

Mental health resources: Quebec

Name	Contact	Information	Location	Type of resource	Type of support	Target demographic	Serves adults (18+)	Serves children (0–12)	Serves youth (13–17)	Serves families	Language (s) spoken
Black Mental Health Connections Montreal	bmhcmtl.ca	Promotes healing through culturally competent education and community activities.	Quebec	Online service and in-person service	Wellness support	Black population	Yes	—	Yes	—	English
Canadian Mental Health Association Quebec	quebec.acsm.ca/en	CMHA Quebec is an organization that has many mental health resources, services, and projects.	Quebec	Resource hub	Wellness support	General population	Yes	Yes	Yes	Yes	English, French
Interligne	1-888-505-1010	Call or text for 24-hour support and information for the LGBTQ+ community.	Quebec	Telephone (call or text)	Wellness support	LGBTQ2SIA+	Yes	—	Yes	—	English, French
Le JAG	lejag.org	Offers individual counselling, support groups, and workshops for LGBTQ+ people in Montérégie.	Quebec	Online service and in-person service	Wellness support	LGBTQ2SIA+	Yes	—	Yes	—	French
Mouvement Santé Mentale Quebec	mouvementsmq.ca	Offers education, workshops, and other resources for Quebec.	Quebec	Online service and in-person service	Wellness support	General population	Yes	—	Yes	—	French
Muslim Food Bank: ASPIRE Counselling	muslimfoodbank.com/aspirecounselling	Culturally informed and affordable (not free) counselling for the Muslim community in Quebec.	Quebec	Online service	Counselling	Muslims	Yes	—	Yes	—	English
Ometz	ometz.ca/gethelp/families+youth+and+individuals	Provides mental health services, including counselling, crisis intervention, and	Quebec	Online service	Wellness support	Jewish population	Yes	Yes	Yes	Yes	English, French

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support groups for the Jewish community in Montreal.

Quebec Suicide Prevention Centre	1-866-277-3553	A 24/7 helpline for those experiencing suicidal thoughts.	Quebec	Telephone	Crisis support	General population	Yes	—	Yes	—	English, French
Quebec Telephone Listening Centres	lignedecoute.ca/centres-decoute-telephonique-par-region	Helps people in Quebec find the number of the call centre in their area.	Quebec	Navigation tool	Wellness support	General population	Yes	Yes	Yes	—	French