

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.

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 center; Day and evening center; Advocacy; Documentation; Listening; Evaluation ; Training; Self-help group; Housing; Integration at work and at school; Crisis intervention; 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
racorsm.org/liste-des-membres
racorsm.org/carte-interactive

Useful resources for Community, Public and Parapublic Organizations

The Information and Referral Centre of Greater Montreal

514 527-1375

Info-Social

8-1-1

AMI-Quebec

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



514 847-0787 ~ racor@racorsm.org
racorsm.org

