

# Environmental Scan

## Resources for coping with and adjusting to dialysis

In this document, you will find an overview of existing resources to support you in coping with and adjusting to dialysis. Many different types of resources are listed, and we hope one or more will fit your needs. Many, but not all, of the resources listed are for Quebecers/Québécois on dialysis.

We encourage you to see what is a good fit for you. In addition to using these resources, we encourage you to talk with your healthcare providers.



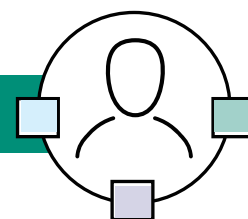
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In the resources listed below, we have added internet links that you can click to read more about the information and services on their websites. Please note that most of the services listed in this document are free or covered under Quebec's health authorities for people living in Quebec, Canada. These documents were created to serve as an inventory of resources intended for online use. The links were last verified in December 2023.

# Information on Mental Health

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### INFORMATION ON MENTAL HEALTH

Resources that help explain what mental wellness and illnesses are, how to manage them, and where to find further help.

#### Information on Mental Wellness for People Living with Dialysis or Kidney Disease

Name of information resource	Brief description of resource	How can you access the information?
Fonds américain du rein ("American Kidney Fund")	Learn about the impact kidney disease has on maintaining your mental health.	<a href="#">Click here to access</a>
Fondation du rein ("Kidney Foundation")	Watch a webinar about living with chronic kidney disease and its impact on mental health.	<a href="#">Click here to access</a>
Fondation nationale du rein ("National Kidney Foundation")	Information on numerous kidney-related topics. Learn about social determinants, living with the disease, and more.	<a href="#">Click here to access</a>
Options de vie ("Life Options")	Learn about kidney disease, how to live with it, and ways to feel your best.	<a href="#">Click here to access</a>
Psychonéphrologie ("PsychoNephrology")	Learn about kidney disease and how it affects mental health.	<a href="#">Click here to access</a>
Recherche rénale Royaume-Uni ("Kidney Research UK")	Learn about kidney disease and hear from lived experiences on how to manage it.	<a href="#">Click here to access</a>
Réseau rénal de l'Ontario ("Ontario Renal Network")	Learn about chronic kidney disease and how to live with it to support yourself better.	<a href="#">Click here to access</a>

#### General Information on Depression/Anxiety

Name of information resource	Brief description of resource	How can you access the information?
Anxiété Canada ("Anxiety Canada")	Contains information about anxiety.	<a href="#">Click here to access</a>
Association américaine d'anxiété et de dépression ("Anxiety & Depression Association of America")	Learn about depression and ways to manage depression and anxiety.	<a href="#">Click to learn about depression</a> <a href="#">Click to learn about depression tips</a> <a href="#">Click to learn about anxiety tips</a>
Choix éclairés en matière de dépression ("Depression Informed Choices")	Find information on depression, common symptoms, treatment types, and more.	<a href="#">Click here to access</a>
DEPrimesAnonymes	Learn about the different causes of depression.	<a href="#">Click here to access*</a>
eSantéMentale ("eMentalHealth")	Find information about depression and anxiety. Learn about symptoms, types, coping strategies, and more.	<a href="#">Click to learn about depression</a> <a href="#">Click to learn about anxiety</a>
FamilyDoctor	Find out what depression means and its symptoms, causes, diagnosis, treatment, and more.	<a href="#">Click here to access</a>
Groupe d'entraide pour un Mieux-Être ("Mutual Aid Group for Better-Being")	Learn about different mental health topics, such as depression, anxiety, stress, panic attacks, and burnout.	<a href="#">Click here to access*</a>

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HeadsUpGuys	Depression information and resources specifically for men.	<a href="#">Click here to access</a>
La dépression fait mal ("Depression Hurts")	Discover the potential signs of depression from a holistic approach. Available in English, French, Chinese (simplified), and Punjabi.	<a href="#">Click here to access</a>
La Fondation LifeLine Canada ("The LifeLine Canada Foundation")	Find information relating to depression and anxiety.	<a href="#">Click to learn about depression</a> <a href="#">Click to learn about anxiety</a>
Mayoclinic	Get an overview of depression and more about the disorder.	<a href="#">Click here to access</a>
MedlinePlus	Find numerous pieces of information and topics related to depression.	<a href="#">Click here to access</a>
Société canadienne de psychologie ("Canadian Psychological Association")	Find information and facts about depression.	<a href="#">Click here to access</a>
Société pour les troubles de l'humeur du Canada ("Mood Disorders Society of Canada")	Find information on anxiety, depression, and building resilience.	<a href="#">Click here to access</a>

