.ementalhealth.ca/index.php?m=record&ID=19884)4855 blvd. Sources, Pierrefonds, QC, H8Y 3C8 [Map](https://maps.google.ca/maps?q=4855+blvd.+Sources%2C+Pierrefonds%2C+QC%2C+H8Y+3C8)514-685-5912[http://www.familyresourcecenter.qc.ca](http://www.familyresourcecenter.qc.ca/)Area Served: Montreal |
| [Montreal General Hospital (MGH)](https://www.ementalhealth.ca/index.php?m=record&ID=11656)Montreal General Hospital is a teaching hospital with McGill University, providing patient care, teaching and research. [more](https://www.ementalhealth.ca/index.php?m=record&ID=11656)1650 Cedar Avenue, Montreal, QC, H3G 1A4 [Map](https://maps.google.ca/maps?q=1650+Cedar+Avenue%2C+Montreal%2C+QC%2C+H3G+1A4)514-934-8010<http://muhc.ca/mgh/dashboard>Area Served: Montreal |

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| [Obsessive Compulsive Disorder Clinic, McGill University Health Center, Department of Psychology, 514-934-1934, ext. 34290 (OCD Clinic McGill University Health Centre)](https://www.ementalhealth.ca/index.php?m=record&ID=27802)Bilingual specialized assessment and treatment for patients suffering from OCD and/or related disorders [more](https://www.ementalhealth.ca/index.php?m=record&ID=27802)1025 Pine Avenue West, Montreal, QC, H3A 1A1 [Map](https://maps.google.ca/maps?q=1025+Pine+Avenue+West%2C+Montreal%2C+QC%2C+H3A+1A1)1-514-934-1934 x34290[http://www.ciocd.ca](http://www.ciocd.ca/)Area Served: Montreal |
| [Quebec Society for Disabled Children (QSDC)](https://www.ementalhealth.ca/index.php?m=record&ID=52104)Occupational Therapy services for children aged 0-18 years. Individual and group-based intervention and treatment. [more](https://www.ementalhealth.ca/index.php?m=record&ID=52104)2300 René-Lévesque Boulevard West, Montreal, QC, H3H 2R5 [Map](https://maps.google.ca/maps?q=2300+Ren%C3%A9-L%C3%A9vesque+Boulevard+West%2C+Montreal%2C+QC%2C+H3H+2R5)514-937-6171[http://www.enfantshandicapes.com](http://www.enfantshandicapes.com/)Areas Served: Montreal, [Quebec](https://www.ementalhealth.ca/Montreal/Mental-Health-Facilities/index.php?m=heading&ID=229&r=quebec) |

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| [Relief - The Path of Mental Health (Relief)](https://www.ementalhealth.ca/index.php?m=record&ID=12891)A national organization that has been supporting people living with anxiety, depression or bipolar disorder, and their loved ones, since 1983, to keep them**...** [more](https://www.ementalhealth.ca/index.php?m=record&ID=12891)418 rue Sherbrooke Est, Montréal, QC, H2L 1J6 [Map](https://maps.google.ca/maps?q=418+rue+Sherbrooke+Est%2C+Montr%C3%A9al%2C+QC%2C+H2L+1J6)514-529-3081[https://relief.ca](https://relief.ca/)Area Served: Montreal |
| [Ste. Anne Operational Stress Injury Clinic](https://www.ementalhealth.ca/index.php?m=record&ID=11732)Operational stress injury (OSI) clinics are specialized outpatient programs that serve Veterans, current Canadian Forces members, and eligible members of the**...** [more](https://www.ementalhealth.ca/index.php?m=record&ID=11732)305 boulevard des Anciens Combattants, Sainte-anne-de-bellevue, QC, H9X 1Y9 [Map](https://maps.google.ca/maps?q=305+boulevard+des+Anciens+Combattants%2C+Sainte-anne-de-bellevue%2C+QC%2C+H9X+1Y9)514-457-3440[https://www.veterans.gc.ca/eng/about-vac...](https://www.veterans.gc.ca/eng/about-vac/publications-reports/reports/departmental-audit-evaluation/2011-10-ste-annes/1-0)Area Served: Montreal |

