



Mental health consists in achieving a balance between all aspects of life: social, physical, spiritual, economic, and mental. A sense of well-being, positive use of our mental faculties, positive relations with friends and relatives: these are some of the things that foster mental health.

- Attention deficit
- Burn-out
- Stress
- Depression
- Hyperactivity
- Drugs
- Trauma
- Gambling problems
- Irritability
- Panic
- Suicidal thoughts
- Obsession
- Anxiety
- Loss of appetite
- Delirium
- Alcoholism
- Insomnia
- Isolation
- Hallucination
- Abuse
- Phobias

PUBLIC RESOURCES

INFO-SANTÉ CLSC

(Get in touch with your CLSC)

GREATER MONTREAL REFERENCE

Tel.: (514) 527-1375

INFORMATION ON COMMUNITY ORGANIZATIONS

RACOR EN SANTÉ MENTALE

Tel.: (514) 847-0787

GUIDANCE AND SUPPORT FOR FILING COMPLAINTS

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES

Tél.: (514) 524-0606
www.caap-montreal.qc.ca

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Yours to use!
Yours to build!



DEFINING YOUR NEEDS

- I feel so alone... I'm shy. If I could only connect with people...
- Since my accident, I feel like a burden to my friends and relatives. I've got to keep active... take my mind off myself...
- Looking at my life is a real downer. I've lost all motivation. Nothing makes any sense to me...
- I worry about the future. What will happen if I don't find another job?
- I'm really mixed up. People are hostile. I feel everybody's out to get me. I'm afraid...

I need help!

Temporary help
Respite
Support
A sympathetic ear
Protection
Therapy
Training
Defense of rights
Social reinstatement
Therapeutic activities
Social activities
Accompaniment
Parents association
Crisis intervention
Shelter
Work integration
Treatment



FINDING OUT ABOUT AVAILABLE RESOURCES

You have defined your needs. Now you have to find what existing resources suit your needs.

Ask your mental health worker for information. He can direct you to the right resources (community organizations, CLSC, hospital) or to reference services.

From the resources suggested, choose those you think are best suited to your particular needs.

Take active responsibility for feeling and being your best.

Hospital
CLSC
Out-patient clinic
Support group
Rights organizations
Hot line
Social rehabilitation organizations
Crisis Centre
Day centre
Group home
Follow-up in the community



BUILD YOUR OWN NETWORK OF MENTAL HEALTH SERVICES



You have defined your needs and identified the resources you can call on for help.

The next step is to circulate this information. Make sure your helpers are working together to serve YOU. How?

Authorize your helpers to discuss your case together, to meet and exchange information about you under the seal of confidentiality: This is how you build your own network.

Social worker
Psychologist
Psychiatrist
Educational psychologist
Doctor
Nurse
Community worker
Occupational therapist
Specialized educator