### General Mental Health Information

Name of information resource	Brief description of resource	How can you access the information?
AMI-Quebec	Learn about what mental illness is and the possible treatment options.	<a href="#">Click here for mental illness information</a> <a href="#">Click here for treatment information</a>
Association québécoise de prévention du suicide ("Quebec Association for the Prevention of Suicide")	Find information about suicide and suicide prevention for a better understanding. Hover over "highlights" ("faits saillants") for information.	<a href="#">Click here to access</a> *
CASA-Gaspe	Learning guide to increase mental health understanding and awareness.	<a href="#">Click here to access</a> External links at the end of the resource have not been verified.
Commission de la santé mentale du Canada ("Mental Health Commission of Canada")	Discover some common myths and misconceptions regarding mental health and mental health care.	<a href="#">Click here to access</a>
eSantéMentale eMentalHealth	Learn about common mental health topics such as stress, sleep, self-compassion, and self-harm.	<a href="#">Click to learn about stress</a> <a href="#">Click to learn about sleep</a> <a href="#">Click to learn about self-compassion</a> <a href="#">Click to learn about self-harm</a>
Gouvernement du Canada ("Government of Canada")	Find information on what mental health is and why it is important.	<a href="#">Click here to access</a>
Gouvernement du Québec ("Government of Quebec")	Learn about mental health, mental disorders, and how to maintain good mental health.	<a href="#">Click to learn about mental disorders</a> <a href="#">Click to learn about maintaining good mental health</a>
Gouvernement du Québec ("Government of Quebec")	Learn about the PQPTM, a stepped-care model for getting free psychotherapy in Québec.	<a href="#">Click here to access</a>

# Information on Mental Health

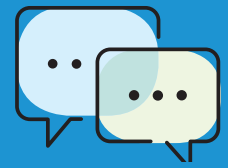
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<b>Institut universitaire en santé mentale Douglas</b> (“Douglas Mental Health University Institute”)	Find a variety of mental health information, organized alphabetically by topic.	<a href="#">Click here to access</a>
<b>Mental Health Movement Quebec</b> (“Mouvement santé mentale Québec”)	Learn about mental health and what good mental health promotion looks like.	<a href="#">Click here to access*</a>
<b>Santé mentale des jeunes Canada</b> (“Youth Mental Health Canada”)	Learn about wellness, what it means to be well, and more.	<a href="#">Click here to access</a>
<b>Santé mentale multiculturelle</b> (“Multicultural Mental Health”)	Find mental health resources and information in over 25 languages.	<a href="#">Click here to access</a>
<b>Santé Montreal</b> (“Montreal Health”)	Read about general information about mental health and mental health care.	<a href="#">Click here to access</a>
<b>YogaTribus</b> (“YogaTribes”)	Learn about emotional well-being and some tips to improve it.	<a href="#">Click here to access</a>

# Resources for your Self-care

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### RESOURCES FOR YOUR SELF-CARE

Websites, books, workbooks, and apps that provide resources for self-care and ways to increase mental wellness. Some are specific to kidney disease, depression, and anxiety.

#### Self-care tools specifically for People Living with Dialysis or Kidney Disease

Name of resource	Brief description of resource	How can you access the information?
Cuisine communautaire du rein ("Kidney Community Kitchen")	Find recipes and information on how to manage a renal diet.	<a href="#">Click here to access</a>
École du rein ("Kidney School")	Discover learning modules and audiobooks about kidney and kidney disease.	<a href="#">Click here to access</a>
Fondation canadienne PKD ("PKD Foundation of Canada")	Find information on diet, nutrition, and also webinars, specifically for polycystic kidney disease (PKD).	<a href="#">Click here to access</a>
Fondation du rein ("Kidney Foundation")	Read about how to stay active while managing and living with kidney disease. They also have webinars on various kidney health topics.	<a href="#">Click here for active living tips</a> <a href="#">Click here for kidney webinars</a>
Soins rénaux Davita ("Davita Kidney Care")	Learn about kidney disease, how to manage the disease, and find diet and nutrition tips.	<a href="#">Click here to access</a>

