



# Resource Guide

## Kids Help Phone

Offers a free, national, bilingual, confidential and anonymous, 24-hour telephone (call or text) and online counselling service for anyone at risk.

Help line: 1-800-668-6868

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

## Tel Aide

Provides over the phone bilingual counselling for various issues such as violence, addictions, relationships, stress, anxiety, etc.

514-935-1101

[www.telaide.org](http://www.telaide.org)

## Tel jeunes

Provides over the phone counselling for children and youth.

Help line: 1-800-263-2266 Text line: 514-600-1002

[www.teljeunes.com](http://www.teljeunes.com)



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## Ligne Parents

Ligne Parents is a free and confidential hotline for all parents of children ages 0–20.

1-800-361-5085

[www.ligneparents.com](http://www.ligneparents.com)

## Ami Quebec

Helps families manage the effects of mental illness through support, education, guidance, and advocacy.

514-486-1448

<https://amiquebec.org>

## Amical

Parental Counselling: for parents who want to work their way towards a united front when it comes to parenting their children.

514-694-3161 x 222

<https://www.amcal.ca>



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## Batshaw

When you fear for the security or development of a child/ adolescent or when you feel they may be in danger.

Call  
514-935-6196  
[www.batshaw.qc.ca](http://www.batshaw.qc.ca)

## Maison Jean La Pointe

Specialize in helping people struggling with addictions: drug, alcohol or gambling.

514-288-2611  
<http://www.maisonjeanla-pointe.org>

## Educa Loi

A movement to improve access to justice in Quebec by informing Quebecers about their legal rights and responsibilities in everyday language.

<https://www.educaloi.qc.ca/en>



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## Suicide Action Montreal

Offers a free listening service, in English and in French, which is anonymous, confidential and 24/7 for those at risk.

1-866-277-3553  
[www.suicideactionmontreal.org](http://www.suicideactionmontreal.org)

## Herzl Center

Provides comprehensive healthcare, psychotherapy and psychological services to teenagers (13-19).

514-340-8253  
<http://jgh.ca/en/HerzlFamilyPracticeCentre>

## Premiere ressource

Free and confidential consultations by phone, email or chat, in French or English, with no time limit. For an everyday question or a complex problem.

1 (866) 329 4223  
<https://premiereressource.com/en>



# Resource Guide



**FREE apps in mental health that you can download both on the App Store or Google Play.**

*\*Please keep in mind that these apps are not a replacement for psychological or medical treatment.*

**Healthy Minds-** is a tool made to help deal with emotions and the stresses of everyday life. With this app, you can take advantage of a mood tracker, breathing exercises, stress relief activities, a journal, and more.

**Mindshift-CBT-** is a great tool to take control of your anxiety. The app tackles issues like worry, panic, perfectionism, social anxiety, and phobias.

**MoodTools** is a symptom tracker, a thought diary, to help combat depression and alleviate negative moods.

**PTSD Coach** - provides users with educational resources, self-assessment tools, stress managing tips like relaxation skills, and anger management.

**Rise Up + Recover** is for anorexia, bulimia, obsessive eating, binge eating, and compulsive eating. Users can log in their meals, emotions, and behaviours, and export their entries to PDF to share with their therapist.