

MENTAL HEALTH RESOURCES

Mental health resources and family services are a click or a call away.

Québec 

An accessible list of resources for individuals and families struggling with mental health difficulties.

CLICK HERE
FOR INFORMATION



Ordre des travailleurs sociaux
et des thérapeutes conjugaux
et familiaux du Québec

To find the right Social Worker or Couple and Family Therapist for your family

CLICK HERE
FOR INFORMATION

SOS Violence Conjugale

Support for families where conjugal violence is a concern

CLICK HERE
FOR INFORMATION

FOR MORE INFORMATION
CLICK ON THE NAME OR NUMBER.

INFO SANTE 811
TEL-JEUNES
1.800.263.2266

SUICIDE ACTION MONTREAL
(SAM) **1.866.277.3553**

SOS VIOLENCE CONJUGALE
1.800.363.9010

amiquébec

Agir contre la maladie mentale
Action on mental illness

Programs and activities to help you or your loved ones cope with mental illness.

CLICK HERE
FOR INFORMATION



Learn more about finding the right psychologist for your family's needs.

CLICK HERE
FOR INFORMATION



COVID-19
CANADIAN
RED CROSS

A comprehensive resource for families in distress.

CLICK HERE
FOR INFORMATION



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SUPPORTING
PARENTS

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