

List of psychosocial and health resources

Perinatal period

Ma Grossesse support service

<https://magrossesse.safir.ctip.ssss.gouv.qc.ca/en>

S.O.S. Grossesse (French-only website)

418 682-6222 - 1 877 662-9666

<https://sosgrossesse.ca/fr>

Telephone listening, reception and information service for all questions relating to pregnancy, contraception, and sexuality.

Relevailles Québec (French-only website)

418 688-3301

<https://www.relevaillesquebec.com/>

At-home help, postpartum depression support group, meetups, baby massage, and support.

Réseau des Centres de ressources périnatales

418 336-3316

<https://www.rcrpq.com/>

Website to find the perinatal resource centre in your area to obtain services such as prenatal courses, birth support, breastfeeding support, and various workshops.

Information on pregnancy

Encyclopedia on Early Childhood Development.

<https://www.child-encyclopedia.com/pregnancy>

Parenting

LigneParents (French-only website)

1 800 361-5085

www.ligneparents.com

Telephone support for parents of children 0-20 years of age, 24 hours a day, 7 days a week.

Première ressource, aide aux parents

514 525-2573 - 1 866 329-4223

<https://premiereresource.com/en>

Free professional telephone consultation service for parents, available from September to June.

RePère

514 381-3511

<https://www.repere.org/about-repere/>

Assistance and support program for fathers.

Centre québécois de ressources à la petite enfance (French-only website)

450 376-3702 - 514 369-0234 - 1 877 369-0234

www.cqrpe.qc.ca/

Lots of information on self-help groups, health associations, suggested reading for parents, websites for parents, and more.

Canadian Child Care Federation

613 729-5289 - 1 800 858-1412

<https://cccf-fcsge.ca/>

Ideas on a variety of topics of interest to families (e.g., outings, activities, care, tips).

Fédération des associations de familles monoparentales et recomposées du Québec (French-only website)

514 729-6666

www.fafmrq.org/

Advocacy organization for single-parent and blended families in Québec.

Children Now

514 593-4303 - 1 800 361-8453

www.avanttoutlesenfants.ca

An organization offering a range of services including a helpline, professional legal advice, a database of over 2,000 community resources and information sessions.

CAA Québec - Child car seat

<https://www.caaquebec.com/en/on-the-road/services/child-car-seat/>

A site that provides advice on the safe installation of child car seats.

Préma-Québec

<http://www.premaquebec.ca/en/>

For parents of babies born prematurely: The organization is there to support you and take care of you, gently and for as long as it takes, until you return to a normal life.

LGBT+ Family Coalition

<https://www.familleslgbt.org/publications.php?lang=en>

A community-based advocacy organization that seeks social and legal recognition for sex- and gender-diverse families. Educational resources for LGBT+ families.

Breastfeeding

Association québécoise des consultantes en lactation IBCLC

514 990-0262

<https://www.ibclc.qc.ca/en/accueil>

For a list of lactation consultants (on the website only).

Ligue La Leche (French-only website)

1 866 255-2483

<https://allaitement.ca/>

Telephone support from recognized breastfeeding instructors. Sale of breastfeeding books and accessories.

Melons & Clementines

<https://www.melonsetclementines.com/en>

Shop that offers workshops and access to resources for new mothers.

Nourri-Source

514 948-9877 - 1 866 948-5160

<https://nourri-source.org/en/>

Telephone support by pairing with a breastfeeding support volunteer. Requests to be paired with a support volunteer can be made by telephone. For other breastfeeding-related activities, see the website.

Mental health

Suicide Action Montréal (SAM)

1 866 277-3553

<https://suicideactionmontreal.org/en/>

SAM's services are aimed at suicidal people, their friends and relatives, suicide loss survivors, and community-based workers.

Crisis Services Canada

1 833 456-4566 (crisis line)

<https://www.crisisservicescanada.ca/en/>

A national service, available regionally, to anyone who is thinking about suicide or has suffered a suicide loss. The Canada Suicide Prevention Service (CSPS) is available 24 hours a day, 7 days a week, by toll-free phone, text message, or chat.

Le Centre d'aide 24/7 (French-only website)

819 595-9999

<http://www.centredaide247.ca>

Intervention service offering free and confidential assistance 24 hours a day, 7 days a week, to people and their loved ones experiencing a crisis or distress situation. The reception, assistance, support and accompaniment services offered aim at defusing the situation and initiating a problem-resolution process.

Ordre des psychologues du Québec

<https://www.ordrepsy.qc.ca/english>

The regulatory body of Québec psychologists promotes access to the services of psychologists or psychotherapists (paid services, generally covered under group insurance).

Ordre des sexologues du Québec (French-only website)

<https://opsq.org/>

The regulatory body of Québec sexologists promotes access to the services of competent sexologists through the publication of the membership roll and a directory of sexologists. Paid services that may be covered under group insurance.

Drugs: Help and Referral

514 527-2626 - 1 800 265-2626

<https://www.aidedrogue.ca/en/>

Support, information and referrals for people affected by drug addiction throughout Québec.

Interligne

514 866-0103

<https://interligne.co/en/>

A help, helpline and information centre for those affected or interested in sexual orientation issues.

Hope for Wellness Help Line (for First Nations and Inuit communities)

1 855 242-3310

<https://www.sac-isc.gc.ca/eng/1576089278958/1576089333975>

Services are provided in Cree, Ojibwa, Inuktitut, English and French. People can inquire about the availability of services in the language of their choice.

General health

Info-Santé/Info-Social

811

<https://www.quebec.ca/en/health/finding-a-resource/info-sante-811>

Health or psychosocial consultation with a nurse or psychosocial worker 24 hours a day, 7 days a week. Available in all regions of Québec except the Cree Territory of James Bay and Nunavik.

I Quit Now

1 866 527-7383

<https://tobaccofreequebec.ca/iqitnow/>

Information and support for smoking cessation.

Centre antipoison du Québec (French-only website)

1 800 463-5060

<https://www.ciusss-capitalenationale.gouv.qc.ca/antipoison/>

A helpline for what to do in case of poisoning. Downloadable information sheets available at the website.

Social

Social and community resources 211

211

<https://www.211qc.ca/en/>

Multilingual service that lists and directs to socio-community resources (including financial resources) in the regions of Québec.

SOS violence conjugale

514 873-9010 - 1 800 363-9010

<https://sosviolenceconjugale.ca/en>

Free, bilingual, anonymous and confidential referral services for victims of intimate partner violence.

Telephone service available 24 hours a day, 7 days a week.

Food Banks of Quebec

<https://banquesalimentaires.org/en/>

Directory of food aid organizations across Québec.

Fondation Olo

<https://fondationolo.ca/en/>

Food aid for pregnant women on low incomes.