#### Resources for Depression/Anxiety

Name of resource	Brief description of resource	How can you access the information?
Centre d'interventions cliniques ("Centre for Clinical Interventions")	Find workbooks, information, and worksheets for both Depression and Anxiety	<a href="#">Click here for depression work material</a> <a href="#">Click here for anxiety work material</a>
Croix Blanche ("Croix Blanche")	Mental Health Podcast. Episode 5 is on depression and episode 2 is on anxiety.	<a href="#">Click here to access*</a>
DEPrimesAnonymes	A health blog about depression and mental health.	<a href="#">Click here to access*</a>
eSantéMentale ("eMentalHealth")	Learn about what panic attacks are, why they happen, and tips to address them.	<a href="#">Click here to access</a>
Government of Quebec ("Gouvernement du Québec")	Learn about ways to manage stress, anxiety, and depression for your self-care.	<a href="#">Click here to access*</a>
L'Hôpital d'Ottawa ("The Ottawa Hospital")	Learn information about antidepressants to help inform your decision on starting or stopping. This information does not replace the advice of a doctor.	<a href="#">Click to learn about antidepressants (start)</a> <a href="#">Click to learn about antidepressants (stop)</a>
Lumino Santé ("Lumino Health")	Learn about stress and how to recognize and manage your emotions.	<a href="#">Click to learn about stress</a> <a href="#">Click to learn about managing emotions</a>
Mental Health Movement Quebec ("Mouvement santé mentale Québec")	Discover this mental health blog that will give you ideas on improving your mental health.	<a href="#">Click here to access*</a>
Mental Health Quebec ("Santé Mentale Québec")	Find articles on anxiety for coping and management.	<a href="#">Click here to access*</a>

# Resources for your Self-care

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Quête de dépression ("Depression Quest")	An interactive game where you play a character with depression. Meant to help show/ inform yourself and others that you are not alone and of the different options you can take.	<a href="#">Click here to access</a>
Santé mentale des jeunes Canada ("Youth Mental Health Canada")	Learn about how to be compassionate to yourself. Also, how to reduce stress and manage it.	<a href="#">Click to learn about self-compassion</a> <a href="#">Click to learn about stress management</a>
Santé Mentale Québec ("Mental Health Quebec")	Mental health podcasts. Listen to a variety of episodes each about a different mental health topic.	<a href="#">Click here to access*</a>
Save Your Skin Foundation ("Fondation Sauve ta peau")	Learn strategies for different aspects of your emotional well-being. Hope, quality of life, and more.	<a href="#">Click here to access*</a>
Université du Québec à Montréal ("University of Quebec in Montreal")	Find information on coping with stress and 10 strategies for stress relief.	<a href="#">Click here to access*</a>
Université Laval ("Laval University")	A depression exercise. Answer some questions to help figure out your priorities, options, and decisions.	<a href="#">Click here to access</a>

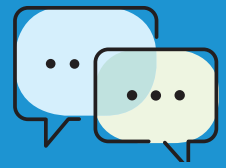
### General Mental Health/Wellness Tools

Name of resource	Brief description of resource	How can you access the information?
ACSM Montréal	Read about mental health stories for stress, emotions, healthy habits, and more.	<a href="#">Click here to access</a>
ACSM National	Take this stress questionnaire to see how elevated your stress might be.	<a href="#">Click here to access</a>
Auto-Compassion ("Self-Compassion")	Self-compassion website that provides information on how to get started and some guided meditations.	<a href="#">Click here to access</a>
Centre de toxicomanie et de santé mentale ("Centre for Addiction and Mental Health")	20-minute course on mental health and depression. Learn about the basic definitions and key messages.	<a href="#">Click here for the mental health course</a> <a href="#">Click here for the depression course</a>
Centre médical de l'Université de Rochester Rochester ("University of Rochester Medical Center Rochester")	Learn about journaling for your self-care and how it can improve your mental health.	<a href="#">Click here to access</a>
CMHA Québec	Register for free upcoming lectures and conferences on mental health topics.	<a href="#">Click here to access*</a>
CMHA Québec	Learn about different ways/domains that can help improve your well-being.	<a href="#">Click here to access</a>
Commission de la santé mentale du Canada ("Mental Health Commission of Canada")	Discover blog posts related to mental health and mental health promotion.	<a href="#">Click here to access</a>



