

Community Health Resource

Due to the pandemic, I have decided to return to Canada, close to my family. As well after some research, I found out that it was easier to be license as a Social Work in Canada than in the United States, therefore that was another reason I decided to go back to Canada and start my career. The following Mental Health Resources Guide is for the city of Montreal-North, Quebec. I grow up in this specific community where I am surrounded by immigrant parents who do not believe in Mental Health. Therefore, most of us, are first-generation Canadians who did not know where to go when we had personal issues that might be related to Mental Health. This Mental Health Resources Guide will help the youth of my generation and the upcoming generations to know where to find resources, who to call, and where they will be able to find support. Those resources are easily accessible to this specific community and are ready to help whoever comes their way.

The gaps in the services are the waiting list in some of the services. In Canada, we have free health care and private care. However, the citizen will rarely go toward private care unless it is urgent. Therefore, public care often has a waiting list that might be for more than one year. In the mid-time people will not get the services that they need as soon as they would like it and they might feel worst. Also, some of them are community services and often they need some funds, and more workers because of the volume of demand, however, people do not want to work for community services because of the low pay rate they are being proposed.

Another gap in mental health resources in Montréal is services for those who do not speak French or English. I have encountered this obstacle before while working in a clinic where we had immigrants who were only speaking their native language and they needed a translator. The issue with that is that not everyone wants to be accompanied when it is related to their Mental Health. Most mental health organizations do not have a bilingual staff member. This creates a deterrent in our increasingly diverse world for those seeking mental health services in Montreal

Community Health Resource Guide

Action Autonomie

Bring together people living with mental health problems and their supporters.

Population: Open to everyone (after evaluation of needs)

3958 Dandurand St., H1X 1P7

(514) 525-5060

www.actionautonomie.qc.ca

Social support

Supports for people living with mental health problems; advocacy, aid and accompaniment.

Action Santé Pointe-St-Charles

Action Santé acts as an aid and mutual aid group in order to support, in their daily lives, people suffering from mental health problems, depression and isolation.

Population: Anyone with mental health issues and their families and friends

2423 Wellington St., H3K 1X5

(514) 933-5771

<http://www.actionsante.org/>

Activities

Computer courses, pottery, knitting, stained glass, outings, collective meals and workshops (Priority given to residents of PSC).

Language courses

For people with strong spoken French, workshops to improve reading and writing. Free

Ami-Québec

AMI-Quebec is a non-profit organization that helps families in Montreal and across Quebec manage the effects of mental illness through support, education, guidance, and advocacy. Our programs are free!

Population :

5800 Boulevard Décarie Montréal, QC, H3X 2J5

514-486-1448

<http://www.amiquebec.org>

Services:

- Training and advice, support and discussion, and sensitization.

Association Québécoise des Parents et Amis de la Personne Atteinte de Maladie Mentale

The AQPAMM supports the families and friends of a person living with a mental health disorder. The AQPAMM will equip its members to allow a healthy relationship with their loved one while taking care of themselves. The AQPAMM helps to break the isolation of families and those around them, to raise awareness among the general public and decision-makers to overcome prejudices and to promote the inclusion of people living with mental health problems.

Population: Open to everyone

1260 Ste-Catherine St., office 208, H2L 2H2

(514) 524-7131

www.aqpamm.ca

Health services :

Psychosocial support, telephone help line, respite services for family and friends of people with mental health problems.

Centre au Puits

The CENTER AU PUIITS promotes the participation and social integration of people living with a mild intellectual disability, an autism spectrum disorder and / or a mental health disorder.

Population: Persons with disabilities of all kinds, mental health problems, emotional difficulties, etc.

3505 Bagot St., H1X 1C4

(514) 843-5004

www.centreaupuits.org

Activities
18 different workshops and courses: social cultural outings, painting, knitting, French classes etc. (20\$ per course).
Language courses
French classes (20\$ per course).

Centre d'écoute et de référence Multi-Écoute

The Multi-Listening Center is a listening, psychosocial and orientation center for the individual.

