

Québec

An accessible list of resources for individuals and families struggling with mental health difficulties.

CLICK HERE FOR INFORMATION ON A CLSC NEAR YOU.

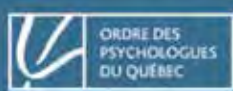
CLICK HERE FOR ADDITIONAL GOVERNMENT RESOURCES.



Ordre des travailleurs sociaux
et des thérapeutes conjugaux
et familiaux du Québec

To find the right
Social Worker or Couple
and Family Therapist
for your family

CLICK HERE FOR ADDITIONAL INFORMATION



Learn more about
finding the right
psychologist for your
family's needs.

CLICK HERE FOR ADDITIONAL INFORMATION



COVID-19
CANADIAN
RED CROSS

A comprehensive
resource for
families in distress.

CLICK HERE FOR ADDITIONAL INFORMATION

amiquébec

Agir contre la maladie mentale
Action on mental illness

Programs and activities
to help you or your
loved ones cope with
mental illness.

CLICK HERE FOR ADDITIONAL INFORMATION



Violence
Conjugale

Support for families
where conjugal violence
is a concern

CLICK HERE FOR ADDITIONAL INFORMATION


Al-Anon Family Groups

For people worried
about someone with a
drinking problem

CLICK HERE FOR ADDITIONAL INFORMATION