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| [The A.D.D. Family Resource Center (FRC)](https://www.ementalhealth.ca/index.php?m=record&ID=26440)To support and strengthen families with children experiencing learning and/or behavior problems by offering individual and group support to the children and their parents/loved ones. [more](https://www.ementalhealth.ca/index.php?m=record&ID=26440)12301 rue Colin, Pierrefonds, QC, H9A 1C3 [Map](https://maps.google.ca/maps?q=12301+rue+Colin%2C+Pierrefonds%2C+QC%2C+H9A+1C3)514-676-7775[http://www.centrefamille.com](http://www.centrefamille.com/)Area Served: Montreal |
| [Association des centres d'écoute téléphonique du Québec (ACETDQ)](https://www.ementalhealth.ca/index.php?m=record&ID=62319)Regroupement de 22 centres d'écoute au Québec sur 10 territoires. Les écoutants sont plus de 800 à offrir de l'écoute active pour toutes les personnes**...** [more](https://www.ementalhealth.ca/index.php?m=record&ID=62319)3715 pelissier, Ville De Québec, QC, G1X 3X9 [Map](https://maps.google.ca/maps?q=3715+pelissier%2C+Ville+De+Qu%C3%A9bec%2C+QC%2C+G1X+3X9)418-928-9004[http://www.acetdq.org](http://www.acetdq.org/)Area Served: [Quebec](https://www.ementalhealth.ca/Montreal/Mental-Health-Facilities/index.php?m=heading&ID=229&r=quebec) |

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| [Autisme-Asperger-Québec (AAQc)](https://www.ementalhealth.ca/index.php?m=record&ID=56895)La plateforme Autisme-Asperger-Québec (AAQc) se veut une plateforme informative, éducative et inclusive sur l’autisme, les troubles du spectre de**...** [more](https://www.ementalhealth.ca/index.php?m=record&ID=56895)QC, Canada[http://www.autismeaspergerquebec.com](http://www.autismeaspergerquebec.com/)Areas Served: [Quebec](https://www.ementalhealth.ca/Montreal/Mental-Health-Facilities/index.php?m=heading&ID=229&r=quebec), [World](https://www.ementalhealth.ca/Montreal/Mental-Health-Facilities/index.php?m=heading&ID=229&r=world) |
| [Bottin Santé](https://www.ementalhealth.ca/index.php?m=record&ID=11674)Le Bottin Santé vous permet de repérer rapidement des services en santé au Québec. Que vous soyez à la recherche d'un médecin de famille, d'un**...** [more](https://www.ementalhealth.ca/index.php?m=record&ID=11674)270 Laurier, Beloeil, QC, J3G 4G7 [Map](https://maps.google.ca/maps?q=270+Laurier%2C+Beloeil%2C+QC%2C+J3G+4G7)514-317-2683<http://www.bottinsante.ca/>Area Served: [Quebec](https://www.ementalhealth.ca/Montreal/Mental-Health-Facilities/index.php?m=heading&ID=229&r=quebec) |

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| [CLSC List by Region](https://www.ementalhealth.ca/index.php?m=record&ID=11675)CLSCs (centre local de services communautaires, local community service centre) in Quebec are free clinics which are run and maintained by the provincial**...** [more](https://www.ementalhealth.ca/index.php?m=record&ID=11675)QC, Canada<https://www.indexsante.ca/clsc/>Area Served: [Quebec](https://www.ementalhealth.ca/Montreal/Mental-Health-Facilities/index.php?m=heading&ID=229&r=quebec) |
| [Le Regroupement des ressources alternatives en santé mentale du Québec (RRASMQ)](https://www.ementalhealth.ca/index.php?m=record&ID=11673)The RRASMQ is a non-profit organization that includes 120 resources in mental health spread over the territory of Quebec. [more](https://www.ementalhealth.ca/index.php?m=record&ID=11673)2349 de Rouen, Montréal, QC, H2K 1L8 [Map](https://maps.google.ca/maps?q=2349+de+Rouen%2C+Montr%C3%A9al%2C+QC%2C+H2K+1L8)514-523-7919<http://www.rrasmq.com/index.html>Area Served: [Quebec](https://www.ementalhealth.ca/Montreal/Mental-Health-Facilities/index.php?m=heading&ID=229&r=quebec) |

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| [Residential Treatment Clinic for Operational Stress Injuries](https://www.ementalhealth.ca/index.php?m=record&ID=13269)Operational stress injury (OSI) clinics are specialized outpatient programs that serve Veterans, current Canadian Forces members, and eligible members of the**...** [more](https://www.ementalhealth.ca/index.php?m=record&ID=13269)305 Des Anciens Combattants Blvd., Sainte-anne-de-bellevue, QC, H9X 1Y9 [Map](https://maps.google.ca/maps?q=305+Des+Anciens+Combattants+Blvd.%2C+Sainte-anne-de-bellevue%2C+QC%2C+H9X+1Y9)514-457-3440 x5000[http://www.veterans.gc.ca/eng/sub.cfm?so...](http://www.veterans.gc.ca/eng/sub.cfm?source=mental-health/support/osi-clinics-support)Area Served: [Quebec](https://www.ementalhealth.ca/Montreal/Mental-Health-Facilities/index.php?m=heading&ID=229&r=quebec) |