# Resources for your Self-care

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<b>Écoute Entraide</b> ("Mutual Aid Listening")	Provides free active listening training, mindfulness meditation workshops, and mental health conferences.	<a href="#">Click here to access*</a>
<b>EnsembleBien</b> ("TogetherWell")	Register for Wellness Wednesdays, a weekly workshop on how to care for your mental health.	<a href="#">Click here to access</a>
<b>eSantéMentale</b> ("eMentalHealth")	Screening tools for self-compassion, happiness, anxiety, and depression. Should not be used as a substitute for a professional opinion.	<a href="#">Click here for the self-compassion tool</a> <a href="#">Click here for the happiness tool</a> <a href="#">Click here for the anxiety tool</a> <a href="#">Click here for the depression tool</a>
<b>eSantéMentale</b> ("eMentalHealth")	Learn about therapeutic tapping, bilateral music, grounding strategies, dialectical behavioral therapy, and about happiness. Different methods for self-care improvement.	<a href="#">Click here to learn about therapeutic tapping</a> <a href="#">Click here to learn about bilateral music for anxiety</a> <a href="#">Click to learn about Dialectical Behavioral Therapy</a> <a href="#">Click to learn about happiness strategies</a> <a href="#">Click to learn about grounding strategies</a>
<b>eSantéMentale</b> ("eMentalHealth")	A safety plan that contains a series of questions to help ground yourself and to stay safe.	<a href="#">Click here to access</a>
<b>Exercices de pleine conscience</b> ("Mindfulness Exercises")	Find free courses, audio, worksheets, and videos about mindfulness and how it can help strengthen oneself.	<a href="#">Click here to access</a>
<b>Institut national du sport du Québec</b> ("National Institute of Sports of Québec")	Read about the pillars of mental well-being and tips on improving your mental health.	<a href="#">Click here to access*</a>
<b>InsightTimer</b>	A wellness tool that promotes and provides free guided meditation.	Available on App Store and Google Play. <a href="#">Click here for web access</a>
<b>iSMART</b>	iSMART is an app that helps manage an individual's stress by monitoring triggers and providing stress-reducing actions.	Available on App Store and Google Play. <a href="#">Click here for more information</a>
<b>La Fondation LifeLine Canada</b> ("The LifeLine Canada Foundation")	Learn about coping and what unhealthy and healthy coping looks like.	<a href="#">Click here to access</a>
<b>Le Verger</b> ("The Orchard")	Utilize these two workbooks. One is a recovery plan with general prompts for your mental health journey. The second is an emotions diary to help discover and recognize your emotions.	<a href="#">Click here for the recovery plan workbook*</a> <a href="#">Click here for the emotion diary*</a>
<b>Lumino Santé</b> ("Lumino Health")	Provides information on meditation and gratitude journals. Discover why both are beneficial for self-care and mental health.	<a href="#">Click to learn about meditation</a> <a href="#">Click to learn about gratitude journals</a>
<b>M'améliorer à ma façon</b> ("Getting Better My Way")	A free self-management tool. Answer a series of questions to help create your plan.	<a href="#">Click here to access</a>
<b>Mouvement Santé Mentale Québec</b> ("Mental Health Movement Quebec")	A mental health workbook with information and prompts to help recognize your feelings.	<a href="#">Click here to access*</a>

# Resources for your Self-care

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<b>Noir Santé Mentale Canada</b> ("Black Mental Health Canada")	Find free workshops and events that discuss mental health for the black communities in Canada.	<a href="#">Click here to access</a>
<b>Santé mentale des jeunes Canada</b> ("Youth Mental Health Canada")	YMHC provides compassion and messages of support. You can subscribe for daily compassionate messages or you can sign up to get a compassion card.	<a href="#">Click here for compassion cards</a> <a href="#">Click here for compassion cards (Indigenous)</a> <a href="#">Click here for daily compassion messages</a>
<b>Santé mentale Estrie</b> ("Mental Health Estrie")	Take part in educational events, information sessions, and the lending library to support your mental health journey.	<a href="#">Click here to access</a>
<b>Santé Mentale Québec</b> ("Mental Health Quebec")	Discover questionnaires on different mental health topics such as stress, self-esteem, and happiness.	<a href="#">Click here to access*</a>
<b>Santé Mentale Québec</b> ("Mental Health Quebec")	Discover articles, videos, exercises, and more about stress and stress management.	<a href="#">Click here to access*</a>
<b>Santé Mentale Québec – Bas-Saint-Laurent</b> ("Mental Health Quebec -Bas-Saint-Laurent")	Free information sessions on mental health-related topics to help promote balance and positive well-being.	<a href="#">Click here to access*</a>
<b>suicide.ca</b>	Discover tools to take care of your mental health. Tools for taking action, calming down, and more.	<a href="#">Click here to access</a>
<b>Université du Québec à Montréal</b> ("University of Quebec in Montreal")	Learn about emotional flexibility and practice accepting your emotions using their free logbook.	<a href="#">Click here to access*</a>



# In-person & Live Online Services

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### IN-PERSON & LIVE ONLINE SERVICES

Peer support groups, volunteer provided services, healthcare professional services, and referral services.

