

# Where do I go from here

You can check the resources below for more information.

## **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.

## **The Ordre des psychologues du Québec**

To find a psychologists or a psychotherapists who speak 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.multiculturalmentalhealth.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.heretohelp.bc.ca/> to read the Social Support issue of Visions: BC's Mental Health and Addictions Journal.
- Visit <http://www.bccf.ca/> for information on healthy families from the BC Council for Families.
- Visit <http://www.takingcharge.csh.umn.edu/> for the social support section of Taking Charge of Your Health, a project of the University of Minnesota.
- Cohen, S., Underwood, L.G. and Gottlieb, B.H. (2000). Social Support Measurement and Intervention: A Guide for Health and Social Scientists. London: Oxford University Press.
- Gottman, J. and DeClaire, J. (2001). The Relationship Cure: A 5 Step Guide to Strengthening your Marriage, Family, and Friendships. New York: Three Rivers Press.