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| [Vent Over Tea](https://www.ementalhealth.ca/index.php?m=record&ID=74748)Vent Over Tea offers a free and confidential active listening service to promote mental wellness and connection.  3830 Rue Joseph, Verdun, QC, H4G 1J2<https://ventovertea.com/>Area Served: [Quebec](https://www.ementalhealth.ca/Montreal/Mental-Health-Facilities/index.php?m=heading&ID=229&r=quebec) |

**Ottawa Mental Health Resources:**

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| [Canadian Mental Health Association Ottawa](https://www.champlainhealthline.ca/displayService.aspx?id=210982)  311 McArthur Ave, Suite 201, Ottawa, ON  K1L 8M3 | 613-737-7791 |
| [Canadian Mental Health Association Ottawa - Mental Health Community Support Services](https://www.champlainhealthline.ca/displayService.aspx?id=210277)   311 McArthur Ave, Ottawa, ON  K1L 8M3 | 613-737-7791 |
| [Carlington Community Health Centre - Assertive Community Treatment Team](https://www.champlainhealthline.ca/displayService.aspx?id=211098)  Carlington ACT, 900 Merivale Rd, Ottawa, ON  K1Z 5Z8 | 613-722-9731 |
| [Centre for Addiction and Mental Health - Ottawa](https://www.champlainhealthline.ca/displayService.aspx?id=211187)  150 Isabella St, Suite 1310, Phase 1, Ottawa, ON  K1S 1V7 | 613-569-6024 |
| [Crossroads Children's Mental Health Centre](https://www.champlainhealthline.ca/displayService.aspx?id=211706)  1755 Courtwood Cres, Ottawa, ON  K2C 3J2 | 613-723-1623 ext 232 |
| [Family Services Ottawa](https://www.champlainhealthline.ca/displayService.aspx?id=212030)  312 Parkdale Ave, Ottawa, ON  K1Y 4X5 | 613-725-3601 ext 0 |
| [Family Services Ottawa - Mental Health Program](https://www.champlainhealthline.ca/displayService.aspx?id=212035)  312 Parkdale Ave, Ottawa, ON  K1Y 4X5 | 613-725-3601 |
| [Geriatric Psychiatry Community Services of Ottawa](https://www.champlainhealthline.ca/displayService.aspx?id=210388)  Élisabeth Bruyère Hospital, 75 Bruyère St, Suite 127Y, Ottawa, ON  K1N 5C7 | 613-562-9777 ext 0 |
| [MAX Ottawa](https://www.champlainhealthline.ca/displayService.aspx?id=174904)   400 Cooper St, Suite 9004, Ottawa, ON  K2P 1X3 | 613-701-6555 |
| [Montfort Renaissance - Housing Services](https://www.champlainhealthline.ca/displayService.aspx?id=212735)  162 Murray St, Ottawa, ON  K1N 5M8 | 613-424-3400 ext 307 |
| [Montfort Renaissance - Les Ateliers de L'Élan](https://www.champlainhealthline.ca/displayService.aspx?id=212726)  346 Montréal Rd, Ottawa, ON  K1L 6B3 | 613-744-2244 |
| [Montfort Renaissance - Mental Health Services](https://www.champlainhealthline.ca/displayService.aspx?id=212738)  338 Montreal Rd, Suite 201, Ottawa, ON  K1L 6B3 | 613-742-0988 |
| [Ottawa Salus Corporation](https://www.champlainhealthline.ca/displayService.aspx?id=212312)  2000 Scott St, Ottawa, ON  K1Z 6T2 | 613-729-0123 |
| [Pinecrest-Queensway Community Health Centre - Pinecrest-Queensway Assertive Community Treatment Team](https://www.champlainhealthline.ca/displayService.aspx?id=211984)  1365 Richmond Rd, 2nd Flr, Ottawa, ON  K2B 6R7 | 613-820-4922 ext 3369 |
| [Pinecrest-Queensway Community Health Centre - Social Services](https://www.champlainhealthline.ca/displayService.aspx?id=211983)  1365 Richmond Rd, 2nd Flr, Ottawa, ON  K2B 6R7 | Administration 613-820-4922 ; Medical Clinic 613-820-2001 |
