

Where do I go from here?

Your doctor or mental health professional can recommend resources in your community. In addition to professional resources, you may find non-professional support helpful.

Understanding Psychiatric Medications

The Centre for Addiction and Mental Health in Ontario offers guides for four different kinds of psychiatric medications: antidepressants, antipsychotics, mood stabilizers and benzodiazepines. You can find these guides online at www.camh.net.

Canadian Network for Mood

and Anxiety Treatments Visit <http://www.canmat.org/> for information on treatments for anxiety disorders and mood disorders. You can also find the Depression Guidelines, which lists evidence-based treatments for depression.

Reclaiming Your Power During Medication Appointments

Visit www.power2u.org/articles/selfhelp/reclaim.html for the article, “Reclaiming Your Power During Medication Appointments” from the National Empowerment Center. It describes how to think about medication and work with health professionals as you work towards your treatment goals.

If you’re having a hard time coping with your diagnosis, you may want to consider outside help.

For more information regarding the resources, educational and support groups options in Quebec please check the resources below:

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.

Support groups

Support groups are an important way to find support and information. They may help you feel less alone and more connected, even if you haven't told many others about your diagnosis. For information about the resources and support groups regarding depression visit

<https://amiquebec.org>.

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

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:

- <http://www.ementalhealth.ca/index.php?m=headingInfoSheets&ID=33>
- 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 [↗](#)