



Ressources in Mental Health

General Information and Emergencies

Info santé - Calls (811 option 1) for health and (811 option 2) for social - Available 24/7.

911 and Hospitals - Available 24/7.

CLSC - Variable opening hours.

Resources for Youth and Families

Teljeunes - Calls, texts, and chat (Calls from 6am to 2am, texts and chat from 8am to 10:30pm)
- 7 days a week - 1 800 263 2266. - [Teljeunes](#)

Jeunesse j'écoute - Calls (1 800 668-6868) and texts (686868) - Available 24/7. - [Jeunesse j'écoute](#)

LigneParents - Calls (1 800 361-5085) - Available from 6am to 2am, 7 days a week.

- [LigneParents - Teljeunes](#)

Support for Relatives and Social Services

Appui - Proches aidants - Calls (8am to 8pm, 7 days a week) - 1 855 852-7784. - [L'appui](#)

SOS violence conjugale - Calls (1 800 363-9010) and chat, 24/7. - [SOS violence conjugale](#)

Suicide Prevention

Faubourg Suicide - Calls (1 866 277-3553) - Available 24/7. - [CPS Le Faubourg](#)

Addictions

Drogue (et alcool) : Aide et référence - Calls (514-527-2626 or 1 800 265 252) - 24/7. - [Aide Drogue](#)

Jeu : Aide et référence - Calls (514-527-0140 or 1 800 461-0104) - 24/7. - [Aide Jeu](#)

Mental Health Resources

Centre de crise de l'Ouest-de-l'Île - Phone: 514-684-6160. - [Centre de crise de l'Ouest-de-l'Île](#)



Ressources in Mental Health

Douglas Mental Health University Institute - Douglas Institute

Revivre - [Revivre](#)

Ami-Québec - [Ami-Québec](#)

Tracom - Phone: 514-483-3033. - [Tracom](#)

Mouvement Santé Mentale Québec - [Santé Mentale Québec](#)

2SLGBTQ+ Mental Health Services in Montreal

Interligne - Provides confidential support for sexual orientation and gender identity issues.

[Interligne](#)

Project 10 - Empowers young 2SLGBTQ+ (14-25 years old) with support groups and mental health workshops.

[Project 10](#)

ASTT(e)Q - Advocates for trans and non-binary individuals, offering health and mental health support.

[ASTTeQ](#)

Centre for Gender Advocacy - Provides advocacy and mental health support for diverse gender communities. [Centre pour l'Advocacy de Genre](#)

Meraki Center - Focuses on health and well-being in a secure and inclusive environment for the 2SLGBTQ+ community. [Centre Meraki](#)