

# 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](https://211qc.ca/en) and by phone)
- **Psychosocial services** of the Montérégie CISSSs: [santemonteregie.qc.ca/en/services/psychosocial-services](https://santemonteregie.qc.ca/en/services/psychosocial-services)
- **Listening** centres in Montérégie: [page in French] [lignedecoute.ca/centres-decoute-telephonique-par-region](https://lignedecoute.ca/centres-decoute-telephonique-par-region)
- **Crisis centres** in Montérégie: [page in French] [centredecrise.ca/listecentres](https://centredecrise.ca/listecentres)
- Helpline for **Indigenous** people: 24/7 phone (1 855 242-3310) and online-chat ([hopeforwellness.ca](https://hopeforwellness.ca)) counseling
- Information on mental health conversations at work and helping troubled co-workers:
  - [ccohs.ca/oshanswers/psychosocial/mentalhealth\\_conversations.html](https://ccohs.ca/oshanswers/psychosocial/mentalhealth_conversations.html)
  - [workplacestrategiesformentalhealth.com/resources/helping-troubled-co-workers](https://workplacestrategiesformentalhealth.com/resources/helping-troubled-co-workers)

### Suicide

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

### Gambling and substance use

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

### Violence

- Information on **domestic violence**: [quebec.ca/en/family-and-support-for-individuals/violence/conjugal-violence](https://quebec.ca/en/family-and-support-for-individuals/violence/conjugal-violence), [SOSviolenceconjugale.ca/en](https://SOSviolenceconjugale.ca/en)
- Support for domestic abuse victims and their loved ones: phone (1 800 363-9010, available 24/7), text message (438 601-1211) and online-chat ([sosviolenceconjugale.ca/en](https://sosviolenceconjugale.ca/en)) assistance
- Support organizations for **men in difficulty**: [quebec.ca/en/family-and-support-for-individuals/violence/conjugal-violence/support-organizations-men-in-difficulty](https://quebec.ca/en/family-and-support-for-individuals/violence/conjugal-violence/support-organizations-men-in-difficulty)
- À cœur d'homme ([acoeurdhomme.com/besoin-daide](https://acoeurdhomme.com/besoin-daide)) [page in French]: help for men who have violent behaviours
- **Sexual assault** help centres: [rqcalacs.qc.ca/en/find-a-calacs](https://rqcalacs.qc.ca/en/find-a-calacs)
- Sexual Violence Helpline ([sexualviolencehelpline.ca](https://sexualviolencehelpline.ca), 1 888 933-9007): 24/7 phone counseling
- **Crime** Victims Assistance Centres: [cavac.qc.ca/en](https://cavac.qc.ca/en)



## Other

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

## Self-care

- Self-assessment tools and strategies:
  - [fcc-fac.ca/fcc/knowledge/wellness/mh-dashboard-e.pdf](http://fcc-fac.ca/fcc/knowledge/wellness/mh-dashboard-e.pdf)
  - [pamq.org/wp-content/uploads/2021/08/checking-our-mental-health-vital-signs.pdf](http://pamq.org/wp-content/uploads/2021/08/checking-our-mental-health-vital-signs.pdf)
- Information on stress:
  - [humanstress.ca/stress](http://humanstress.ca/stress)
  - [canada.ca/en/health-canada/services/healthy-living/your-health/lifestyles/your-health-mental-health-coping-stress-health-canada-2008.html](http://canada.ca/en/health-canada/services/healthy-living/your-health/lifestyles/your-health-mental-health-coping-stress-health-canada-2008.html)
- Free self-management tools and resources to improve one's mental health and wellness: *Getting better... my way* ([allermieux.criusmm.net/en](http://allermieux.criusmm.net/en)), *Wellness Together Canada* ([wellnesstogether.ca/en-CA](http://wellnesstogether.ca/en-CA))
- How to pick yourself up after a setback: [polesbeh.ca/sites/polesbeh.ca/files/uploads/Mens\\_Toolbox-For\\_Men.pdf](http://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](http://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](http://mindbeacon.com/strongerminds-home)