

Psychosocial Support and Resources

Adults and workplaces

Direction de santé publique de la Montérégie

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Need information or help for yourself, a colleague or a loved one?

General services and information

- Info-Social 811: free telephone **psychosocial consultation** (available 24/7 everywhere in Quebec)
- 211: information on **social** and community **services** in your area (accessible at 211qc.ca/en and by phone)
- **Psychosocial services** of the Montérégie CISSS: santemonteregie.qc.ca/en/services/psychosocial-services
- **Listening** centres in Montérégie: lignedecoute.ca/centres-decoute-telephonique-par-region [page in French]
- **Crisis centres** in Montérégie: resicq.ca/list-of-crisis-centers
- Helpline for **Indigenous** people: 24/7 phone and online-chat counseling (1 855 242-3310, hopeforwellness.ca)
- Information on mental health conversations at work and helping troubled co-workers:
 - o ccoqs.ca/oshanswers/psychosocial/mentalhealth_conversations.html
 - o workplacestrategiesformentalhealth.com/resources/helping-troubled-co-workers

Suicide

- **Information** about suicide: suicide.ca/en
- 24/7 **counseling** by phone (1 866 277-3553), text message (535353) and online chat (suicide.ca/en) for people who are **thinking** about suicide, **worried** about someone, or **grieving** a death by suicide
- Suicide prevention centres in Montérégie: aaps.info/bottin-de-ressources [page in French]

Gambling and substance use

- Gambling: Help and Referral (aidejeu.ca/en, 1 800 461-0140): information on **gambling**, 24/7 counseling by telephone and online chat for people worried about their or their loved ones' gambling
- Drugs: Help and Referral (aidedrogue.ca/en, 1 800 265-2626): information on **drug and alcohol use**, 24/7 counseling by telephone and online chat for people worried about their or their loved ones' substance use

Workplace harassment

- CNESST (cnesst.gouv.qc.ca/en/prevention-and-safety/healthy-workplace): information and complaints
- Help and Information Center on Harassment in the Workplace (gaihst.qc.ca/en) : assistance and support
- Juripop (juripop.org/en): assistance and legal support for victims of **sexual** harassment
- Commission des droits de la personne (cdpdj.qc.ca/en): complaints of **discriminatory** harassment

Violence

- Information on **domestic violence**: quebec.ca/en/family-and-support-for-individuals/violence/conjugal-violence, SOSviolenceconjugale.ca/en
- Support for **domestic abuse** victims and their loved ones: assistance by phone (1 800 363-9010, available 24/7), text message (438 601-1211) and online chat (sosviolenceconjugale.ca/en)

- Support organizations for **men in difficulty**: quebec.ca/en/family-and-support-for-individuals/violence/conjugal-violence/support-organizations-men-in-difficulty
- Help organizations for men who have **violent behaviours**: acoeurdhomme.com/besoin-daide [page in French]
- **Sexual assault** help centres: rqcalacs.qc.ca/en/find-a-calacs
- **Sexual Violence** Helpline: 24/7 phone counseling (sexualviolencehelpline.ca, 1 888 933-9007)
- **Crime** Victims Assistance Centres: cavac.qc.ca/en

Other

- Information for **parents**: naitreetgrandir.com/en, enmodeado.ca/en, fondationjeunesentete.org/en/our-tools
- Tel-jeunes parents: counseling and support by phone (6 a.m. to midnight) and online chat (6 a.m. to 10:30 p.m.) for **parents of teenagers** (1 800 361-5085, teljeunes.com/en/parents)
- L'Appui: information and resources for **caregivers** (lappui.org/en)
- **Caregiver** Support Helpline: counseling and information by phone (1 855 852-7784, from 8 a.m. to 8 p.m.)

Self-care

- Self-assessment tool: pamq.org/wp-content/uploads/2021/08/checking-our-mental-health-vital-signs.pdf
- Information on stress: humanstress.ca/stress
- Free self-management tool and strategies to improve one's health: allermieuxamafacon.ca/en
- How to pick yourself up after a setback: polesbeh.ca/sites/polesbeh.ca/files/uploads/Mens_Toolbox-For_Men.pdf
- Information on physical activity and mental health: ementalhealth.ca/Ontario/Physical-Activity-and-Mental-Health-Information-for-Adults/index.php?m=article&ID=69834
- Varied mental wellness publications and webinars: mindbeacon.com/strongerminds-home