#### Peer Support Groups

Name of Resource	Brief description of resource	How can you access the information?
Centrami ("Friend Centre")	Self-help group and day centre offering free activities and the opportunity to connect with peers in the community.	<a href="#">Click here for more information*</a>
Centre de jour Feu vert ("The Green Light Day Centre")	Participate in peer activities such as creative, educational, and self-help workshops.	<a href="#">Click here for more information*</a>
Centre soutien-jeunesse group d'entraide en santé mentale pour adultes ("Youth Support Centre Mental Health Help Group for Adults")	Self-help group offering services to break social isolation, promote peer connection, and encourage self-expression.	<a href="#">Click here for more information*</a>
écoute entraide: Groupes de soutien à Montréal ("Supportive Listening: Support groups in Montréal")	Attend support groups, including groups for men, groups for mothers, and groups for all.	<a href="#">Click here for more information*</a>
Entraide – Fondation du rein ("Peer Support – Kidney Foundation of Canada")	Request individualized peer support or access online and in-person support and engagement groups. Speak with trained volunteers who have similar life experiences about what to expect when coping and learning to live with a kidney disease diagnosis.	<a href="#">Click here for more information (EN)</a> <a href="#">Click here for more information (FR)*</a>
Espace mieux-être Canada ("Wellness Together Canada")	Access communities of support for mental health online, over the phone, or via Zoom.	<a href="#">Click here for more information</a>
Groupe La Licorne MRC Thérèse-de-Blainville ("Unicorn Group MRC Thérèse-de-Blainville")	Attend a self-help/support group offering formal and informal activities. Organization also offers individual follow-up in the community.	Call: 450 433-9084 (support group) Call: 450 433-1428 (individual follow-up) <a href="#">Click here for more information*</a>
L'Avant-Garde ("The Front Line")	Attend programming to gain a sense of community support and belonging, including workshops, conferences, day-to-day management, and support groups.	<a href="#">Click here for more information*</a>
Maison St-Jacques ("St. Jacques' House")	Group psychotherapy offered for those aged 18-50. Those interested must make an admission appointment to be assessed for eligibility.	<a href="#">Click here for more information*</a>
Prise II ("Seize II")	In-person, virtual, and hybrid programming to promote positive mental health and peer solidarity. Some programming is free and open to the public.	<a href="#">Click here for more information*</a> To check which activities are free and open to the public, access the description of activities ("description des activités")
Support Groups – AMI Québec	Attend virtual or in-person support groups for anxiety, depression, etc. Open to everyone in Québec.	<a href="#">Click here for more information</a>

# In-person & Live Online Services

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### Services Provided by Trained Volunteers

Name of Resource	Brief description of resource	How can you access the information?
<b>Centre d'écoute Montérégie</b> ("Montérégie Listening Centre")	Active listening line intended for adults 50 years of age and older. You can call as often as you wish, or schedule to have a trained listener call you once a week. For up-to-date hours, see the website.	Call: 450 658-8509 Toll-free: 1 877 658-8509 <a href="#">Click here for more information*</a>
<b>Centre d'écoute et de prévention du suicide Beauce-Etchemins</b> ("Beauce-Etchemins Listening and Suicide Prevention Centre")	24/7 telephone listening, support, and referral services provided by volunteers trained in active listening and moral support. If you are in crisis or having suicidal thoughts, please refer to a crisis resource in the section below.	Call: 418 228-001 <a href="#">Click here for more information*</a>
<b>Face à Face Montréal</b> ("Face to Face Montréal")	Listening and intervention centre. Includes an active listening and referral line operated by trained volunteers, open Monday, Tuesday, and Friday from 9am to 5pm. Also offers free short-term counseling for 8 weeks with trained volunteers (not licensed counselors).	Call: 518 934-4546 (For active listening and referrals) <a href="#">Click here for more information</a>
<b>Jumelage téléphonique – écoute entraide</b> ("Phone matching – Supportive Listening")	Apply to subscribe to receive scheduled calls from a volunteer trained in active and supportive listening.	<a href="#">Click here for more information and application form*</a>
<b>Soutien personnalisé – Carrefour le moutier</b> ("Personalized Support – The Monastery Crossroads")	Book an appointment to begin a series of 3 to 10 meetings with a trained listener.	<a href="#">Click here for more information*</a> Scroll down to the "Personalized Support/Soutien personnalisé" section.
<b>Tel-Écoute du Littoral</b> ("Phone Listening Littoral")	Active listening phone line operated by trained volunteers and supervised by professionals. Phone line is accessible 7 days a week.	Call: 1 877-559-4092 <a href="#">Click here for more information*</a>
<b>Tel-écoute et tel-aînés</b> ("Phone Listening and Seniors Phone")	Active listening and referral phone lines for the Greater Montréal area operated by trained volunteers. The "tel-écoute" line is intended for those 18-59 years of age. The "tel-aînés" line is intended for those 60 years of age and older. Both lines are accessible 365 days a year from 10am to 10pm.	For tel-écoute, call: 514 493-4484 For tel-aînés, call: 514 353-2463 <a href="#">Click here for more information*</a>
<b>vent over tea</b>	Active listening service where you can meet with a trained volunteer to share your thoughts and feelings to them without judgment.	<a href="#">Click here for more information and to book a session</a>

# In-person & Live Online Services

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### Services Provided by Healthcare Professionals