| [Psychiatric Survivors of Ottawa](https://www.champlainhealthline.ca/displayService.aspx?id=211943)  The Bronson Centre, 211 Bronson Ave, Suite 313, Ottawa, ON  K1R 6H5 | 613-567-4379 |
| [Terrace Wellness Group - Wellness Centre](https://www.champlainhealthline.ca/displayService.aspx?id=211620)   260 Terrence Matthews Cres, Unit 201, Ottawa, ON  K2M 2C7 | 613-592-5112 |
| [The Royal - Royal Ottawa Mental Health Centre](https://www.champlainhealthline.ca/displayService.aspx?id=211580)  1145 Carling Ave, Ottawa, ON  K1Z 7K4 | 613-722-6521 |
| [The Royal - Royal Ottawa Mental Health Centre - Community Mental Health Program](https://www.champlainhealthline.ca/displayService.aspx?id=211567)  2121 Carling Ave, Ottawa, ON  K2A 1H2 | 613-722-6521 ext 6503 |
| [The Royal - Royal Ottawa Mental Health Centre - Substance Use and Concurrent Disorders Program](https://www.champlainhealthline.ca/displayService.aspx?id=211573)  1145 Carling Ave, Ottawa, ON  K1Z 7K4 | 613-722-6521 ext 6508 |
| [Upstream Ottawa Community Mental Health Support](https://www.champlainhealthline.ca/displayService.aspx?id=211440)  100 Craig Henry Dr, Suite 204, Ottawa, ON  K2G 5W3 | 613-248-3330 |
| [Walk-in Counselling Clinic (The) - Ottawa - Bank St](https://www.champlainhealthline.ca/displayService.aspx?id=211404)  1355 Bank St, 6th Flr, Ottawa, ON  K1H 8K7 | 613-737-5115 \* 613-755-2277 |
| [Walk-in Counselling Clinic (The) - Ottawa - Carling Ave](https://www.champlainhealthline.ca/displayService.aspx?id=211403)  Jewish Family Services Ottawa, 2255 Carling Ave, Suite 301, Ottawa, ON  K2B 7Z5 | 613-722-2225 \* 613-755-2277 |
| [Walk-in Counselling Clinic (The) - Ottawa - Eccles St](https://www.champlainhealthline.ca/displayService.aspx?id=211402)  Somerset West Community Health Centre, 55 Eccles St, Ottawa, ON  K2B 7Z5 | 613-238-8210 \* 613-755-2277 |
| [Walk-in Counselling Clinic (The) - Ottawa - Emerald Plaza](https://www.champlainhealthline.ca/displayService.aspx?id=211401)  Nepean, Rideau, and Osgoode Community Resource Centre, 1547 Merivale Rd, Unit 240, Ottawa, ON  K2B 7Z5 | 613-596-5626 \* 613-755-2277 |
| [Walk-in Counselling Clinic (The) - Ottawa - Olmstead St](https://www.champlainhealthline.ca/displayService.aspx?id=211400)  CFS Ottawa, 310 Olmstead St, Ottawa, ON  K2B 7Z5 | 613-233-8478 \* 613-755-2277 |
| [Walk-in Counselling Clinic (The) - Ottawa - Parkdale Ave](https://www.champlainhealthline.ca/displayService.aspx?id=211399)  312 Parkdale Ave, Ottawa, ON  K2B 7Z5 | 613-725-3601 \* 613-755-2277 |
| [Youth Services Bureau of Ottawa - Mental Health Services - Integrated Crisis Services](https://www.champlainhealthline.ca/displayService.aspx?id=211274)  2675 Queensview Dr, Ottawa, ON  K2B 8K2 | 613-562-3004 |
| [Canadian Mental Health Association - Ontario Division](https://www.champlainhealthline.ca/displayService.aspx?id=186279)  180 Dundas St W, Suite 2301, Toronto, ON  M5G 1Z8 | 416-977-5580 |
| [Canadian Mental Health Association - Ontario Division - BounceBack - Reclaim Your Health](https://www.champlainhealthline.ca/displayService.aspx?id=186281)   8271 Keele St, Unit 2, Concord, ON  L4K 1Z1 |  |
| [Child and Parent Resource Institute (CPRI)](https://www.champlainhealthline.ca/displayService.aspx?id=12648)  600 Sanatorium Rd, London, ON  N6H 3W7 | 519-858-2774 |