

# Where do I go from here

## **Ami Quebec**

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

## **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.

## **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 QC crisis line, without a wait or busy signal. The crisis lines linked in through this number have received advanced training in mental health issues and services.

## **Suicide Prevention center**

For suicide prevention centers in Quebec visit

<https://suicideprevention.ca/quebec-suicide-prevention-centres>

## **Drugs: Help and Referral (DAR)**

For information regarding support and referral to people coping with addiction in the Montreal area call 514- 527 2626 and everywhere in Québec call 1-800 265 2626.


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 speaks different languages, visit the [Ordre des psychologues du Québec](#)  website.

## **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 is more and 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)

### **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 and stress:**

- [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](#) 
- Visit <http://www.healthlinkbc.ca/> for a stress journal to track stressors and how you respond to them.
- Maté, G. (2004). *When the Body Says No: The Cost of Hidden Stress*. Toronto: Vintage Canada.
- Paterson, R. J. (2000). *The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships*. Oakland, CA: New Harbinger Publications.
- BC Partners for Mental Health and Addictions. (2009). *Learn About...Stress* [fact sheet]. Vancouver, BC: Author. <http://www.heretohelp.bc.ca/publications/factsheets/stress>
- Centre for Addiction and Mental Health. (2010). *Info on Stress*. Toronto, ON: Author. [http://www.camh.net/About\\_Addiction\\_Mental\\_Health/AMH101/info\\_stress.html](http://www.camh.net/About_Addiction_Mental_Health/AMH101/info_stress.html)
- Ipsos-Reid. (2002). *Canadians and Stress: A Special Report*. Toronto, ON; Author. <http://www.ipsos-reid.com/search/pdf/media/mr020919-1.pdf>
- Statistics Canada. (2010). *Perceived life stress 2008*. Ottawa, ON: Author. <http://www.statcan.gc.ca/pub/82-625-x/2010001/article/11108-eng.htm>