

Ressources available

Dial 211

🌐 Service for Immigrants & Refugees:

Support and healthcare services tailored for individuals with immigrant status in Montreal.

📍 Location:

560 Boulevard Crémazie Est, Suite 100
Montreal, Quebec, H2P 1E8

☎ Primary Contact Number: 514-281-8998

☎ General Toll-Free Number: 1-833-896-8999

📅 Immigrant-Specific Assistance Line:

- Open Hours: Mondays from 5 PM to 8 PM
- Phone: 438-844-5696

🔧 Services Offered:

- Individual Psychotherapy & Psychological Support
- Capacity Building & Expertise Development



Médecins du Monde

🌐 Providing free healthcare services and support for individuals with immigrant status.

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Suicide Prevention Center of Montreal

🌐 Providing immediate support, follow-up care, and resources for suicide prevention, postvention, and bereavement support.

☎ First-Line Support

- Phone Intervention: For individuals thinking about suicide, their loved ones, the bereaved, and mental health professionals
- Call: 1-866-277-3553
- Text Support: Text "suicide.ca" to 535353

☎ Second-Line Support

- High-Risk Follow-Up Service: Follow-up within 24 to 36 hours for high-risk individuals to ensure safety and offer additional support.



Centre for Victims of Torture

🌐 A community-based organization supporting survivors of torture, war, genocide, and crimes against humanity.

☎ Contact

- ☎ Main Line: +1 416-363-1066
- ☎ Toll-Free: 1-877-292-2288

For information or a confidential assessment, call 416-363-1066

🔧 Services Include:

- Confidential assessments by in-house mental health professionals
- Skilled individual, family, and group counselling
- Crisis intervention and support for individuals and families
- Referrals for treatment
- Public education focused on mental health



Multicultural Mental Health Resource Center (MMHRC)

🌐 Offering resources and support to improve mental health services for diverse cultural communities across Canada.

📍 Website:
multiculturalmentalhealth.ca

📖 Resources Available:

- Culturally Adapted Mental Health Tools
- Guides for Families & Caregivers
- Self-Help Materials
- Multilingual Mental Health Information

🔧 Services & Support:

- Directory of Culturally Competent Mental Health Services
- Training for Mental Health Professionals
- Research on Cultural Mental Health Needs



Ami-Quebec

🌐 Supporting families and individuals affected by mental illness through resources and guidance across Quebec.

📍 Address: 5800 boul. Decarie, Montreal, Quebec H3X 2J5

🌐 Website: amiquebec.org

☎ Phone: 514-486-1448

✉ Email: info@amiquebec.org

📖 Resources Available

- Support Groups for families, friends, and individuals
- Educational Workshops on coping skills, boundaries, and communication
- Counselling Services for caregivers

🔧 Services & Support

- Education & Outreach in schools, workplaces, and communities
- Online Learning through videos and resources
- Free and accessible programs across Quebec via phone or internet



Anxiety Canada

🌐 Access free mental health support with TELUS Health MyCare, online courses, resources, videos, and podcasts.

💡 Redeem your FREE Counselling Sessions

1. Download the TELUS Health MyCare app.
2. Create an account & enter QC promo code: MYCAREQC
3. Book 2 free sessions.

🕒 Offer valid until November 30, 2024

🌐 Website: <https://www.anxietycanada.com>