Name of resource	Brief description of resource	How can you access the information?
Aire ouverte (“Open Air”)	Space for young people (aged 12 to 25) to meet with professionals and access health and wellness services.	<a href="#">Click here for more information</a>
Info-Social 811	24/7 phone line where a professional can answer psychosocial questions or refer you to appropriate psychosocial and mental health services. Accessible across Québec except in the Cree Territory of James Bay and Nunavik regions.	Call: 811 <a href="#">Click here for more information</a>
Retrouver son entrain (“Bounce Back”)	Services include a trained coach who can provide up to six sessions and access to self-help materials such as workbooks, activities, and videos.	<a href="#">Click here for more information</a>
Santé mentale et dépendances – CISSS de la Montérégie-Est (“Mental Health and Addictions – East Montérégie Integrated Health and Social Services Centre”)	Phone line where a worker can answer psychosocial questions or refer you to appropriate psychosocial and mental health services.	Call: 1 833 771-3716 <a href="#">Click here for more information</a> * (Navigate to the section “Access to Regular Services”/“Accès aux services réguliers”)
Suivi d’intensité flexible (SIF) (“Flexible Assertive Community Treatment (FACT)”)	Program offered to those living with severe mental illness, including those with a severe anxiety disorder or mood disorder. No medical consultation needed.	<a href="#">Click here for more information including how to access the program</a>

### Referral Services

Name of resource	Brief description of resource	How can you access the information?
211	Information and referral service for social and community services. Support available for 200 languages. Available 7 days a week, from 8am to 6pm.	Call: 211 <a href="#">Click here for more information</a>
Service d’écoute et de référence – Carrefour le moutier (“Listening and Referral Service – The Monastery Crossroads”)	Listening and referral service, accessible over the phone or via in-person walk-ins. Open Monday to Friday, 9am to 5pm.	Call: 450 679-7111 OR Visit in person: 219 Saint-Charles Street West, Longueuil (Quebec) J4H 1E1

# Regional and Crisis Resources

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### REGIONAL AND CRISIS RESOURCES

Find provincial wide crisis lines and regional lines.

#### Provincial Resources (Province Wide)

Name of resource	Brief description of resource	How can you access the information?
Centre de prévention du suicide de Québec ("Suicide Prevention Centre of Québec")	24/7 Québec-wide crisis line.	Call: 418 683-4588 Toll-free: 1 866 277-3553 <a href="#">Click here for more information</a>
écoute entraide ("Supportive Listening")	Helpline available 7 days a week from 8am to 10pm.	Call: 514 278-2130 (Montréal area) Toll-free: 1 855 365-4463 (outside Montréal) <a href="#">Click here for more information*</a>
Espace mieux-être Canada ("Wellness Together Canada")	24/7 textline for adults in distress or crisis.	Text "WELLNESS" to 741741 (English) Text "MIEUX" to 741741 (French) <a href="#">Click here for more information</a>
La maison sous les arbres ("The House Under the Trees")	Crisis center offering a 24/7 crisis intervention line.	Call: 450 699-5935 Toll-free: 1 855 450-699-5935 <a href="#">Click here for more information*</a>
Ligne d'écoute d'espoir pour le mieux-être ("Hope for Wellness Helpline")	National phone or online chat available 24/7 to all Indigenous Peoples across Canada. Available in English and French. Support in Cree, Ojibway, and Inuktitut available by request.	Call: 1 855-242-3310 <a href="#">Click for online chat and for more information</a>
Multi-Écoute ("Multicultural Listening")	24/7 crisis and active listening line offered in multiple languages, including Arabic, Dari, English, French, German, Kurdish, Persian, Romanian, Russian, Tajik, Turkish, Urdu, etc.	24/7 emergency line: 514 378-3430 Other inquiries: 514 737-3604 <a href="#">Click here for more information*</a>
Océan: Organisation communautaire d'écoute et d'aide naturelle ("OCEAN - Community Organization for Listening and Natural Aid")	Confidential telephone intervention line offering psychosocial support, active listening, and help finding specific resources. Available Monday to Friday from 5pm-9pm.	Call: 418 522-3283 <a href="#">Click here for more information*</a>
suicide.ca	24/7 service connecting you to a counselor over the phone, over text message, or over online chat.	Call: 1 866 277-3553 Text: 535353 <a href="#">Click to chat with a counselor via online chat or for more information</a>

#### Region Specific Resources

Name of resource	Brief description of resource	How can you access the information?
Association Iris ("Iris Association")	24/7 crisis telephone intervention line, assessment, and referrals. Serves the Montréal regions covered by the CIUSSS du Nord-de-l'Île-de-Montréal.	Call: 514 388-9233 <a href="#">Click here for more information*</a>