Population : Adult and Ethnocultural communities

3600 Avenue Barclay #460, Montréal, QC, H3S 1K5

514-737-3604

<https://racorsm.org/membre/centre-decoute-et-de-reference-multi-ecoute>

Services:
<ul style="list-style-type: none">• Listening by phone or in person (several languages available).• Short- and medium-term psychosocial intervention and monitoring• Help to fill in official documents and translation

Centre d'activités pour le maintien de l'équilibre émotionnel de Montréal-Nord (CAMÉÉ)

Develop the empowerment of adults living with a mental health problem through mutual aid and solidarity, break their isolation, develop their autonomy, promote their social reintegration, promote their rights and combat poverty and the prejudices related to mental illness .

Population: Open to anyone with mental health challenges

(10\$ membership)

11 700 L'Archevêque Ave., H1H 3B6

(514) 327-3035

<https://www.centraide-mtl.org/fr/organismes/centre-dactivites-pour-le-maintien-de-lequilibre-emotionnel-de-montreal-nord-camee/>

Health services:

Free psychosocial support related to mental health challenges, information and referrals.

Community Perspectives in Mental Health

Community Perspectives in mental health is a community organization dedicated to helping people with mental health problems achieve their fullest potential while meeting the challenges of everyday living within their community. Through a personalized relationship founded on mutual respect and trust, individuals will receive the support they need to improve their quality of life.

Population : Adult and residents of Montreal

4523 boul. St. Charles, Pierrefonds, H9H 3C7

514-696-0972

www.pcsm-cpmh.org

Housing

- Assistance in finding low-cost housing;
- Inform clients of their rights and advocate on their behalf;
- Educate landlords on mental health related issues and help with moving process.

Social support

- Support services geared towards individuals suffering from a mental illness. Home visits, life and coping skills, community support and reintegration.

Club Ami

Club Ami is a non-profit community organization, located in the Montreal, aimed at improving the quality of life of those who are struggling with severe and persistent mental health problems.

Population : 18+

6767 Chemin de la Côte-des-Neiges #596, Montréal, QC, H3S 2T6

514-739-7931

<https://clubami.qc.ca/>

Services:

- Day center, leisure and group outings
- Social activities and community meals
- Workshops, training, reception, listening and referral.

Ecoute-entraide

Écoute Entraide is a community organization whose mission is to provide support to people experiencing emotional suffering, through volunteer action and active listening.

Population: Open to everyone

(514) 278-2130

Toll Free: 1 (844) 294-2130

www.ecoute-entraide.org

Health Services:

- Social support Free and confidential phone line available from 8 am to midnight seven days per week.
- Support groups on Thursdays 1-3 PM and Fridays 3-5 PM, for people preoccupied with mental health

Expression Lasalle

Promote the prevention of mental health problems and the improvement of mental health through therapeutic services that foster self-expression in all its forms.

Population: Adults, 18+

405 Terrasse Newman, office 210, H8R 1Y9

(514) 368-3736

www.expressionlasalletherapies.ca

Health services:

- Mental health: group and individual therapy (in English or French).
- Special therapeutic groups on the theme of sexual abuse.
- Other forms of therapy offered include drama, art, and music.

Fee: 13-26\$ depending on what services are requested and how long membership is granted. Can last anywhere between 6-10 months.

Entraide St-Michel

Entraide Saint-Michel is a non-profit organization located in the Saint Michel district. The organization promotes mutual aid, the social and socio-professional reintegration of independent people aged 18 and over who experience mental health problems and mild and / or moderate and / or serious disorders, among other things thanks to the organization and to the holding of activities that take into account the growth, education, health, recreation and socialization needs of members. This, while considering the needs for social and socio-professional recognition.

Population: Adults with mental health challenges

Cost: 7\$ membership

3565 Jarry St. East, Office 102, H1Z 4K6

(514) 593-7344

www.entraidesaintmichel.org

Activity

- Workshops and courses, discussions for personal growth, health, etc. Social activities (dinners, parties).

