



# MENTAL HEALTH RESOURCES

In the current evolving situation, it's hard to know where to turn.

In response to the detrimental effects of COVID-19, we have compiled a resource list of English-language Mental Health Services & Resources to help you navigate these challenging times.



**IF YOU ARE IN CRISIS, PLEASE GO TO YOUR LOCAL HOSPITAL,  
CALL 911 OR A CRISIS HOTLINE IMMEDIATELY.**

## **CRISIS HOTLINES**

### **Association Iris**

24 Hour Crisis Line English/French 514-388-9233 - [See more here](#)

### **Centre L'Autre Maison**

24/7 Crisis intervention line. English/French. 514-768-7225 - [See more here](#)

### **Kids Help Phone**

Kids Help Phone is Canada's only 24/7, national support service, offering professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. 1-800-668-6868 - [See more here](#)

### **National Domestic Violence Hotline**

24/7 Call 1-800-799-7233 or 1-800-787-3224 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522 - [See more here](#)

### **Suicide Action Montreal**

24 Hour Crisis Line. English/French 1-866-277-3553 - [See more here](#)

### **Tracom**

24/7 support Bilingual crisis centre. 514-483-3033 - [See more here](#)

### **West Island Crisis Centre**

24/7 crisis line. 514-684-6160 - [See more here](#)

# SUPPORT SERVICES AND COUNSELLING

## **Assistance aux femmes**

Support services and individual counselling for women who are living in a situation of domestic violence. English and Spanish. 514-270-8291 - [See more here](#)

## **Auberge Shalom**

Support services and individual counselling for women and children who are survivors of domestic violence. 514-731-0833 - [See more here](#)

## **Auberge Transitions**

Support services and individual counselling for women and children who are survivors of domestic violence. 24/7 514- 481-0495 - [See more here](#)

## **Amal Center for Women**

Support services and individual counselling for women who have experienced domestic violence. English and Arabic. 514-855-0330 - [See more here](#)

## **Ami Quebec**

Support services and individual counselling for those with a relative or friend suffering from mental illness. 514-486-1448 - [See more here](#)

## **Face a Face**

Peer to peer support. 514-934-4546 - [See more here](#)

## **Friends for Mental Health**

Support services and individual counselling for families and friends with a loved one affected by a mental illness. 514-636-6885 - [See more here](#)

## **Native Montreal**

Mental Health Services for Aboriginal Montrealers. 514-331-6587 - [See more here](#)

## **Rivo-Resilience**

Individual Mental Health Services for those who have suffered or witnessed organized act(s) of violence. 514-282-0661 - [See more here](#)

## **Shield of Athena**

Crisis Intervention Services for women and children exposed to conjugal or family violence. Services are offered in 13 different languages. 514-274-8117 - [See more here](#)

## **Women's Centre of Montreal**

Offer psychosocial support to indigenous women and individuals in a state of emotional distress, victims of childhood sexual abuse or domestic violence. 514-842-4780 - [See more here](#)

# **SUPPORT GROUPS**

## **ANEB Quebec**

Support group for those suffering from an eating disorder. 1-800-630-0907 or 514 630-0907 - [See more here](#)

## **Head and Hands**

Mental Health Services for Youth 12 to 25 years of age. 514-481-0277 - [See more here](#)

## **Mindspace**

Pay-what-you-can online COVID-19 support group that is bilingual, BIPOC and LGBTQ + friendly. 514-481-0317 - [See more here](#)

## **Sexual Assault Centre of the McGill Students' Society (SACOMSS)**

Support groups for survivors of sexual assault. 514-398-8500 - [See more here](#)

# **ADDICTIONS COUNSELLING AND SUBSTANCE USE SUPPORT**

## **Chabad Lifeline**

Counselling and treatment for those suffering from addictions. 514-738-7700 - [See more here](#)

## **Portage**

Offers residential treatment for youth and adults. 514-939-0202 - [See more here](#)

## SHELTERS

### **Chez Doris**

Shelter for women in difficulty. 514-937-2341 - [See more here](#)

### **Native Women's Shelter of Montreal**

Shelter for Aboriginal women and their children. 514-933-4688 - [See more here](#)

### **Welcome Hall Mission**

Homeless Shelter. 514-523-5288 - [See more here](#)

### **Old Brewery Mission**

24/7 Homeless Shelter. Men's hotline 514-798-2244. Women's hotline 514-526-6446 - [See more here](#)

## LGBT2IQ+

### **AGIR Montreal**

Individual and group support for LGBITQ migrants (asylum seekers, refugees, immigrants, and those with undetermined status). Contact by email only. [See more here](#)

### **Centre for Gender Advocacy**

Peer support and advocacy. [See more here](#)

### **Interligne**

24/7 Confidential helpline. 514-866-0103 - [See more here](#)

### **Project 10**

Support for LGBT2IQ youths 14 to 25 and the wider community. 514-989-4585 - [See more here](#)

### **Québec Trans Health Action / Action Santé Travesti(e)s et Transsexuel(le)s du Québec (ASTT(e)Q)**

Services available in English, Spanish, and French for trans people. 514-847-0067 x207 - [See more here](#)

## **Trans Lifeline Hotline**

Peer-support service run by trans people, for trans and questioning callers. 877-330-6366 - [See more here](#)

## **MEDITATION AND PODCASTS**

### **Fimo Mitchell**

Online Mindfulness sessions with Fimo Mitchell from We Are Home - [See more here](#)

### **Liberate**

Black & African Diaspora Meditation App - [See more here](#)

### **The Mental Illness Happy Hour**

The Mental Illness Happy Hour is a weekly online podcast that interviews comedians, artists, friends, and the occasional doctor. Each episode explores mental illness, trauma, addiction and negative thinking. [See more here](#)

## **OTHER RESOURCES**

### **Bell Let's Talk**

COVID-19-specific tips for managing mental health, anxiety, stress and panic. Resources for supporting youth, children and loved ones. [See more here](#)

### **Bereavement Guide**

Created by Formations Monbourquettesur ledeuilPRAXIS – Centre dedéveloppement professionnel, Faculty of Arts and Sciences of the Université de Montréal for bereaved individuals during a pandemic. [See more here](#)

### **BIPOC Mental Health**

List of mental health professionals of colour in Montreal. [See more here](#)

### **Child Development Institute**

Resources on how to talk to your child about COVID-19, creating routines, activities and self-care guides. [See more here](#)

## Consumers Advocate

Consumers Advocate reviews online services and products including *online therapy*. [See more here](#)

## Mental Health Commission of Canada

Credible information and resources about maintaining mental health during this time of crisis, and supporting people managing a mental illness in this new context. [See more here](#)

## Wellness Together Canada

Tools and resources to help Canadians get back on track. These include modules for addressing low mood, worry, substance use, social isolation, and relationship issues. [See more here](#)



Updated May 28, 2020  
[yesmontreal.ca](http://yesmontreal.ca) | 514-878-9788