

Heart to Heart

Episode 1

**A list of resources
“to be there for yourself”.**



***Click on any resource to get more information**

Who to reach ?

A trusted friend/adult

Your Family Doctor

At your Campus, for example:

Concordia: Counselling and Psychological Services

McGill: Student Wellness Hub

Professional services

(counselling or mental health trainings)

Société québécoise de la schizophrénie
514-251-4000 x3400

Groupe d'entraide pour un mieux-être (GEME)
450-332-4463

PsyMontreal

Canadian Mental Health Association (CMHA)
514-521-4993

Your local CLSC, CISSS or CIUSSS (free)

Centre Interligne Inc. (for issues related to sexual orientation)
514-866-0103

Depressives Anonymous 514-278-2130

YouthMindful

Argyle Institute - phone or online video
(514) 931-5629

AMI-Quebec: Offer group sessions
514-486-1448
1-877-303-0264
outside Montreal

Veterans Affairs Canada 1 800 268-7708

Quebec Obsessive Compulsive Disorder Foundation
514-727-0012

Crisis resources (English and French)

L'Appoint (514) 351-6661

Suicide Action Montréal 1.866.277.3553

Association Iris 514-388-9233

L'Autre Maison (450) 332-9833

Crisis Services Canada - call 1.833.456.4566
- text 45645

Le Transit (450) 964-5050

Tracom (514) 483-3033

Équipe mobile de crise Résolution
(anciennement l'Entremise) (514) 351-9592

Centre de crise de l'Ouest-de-l'Île de Montréal
(514) 684-6160

Non-professional, creative resources and self-care worksheets

Music therapy

Vent Over Tea

Revivre workshop

Expression LaSalle centre communautaire en santé mentale

Activities & worksheets

COVID-19 Resource Hub (a collaboration between Jack.org, School Mental Health Ontario, and Kids Help Phone)

Art therapy

Zoo therapy

If you need immediate assistance, call 911 or go to the nearest hospital

Remember...

No problem is too big or too small

Finding the resource that works for you can take multiple tries, don't give up!

A google search can help you find more resources available for you.

For more resources, visit: [Ementalhealth.ca](https://www.mentalhealth.ca) or <https://jack.org/Resources/Find-Support>

Thank you to Jack.org and our incredible guest speakers Si and Aynslie. To get involved with the Jack.org program, visit jack.org