

USER'S RIGHTS

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

SELF-HELP AND FAMILY SUPPORT GROUPS

AMI-Québec (ass.parents et amis)	486-1448
CSS 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 (Anxiety, Depression, Bipolar Disorders)	738-4873

F804-A

COMMUNITY RESOURCES

Action Santé Pointe Saint-Charles	933-5771
Centrami	761-1509
Centre des femmes de Verdun	767-0384
Expression LaSalle	368-3736
Groupe d'entraide Lachine/Saint-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



July 2014

DOUGLAS INSTITUTE

Psychiatric Emergency	761-6131, ext. 2221
External Clinics	
Mood, Anxiety and Impulsivity-Related Disorders	761-6131 ext. 4601
Bipolar Disorders	761-6131 ext. 3303
Depressive and Suicidal Disorders	761-6131 ext. 3301
Anxiety Disorders	761-6131 ext. 4603
Psychotic Disorders:	
Envol Pavilion	761-6131 ext. 6201
Etape Pavilion	761-6131 ext. 2606
Gerontopsychiatry	761-6131 ext. 3917

EMERGENCY RESOURCES

Urgence-Santé/Police (24 h)	911
Anti-Poisoning Control (24 h)	1-800-463-5060
Info-Santé: 24 h Crisis Center	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. 80435
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	766-0546 ext. 52249
Pointe St. Charles Community Clinic (500 Ash St. or 1955, Centre 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
Maison Monbourquette (mourning)	523-3596
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	350-3444
Drugs, Help & Referral (24h)	527-2626
Foster Pavilion	486-1304
Narcotics Anonymous	249-0555
Centre de réadaptation en dépendance de Montréal (Dollard Cormier) (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)	1-800-363-9010

FOOD BANKS AND CLOTHING

Manna Verdun	761-4394
St-Willibrord's Food Pantry (Verdun)	769-9678
Hope Society of St. John Brébeuf Parish	363-4578