

# Where do I go from here

If you feel like you or someone you care about is experiencing postpartum depression, talk to your doctor immediately. Your doctor can help you decide which of the above treatments, if any, is right for you. In addition to talking to your family doctor, check out the resources below for more information on postpartum depression.

## Your Local Crisis Line

Crisis lines aren't only for people in crisis. You can call for information on local services or if you just need someone to talk to. If you are in distress, call 1 866 APPELLE or 1 866 277-3553, 24 hours a day to connect to a Quebec Crisis Line, with no waiting or busy signal. The staff responding to the crisis lines at this number have received advanced training in mental health issues and services.

## HealthLink QC


Call 811 or visit <https://amiquebec.org> to access free, non-emergency health information for anyone in your family, including mental health information. Through 811, you can also speak to a registered nurse about symptoms you're worried about, or talk to a pharmacist about medication questions.

The integrated health and social services centre (CISSS) and the integrated university health and social services centre (CIUSSS):

To find contact information for your family medicine clinic, your CISSS or your CIUSSS, go to [Finding a Resource](#).

<http://sante.gouv.qc.ca/en/problemes-de-sante/sante-mentale/>

## The Ordre des psychologues du Québec

To find a psychologist or a psychotherapist who speak different languages, visit the [Ordre des psychologues du Québec](#)  website.

## Ami Quebec

Visit <https://amiquebec.org> or call (514) 486-1448 for information and resources regarding mental health or any kind of mental health disorders.

## ACCÉSSS

ACCÉSSS (<https://accesss.net/>) is a provincial group of community organizations whose goal is to represent the interests of ethnocultural communities in health and social services decision-making bodies. It is a non-profit organization (NPO). ACCÉSSS is a meeting place for the

community, the health network and the university community. Due to the management philosophy of ACCÉSSS which is to work in consultation with its various partners, as well as the nature of the files, ACCÉSSS has become more involved in the networks of consultation.

Telephone: 1-866-774-1106 (toll-free) and (514) 287-1106

Fax: (514) 287-7443

email: [accesss@accesss.net](mailto:accesss@accesss.net)

### **Coping with Depression in Pregnancy: A cognitive behaviour therapy-based self-management guide for women**

The workbook from the Reproductive Mental Health Program helps you build self-help tools and strategies to use before and after birth. To download the workbook, visit <http://www.heretohelp.bc.ca/workbook/coping-with-depression-in-pregnancy>.

You can also visit <http://www.relevaillesquebec.com/services/depression-postpartum/> for more information regarding support groups in Quebec.

### **The Multicultural Mental Health Resource Centre (MMHRC)**

For information regarding the availability of mental health services in Quebec or other provinces of Canada visit <http://www.mmhrc.ca> to access information in different languages such as Farsi. This website is working under the supervision of Division of Social and Transcultural Psychiatry of McGill University.

### **More resources available for getting help or further information on mental health:**

- <http://www.ementalhealth.ca/Montreal/Postpartum-Depression/index.php?m=article&ID=8901>
- [Canadian Mental Health Association](#) 
- [Mouvement Santé mentale Québec](#)  (in French only)
- [Association des groupes d'intervention en défense des droits en santé mentale du Québec](#)  (in French only)
- [Regroupement des ressources alternatives en santé mentale du Québec](#)  (in French only)
- [Les porte-voix du rétablissement – L'association québécoise des personnes vivant \(ou ayant vécu\) un trouble mental](#)  (in French only)
- [Association des médecins psychiatres du Québec](#) 