

# Where do I go from here?

In addition to your family doctor, check out the following resources for managing 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 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 Resources**

For suicide prevention centers in Quebec visit <https://suicideprevention.ca/quebec-suicide-prevention-centres>

## **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/>

## **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.

## **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.

## **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 treated, 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:**

- [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](#) 

you can also check these resources:

### **Self-care Tools**

Visit <http://www.comh.ca/> for free self-care tools like the Antidepressant Skills Workbook, Antidepressants Skills at Work and guided relaxations skills.

### **Bounce Back**

Visit <http://www.cmha.bc.ca/bounceback> to learn more about Bounce Back, a free self-help program for adults experiencing mild to moderate depression or anxiety. Bounce Back is available as a DVD set or a telephone coaching program. Talk to your doctor or mental health professional if you're interested in participating.

**Changeways**

Changeways is a cognitive-behavioural therapy program for depression. Many mental centres offer Changeways. You can also order guides and workbooks online at [www.changeways.com](http://www.changeways.com).

**WRAP: Wellness Recovery Action Plan**

WRAP is a recovery and prevention tool for mental disorders. Visit <http://www.mentalhealthrecovery.com/> to learn more about the program, try practice exercises, or purchase WRAP materials.