

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.