

# Where do I go from here

Many parents and care providers want to get help for a young person with mental health problems, but don't know where or how to do it. For this information, please consult the resources outlined below.

## **IN AN EMERGENCY or CRISIS:**

Call 911, go to the nearest emergency room or follow the emergency instructions provided by your doctor, mental health professional or care team. If your community has a mental health car, you can call 911 to request it.

### **Kid's Help phone**

For children and youth aged 5 to 20. Call 1-800-668-6868 to speak to a professional counsellor, 24 hours a day. It's free, confidential, anonymous and available across Canada. The help line also refers you to local services and resources.

**Kid's Help Phone** is available in English and French.

### **1-800-SUICIDE**

Call 1-800-SUICIDE (1-800-784-2433 to get help right away, anytime of day or night. It is a free call.

### **Your Local Crisis Line**

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>

## **IN A NON-EMERGENCY:**

### **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.

### **QC Partners for Mental Health and Addictions Information**

Visit <https://amiquebec.org> for our Managing Mental Illnesses series, more info sheets and personal stories about mental illnesses. The Managing Mental Illnesses series is full of information, including templates for creating your action plan and tips for avoiding crisis and emergencies. You can also find the “Tips for Dealing with Alcohol or Other Drug Overdose (OD) Situations” info sheet. Resources available in many languages: For each service below, if English is not your first language, say the name of your preferred language in English to be connected to an interpreter. More than 100 languages are available.

### **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.

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


For information regarding support and referral to people coping with addiction in Montreal area call 514- 527 2626 and everywhere in Québec call 1- 800 265 2626. This is 24 hours service and they can connect you with you local centers as well. For more information, you can visit [www.drogue-aidereference.qc.ca](http://www.drogue-aidereference.qc.ca).

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 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 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](#) 