Information and referrals

<ul style="list-style-type: none"> • Telephone support, information, referrals.
Language courses <ul style="list-style-type: none"> • French conversation class on Mondays.
Social support <ul style="list-style-type: none"> • Counselling and casework support for people having particular difficulties with mental health.

Friends for Mental Health West Island

Population: Families

Cost: 30\$ annual membership and 10-20\$ on training sessions

750 Dawson Ave., Dorval, H9S 1X1

514-636-6885

www.asmfmh.org

Activities <ul style="list-style-type: none"> • Consult online calendar for weekly evening activities
Health Services <ul style="list-style-type: none"> • Counselling services, psycho-educational groups, support groups, art therapy, youth groups and workshops for those living with a parent and/or sibling who has a mental illness (ages 7-17) with food supplied.
Social Support <ul style="list-style-type: none"> • Support services for families and friends with a loved one who is struggling with a mental health illness. <p>Open Monday-Friday 8:30-4:30 PM.</p>

Hébergement la Casa Bernard-Hubert

Population: Men 18+

1215 boul. Ste-Foy, J4K 1X4

(450) 442-4777- phone for intake interview

www.lacasabernardhubert.org

Housing

- Emergency housing for 6 months with psychosocial, addictions, and mental health supports.

Impact- Groupe d'Aide en Sante Mentale

The West Island Crisis Center's mission is to meet the needs of adults experiencing a situational crisis, emotional distress, suicidal or otherwise. As well as to bring support to the loved ones of those in crisis.

Population: Open to everyone

246 St-Antoine St. West, H3J 1B1

(514) 939-3132

www.impactsantementale.org

Health services:

Recreational or therapeutic activities (yoga, collective cooking, movies, etc.), computers and social activities for people with mental health problems.

Food

Meals and snacks for people with mental health issues.

Parents & amis du bien-être mental du Sud-Ouest de Montreal (PABEMSOM)

Bring help and support to those around people with mental health problems.

Population: Open to everyone

881 de l'Eglise St., H4G 2N4

(514) 368-4824

www.racorsm.org

Social support

- For those who are providing care to someone with mental health problems: individual support, workshops, information, references, and accompaniment.

Project Pal

Projet Pal is an organization with big heart and a huge passion to improve the quality of life for people living with mental health challenges. Projet Pal, is a bilingual community organization founded in 1975, responds to these issues by offering diverse services using an alternative approach of empowerment and mutual aid.

Population: People living with mental health challenges and their families

861 de l'Église St., H4G 2N3

(514) 767-4701

www.projetpal.com

Housing
<ul style="list-style-type: none">• Housing for those living with mental illness.
Social support
<ul style="list-style-type: none">• Community center, support and accompaniment service.

Phobias-Zéro

Phobias-Zéro allow people, young people and adults who suffer from anxiety disorders including obsessive-compulsive disorder, to benefit from the support to which they are entitled and by which they will be able, little by little, to live a life free from unreasonable fears.

Population: Open to everyone

(20\$ annual membership)

(514) 276-3105

www.phobias-zero.qc.ca

Health services:
<ul style="list-style-type: none">• Mental Health: weekly support and mutual assistance group for people suffering from anxiety, panic attacks, phobias and agoraphobia.• Also open to families and loved ones. 10\$ for one visit (if not a member). Help line weekdays from 9AM to 9PM at 1-866-922-0002.

West Island Crisis Center

The West Island Crisis Center's mission is to meet the needs of adults experiencing a situational crisis, emotional distress, suicidal or otherwise. As well as to bring support to the loved ones of those in crisis.

Population: Open to everyone

First contact must be made by phone:

(514) 684-6160

<https://www.centredecriseoi.com/en/index.html>

Health services:
Psychosocial support and counselling. Crisis hotline and home visits for support with mental health related issues.
Housing
Emergency shelter.