

SUPPORT RESOURCES

USER'S RIGHTS

Action Autonomie	525-5060
Douglas Institute	
Beneficiaries' Committee	761-6131, ext. 2286
Ombudsman (Local Complaints & Service Quality Commissioner)	762-3010

SELF-HELP AND

FAMILY SUPPORT GROUPS

AMI-Québec (ass.parents et amis)	486-1448
Association des maniacos-dépressifs	529-5619
Catholic Community Services	937-5351
Maison des familles de Verdun	762-3399
La ligne Parents et Parentraide	288-5555
Parents and friends in the Southwest Montreal (Respite Program)	368-4824
Revivre	738-4873

COMMUNITY RESOURCES

Action Santé Pointe St-Charles	933-5771
Centrami	761-1509
Centre des femmes de Verdun	767-0384
Expression LaSalle	368-3736
Groupe d'Entraide Lachine-St-Pierre	639-4941
PAL Project	767-4701
Community Support Program	366-0891
Impact, Helps Group in Mental Health	939-3132

SHELTERS

Maison Lucien L'Allier	932-1898
L'Auberge communautaire du Sud-Ouest (Young People)	768-4774
Old Brewery Mission	
Women – Pavillon Patricia MacKenzie	526-6446
Men – Pavillon Webster	798-2244

GAMBLING

Gambling Help and Referral (24h)	527-0140
Gamblers Anonymes	484-6666

OTHER RESOURCES

Information & Referral Center (Montreal)	527-1375
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MENTAL HEALTH RESOURCES FOR RESIDENTS IN THE SOUTHWEST REGION OF MONTREAL

www.douglas.qc.ca



February 2010

DOUGLAS INSTITUTE

Psychiatric Emergency 761-6131, ext. 2221

External Clinics

Lachine (l'Envol) - Second-Line Mental Health Services 761-6131 ext. 6201

Verdun - Second-Line Mental Health Services 769-8502

Psychose (l'Étape) 761-6131 ext. 2606

Gérontopsychiatrie 761-6131 ext. 3917

EMERGENCY RESOURCES

Urgence-Santé/Police (24 h) 911

Anti-Poisoning Control (24 h) 1-800-463-5060

Info-Santé: refer to the CLSC in your sector 811

L'Autre Maison, Verdun (crisis centre) (24 h) 768-7225

Youth Protection (24 h) 896-3100

French Centre (9am-5pm) 362-6400

English Centre (9am-5pm) 989-1885

Suicide Action Montreal 723-4000

CSSS

CSSS DE DORVAL-LACHINE-LASALLE

Mental Health Team - 1st Line - Guichet d'accès 639-0660 ext. 435

CLSC Lasalle (8550 Newman Blvd.) 364-2572

CLSC Dorval-Lachine (1900 Notre-Dame St.) 639-0660

CSSS DU SUD-OUEST-VERDUN

Mental Health Team - 1st Line - Guichet d'accès 934-3101 ext. 28

Pointe St. Charles Community Clinic

(500 Ash St.) 937-9251

CLSC Saint-Henri (3833 Notre-Dame St. W.) 933-7541

CLSC Verdun (400, de l'Église St.) 766-0546

CLSC V-Émard/Côte-St-Paul (6161 Laurendeau St.) 766-0546

HELP LINES

Déprimés anonymes 278-2130

Deuil secours 389-1784

Face à face 934-4546

Maison des familles de Verdun 762-3399

Multi-écoute 737-3604

Phobies-Zéro (24h) 276-3105

Tel-Aide (24h) 935-1101

DRUG ADDICTION

Alcoholics Anonymous 376-9230

Drugs, Help & Referral (24h) 527-2626

Foster Pavilion 486-1304

Narcotics Anonymous 249-0555

Dollard Cormier Center (24h) 288-1515

Portage 932-0771

DOMESTIC VIOLENCE

Maison du réconfort, Verdun (24h) 768-8648

McGill University Domestic Violence Clinic 737-7208

Option (Violent Men and Women) 527-1657

Parados 637-3529

Pro-gam (Violent Men) 270-8462

SOS Violence conjugale (24h) 728-0023

FOOD BANKS AND CLOTHING

La manne de Verdun (Verdun) 761-4394

St-Willibrord's Food Pantry (Verdun) 769-9678

Vestiaire N-D-de-Lourdes (Verdun) 766-2349

Église St-Brébeuf Hope Society 363-4578