

## FEELING IN CRISIS?

Here are some places you can call for **crisis support** as they are **available to reach 24/7**. These centers are here to help adults in times of distress (unhappiness due to depression, anxiety, or anguish, there are multiple situations that constitute a crisis). Family members and friends are also welcome.

### WEST ISLAND CRISIS CENTER

**514 684-6160**

Territory: Pierrefonds / Roxboro, Île Bizard / Ste-Geneviève, Senneville, Ste-Anne-de-Bellevue, Dollard-des-Ormeaux, Beaconsfield, Baie d'Urfé, Kirkland, Pointe-Claire, Dorval.

### L'AUTRE MAISON

#### South-West crisis center

**514 768-7225**

Territory: Verdun, Lasalle, Lachine, Saint-Pierre, Ville-Émard / Saint-Paul, Saint-Henri, Petite-Bourgogne, Pointe Saint-Charles.

### TRACOM

#### Central-West crisis center

**514 483-3033**

Territory: Côte-des-Neiges / Notre-Dame-de-Grâce, Côte-St-Luc / Hampstead / Montreal West, Ville-Marie (in part), Westmount.

### ASSOCIATION IRIS

#### North crisis center

**514 388-9233**

Territory: Ahuntsic, Montreal North, Bordeaux-Saint-Laurent, Cartierville.

### LE TRANSIT

#### Central-East crisis center

**514 282-7753**

Territory: north to south, from the Metropolitan Highway to the St. Lawrence River and west to east, from Hutchison Street to D'Iberville Street.

### ÉQUIPE MOBILE RÉOLUTION

#### East crisis center

**514 351-9592**

Territory: Rivière-des-Prairies / Pointe-aux-Trembles, Montreal-East, Anjou, Mercier-Hochelaga-Maisonneuve, Rosemont, Saint-Michel (in part), Saint-Léonard.

### SUICIDE-ACTION MONTRÉAL

#### Crisis line

**1 866 APPELLE (277-3553)**

All suicide prevention centers in Quebec can be reached at this number.

### IN CASE OF EMERGENCY

**Call 9-1-1 or go to your nearest hospital emergency room.**

**RACOR**

en santé mentale

# A NETWORK CLOSE TO YOU

Since 1985, the mission of **Réseau Alternatif et Communautaire des ORganismes (RACOR) en santé mentale de l'île de Montréal** [*Alternative and Community Network of Organizations in mental health on Montreal island*] is to bring together, support, equip and represent community and alternative organizations in the region that work in mental health field.

The group is dedicated to promote the recognition of the unique competencies of its organizations, and the innovative and indispensable nature of the services they offer to the population. RACOR also aims to raise awareness, educate, and combat stigmas among government agencies and the general population. We believe that each person has a story and each story has a face.

## LOOKING FOR SUPPORT, ACTIVITIES, VARIOUS SERVICES IN MENTAL HEALTH?

The services and activities offered by a hundred of community mental health organizations in the Montreal area are numerous and are located throughout the island:

Reception and orientation; Accompaniment; Artistic activities; Crisis intervention; Day and/or evening center; Advocacy; Documentation; Listening; Evaluation; Training; Self-help group; Housing; Integration at work and at school; Peer support; Phone intervention; Citizen participation; Prevention of suicide; Prevention and promotion of mental health; Rehabilitation; Social inclusion; Respite; Social and judicial services; Services for ethnocultural communities; Support for families and caregivers; Community support; Psychosocial intervention; Alternative therapies; Etc.

For more information on our member organizations and upcoming events, visit:

[racorsm.org/en](http://racorsm.org/en)  
[racorsm.org/liste-des-membres](http://racorsm.org/liste-des-membres)  
[racorsm.org/carte-interactive](http://racorsm.org/carte-interactive)

### Useful resources for Community, Public and Parapublic Organizations

**The Information and Referral Centre of Greater Montreal**  
2-1-1

**Info-Social**  
8-1-1

**AMI-Quebec**  
514 486-1448 or <http://amiquebec.org/resource-list/>



514 847-0787 - [racor@racorsm.org](mailto:racor@racorsm.org) - [racorsm.org](http://racorsm.org)