# Regional and Crisis Resources

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<b>Centre d'écoute de Laval</b> ("Laval Listening Centre")	24/7 crisis and active listening line serving Laval and surrounding areas.	Call: 450 664-2787 Toll-free: 1 888 664-1558 <a href="#">Click here for more information*</a>
<b>Centre d'écoute et de prévention du suicide Drummond</b> ("Drummond Listening and Suicide Prevention Centre")	Hotline providing suicide prevention and intervention 24/7 and listening services from 8:30am to 10pm. Services accessible to the population of the MRC (municipality) of Drummond.	Call: 819 477-8855 <a href="#">Click here for more information*</a>
<b>Centre d'écoute téléphonique (SAISM)</b> ("Telephone Listening Centre")	24/7 phone line offering active listening, referrals, and crisis support.	Call: 418 529-1899 <a href="#">Click here for more information*</a>
<b>Centre d'intervention de crise Tracom</b> ("Tracom Crisis Intervention Centre")	24/7 bilingual crisis intervention services serving regions covered by the CIUSSS West-Central Montréal, including: Westmount Parc-Extension Côte-St-Luc/Hampstead/Montréal Ouest Notre-Dame-de-Grâce/Côte-de-Neiges Outremont (some areas) Ville-Marie (some areas) St-Laurent (Anglophones)	Call: 514 483-3033 <a href="#">Click here for more information</a>
<b>Centre de crise de l'Ouest de l'île</b> ("West Island Crisis Centre")	24/7 crisis line serving: Pierrefonds/Roxboro Île-Bizard/Sainte-Geneviève Senneville Ste-Anne-de-Bellevue Dollard-des-Ormeaux Beaconsfield Baie-d'Urfé Kirkland Dorval Pointe-Claire	Call: 1 514 684-6160 <a href="#">Click here for more information</a>
<b>Centre de crise de Québec</b> ("Québec Crisis Centre")	24/7 crisis telephone intervention line and other resources, serving those who live in the Capitale-Nationale, including Portneuf and Charlevoix.	Call: 418 688-4240 <a href="#">Click here for more information*</a>

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<p><b>Centre de crise L'Accès</b> ("The Access Crisis Centre")</p>	<p>24/7 crisis intervention line serving: Brossard Longueuil Boucherville Varennes Verchères Saint-Hubert Calixa-Lavallée Contrecoeur Saint-Amable Sainte-Julie Saint-Bruno Saint-Lambert LeMoyne Greenfield Park</p>	<p>Call: 450 679-8689 <a href="#">Click here for more information*</a></p>
<p><b>Centre de prévention du suicide de Charlevoix</b> ("Charlevoix Suicide Prevention Centre")</p>	<p>Suicide prevention and intervention phone line serving the Charlevoix region. Available from 8:30am to 12:00pm and from 1:00pm to 4:30pm.</p>	<p>Call: 418 665-0096 <a href="#">Click here for more information*</a></p>
<p><b>Centre de prévention suicide de la Haute-Yamaska</b> ("Haute-Yamaska Suicide Prevention Centre")</p>	<p>Suicide prevention phone line and centre serving Haute-Yamaska and Brome-Missisquoi. 24/7 crisis service line. For other inquiries, phone from Monday to Friday, 8am to 9pm.</p>	<p>Call: 450 375-4252 <a href="#">Click here for more information*</a></p>
<p><b>Centre Prévention Suicide du KRTB</b> ("KRTB Suicide Prevention Centre")</p>	<p>Suicide prevention line and centre serving the KRTB (Kamouraska, Rivière-du-Loup, Témiscouata, Les Basques) region.</p>	<p>Call: 418 862-9658 <a href="#">Click here for more information*</a></p>
<p><b>Contact Richelieu-Yamaska</b></p>	<p>24/7 crisis line serving Saint-Hyacinthe and surrounding areas.</p>	<p>Call: 450 774-6952 Toll free: 1 844 774-6952 <a href="#">Click here for more information*</a></p>
<p><b>Entr'elles centre de femmes</b> ("Entr'elles Women's Centre")</p>	<p>24/7 crisis intervention centre for women in the Haute-Yamaska region.</p>	<p>Call: 450 375-0487 <a href="#">Click here for more information*</a></p>
<p><b>Expression Centre d'écoute active</b> ("Expression Active Listening Centre")</p>	<p>24/7 active listening, crisis, and suicide prevention line serving the MRC (municipality) des Appalaches.</p>	<p>Call: 418 338-5522 <a href="#">Click here for more information*</a></p>
<p><b>L'Appoint – Le Centre d'intervention de crise L'Appoint</b> ("Appoint Crisis Intervention Centre")</p>	<p>24/7 crisis telephone intervention line and support serving the subregions of East Montréal or those who live in accommodation resources under the Louis-H. Lafontaine Hospital.</p>	<p>Call: 514 351-6661 <a href="#">Click here for more information*</a></p>



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<p><b>L'Autre Maison Centre d'intervention de crise du Sud-Ouest</b> ("The Other House South West Crisis Intervention Centre")</p>	<p>24/7 bilingual crisis intervention phone line serving the Sud-Ouest de l'Île de Montréal region, including: Ville-Émard/Côte Saint-Paul Saint-Henri Petite-Bourgogne Point Saint-Charles Verdun Lasalle Lachine Ville Saint-Pierre</p>	<p>Call: 514 768-7225 <a href="#">Click here for more information*</a></p>
<p><b>L'équipe mobile Résolution</b> ("The Mobile Resolution Team")</p>	<p>Crisis team offering 24/7 listening and support over the phone and other services for adults living on the territory of the CIUSSS de l'Est-de-l'Île-de-Montréal.</p>	<p>Call: 514 351-9592 <a href="#">Click here for more information*</a></p>
<p><b>L'îlot centre de crise et de prévention du suicide de Laval</b> ("The Islet Laval Crisis and Suicide Prevention Centre")</p>	<p>24/7 suicide prevention and intervention line serving Laval.</p>	<p>Call: 450 629-2911 <a href="#">Click here for more information*</a></p>
<p><b>La Bouffée d'Air du KRTB</b> ("The Puff of Air")</p>	<p>24/7 crisis intervention and accommodation line and services serving the KRTB (Kamouraska, Wolf River, Témiscouata, Les Basques) region.</p>	<p>Call: 418 867-8580 <a href="#">Click here for more information*</a></p>
<p><b>La Traversée centre de crise et de prévention du suicide</b> ("The Crossing Crisis and Suicide Prevention Centre")</p>	<p>24/7 crisis intervention line and services serving the MRC (municipality) of Pierre-De-Saurel.</p>	<p>Call: 450 746-0303 <a href="#">Click here for more information*</a></p>
<p><b>Le Centre de crise et de prévention du suicide du Haut-Richelieu</b> ("The Haut-Richelieu Crisis and Suicide Prevention Centre")</p>	<p>24/7 bilingual telephone intervention line serving the Haut-Richelieu region and the cities Chambly and Carignan</p>	<p>Call: 450 348-6300 <a href="#">Click here for more information*</a></p>
<p><b>Le Tournant</b> ("The Turning Point")</p>	<p>24/7 crisis and suicide prevention intervention line and services serving: Haut-Saint-Laurent Beauharnois-Salaberry Vaudreuil-Soulanges</p>	<p>Call: 450 371-4090 Toll free: 1 833 371-4090 <a href="#">Click here for more information</a></p>
<p><b>Le Transit centre de crise</b> ("The Stopover Crisis Centre")</p>	<p>24/7 bilingual crisis intervention line and services serving the Centre-Est-de-l'Île-de-Montréal area: Centre-Sud Plateau Mont-Royal Petite-Patrie Villeray St-Michel South</p>	<p>Call: 514 282-7753 <a href="#">Click here for more information</a></p>

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<b>Les Services de crise de Lanaudière</b> ("Crisis Services of Lanaudière")	24/7 crisis telephone intervention line for those living in the Lanaudière region.	Call: 1 800 436-0966 <a href="#">Click here for more information*</a>
<b>Secours-Amitié Estrie</b> ("Estrie Friendship Relief")	24/7 crisis and listening line serving the population of Estrie.	Call: 819 564-2323 <a href="#">Click here for more information*</a>
<b>talk suicide Canada</b>	Bilingual crisis and suicide intervention services. Phone line available 24/7. Text line available from 4pm to midnight Eastern time (ET).	Call: 988 Text: 988 <a href="#">Click here for more information</a>
<b>TAO Tel-Aide (Tel-Aide Outaouais)</b>	24/7 French helpline serving the Outaouais region.	Outaouais: 819 775-3223 Ottawa & surrounding areas: 613 741-6433 Toll-free: 1 800 567-9699 <a href="#">Click here for more information*</a>
<b>Tel-Aide Montréal</b>	Phone line offering confidential and anonymous listening services in French and English.	Call: 514 935-1101 <a href="#">Click here for more information</a>
<b>Tel-Aide Québec</b>	Telephone hotline available from 9am to midnight (12am), serving: Capitale-Nationale Charlevoix Portneuf Bas St-Laurent Gaspésie – Îles-de-la-Madeleine	Call: 418 686-2433 Toll-free: 1 877 700-2433 <a href="#">Click here for more information*</a>
<b>Tel-Aide Région du Suroît</b>	24/7 crisis and listening line serving the Suroît region.	Call: 450 377-0600 Toll-free: 1 855 377-0600 <a href="#">Click here for more information*</a>
<b>Tel-Aide Saguenay–Lac-Saint-Jean</b>	Confidential telephone listening line serving the regions of: Saguenay - Lac St-Jean Chibougamau et Chapais Côte-Nord	Call: 1 888 600-2433 <a href="#">Click here for more information*</a>

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