



*serving all dystonia-affected persons
d'esservant toutes personnes atteintes de dystonie*

QUEBEC

Canadian Mental Health Association Quebec

Website: <https://acsmmontreal.qc.ca/>

E-mail: info@acsmmontreal.qc.ca

Phone: (514) 521-4993

Address: 55 ave du Mont-Royal O, bureau 605

Montreal, QC H2T 2S6

Info-Santé 811

Website: <https://www.quebec.ca/en/health/advice-and-prevention/mental-health/>

Phone: 8-1-1

AMI-Quebec

Website: <https://amiquebec.org/>

E-mail: info@amiquebec.org

Phone: 1 (877) 303-0264 or (514) 486-1448

Address: 5800 boul. Decarie

Montreal, QC H3X 2J5

Mouvement Santé Mentale Québec

Website: <https://www.mouvementsmq.ca/>

Phone: (514) 849-3291

Address: 911 Jean-Talon E., bureau 326

Montreal, QC H2R 1V5

Chicoutimi

Canadian Mental Health Association Saguenay

Website: <http://www.santementale.ca>

E-mail: acsmspromotion@videotron.ca

Phone: (418) 549-0765

Address: 371 Racine St. E

Chicoutimi QC G7H 1S8

Montreal

Canadian Mental Health Association Montreal

Website: <https://acsmmontreal.qc.ca/>

E-mail: info@acsmmontreal.qc.ca

Phone: (514) 521-4993

Address: 55 ave du Mont-Royal O, bureau 605
Montreal, QC H2T 2S6

Revivre

Website: <http://www.revivre.org/>

E-mail: revivre@revivre.org

Phone: 1 (866) 738-4873

Address: 5140 Saint-Hubert St.
Montreal, QC H2J 2Y3

Douglas Mental Health University Institute

Website: <http://www.douglas.qc.ca/?locale=en>

Phone: (514) 761-6131

Address: 6875 LaSalle Blvd.
Montreal, QC H4H 1R3

The Montreal Centre for Anxiety & Depression

Website: <https://www.helpforanxietydepression.com/>

E-mail: info@helpforanxietydepression.com

Phone: (514) 777-4530

Address: 2111 Northcliffe, Suite 440
Montreal, QC H4A 3K6

The Montreal Mental Wellness Clinic

Website: <http://www.drkhoury-montrealtherapist.com/>

Phone: (514) 632-7133

Address: 5515 ch. Queen Mary, Suite 202
Montreal, QC H3X 1V4

Quebec City

Canadian Mental Health Association Quebec City

Website: <https://acsmquebec.org/>

Phone: (418) 529-1979

Address: 8255 boul. Henri-Bourassa, suite 220
Quebec City, QC G1G 4C8

Ré-Action

Website: <http://www.re-action.qc.ca/>

E-mail: reaction@re-action.qc.ca

Phone: (418) 688-2433

Address: 202-2095 rue Frank-Carrel

Quebec City, QC G1N 4L8

Jeffery Hale Saint Brigid's

Website: <http://www.jhsb.ca/en/services-communautaires-de-langue-anglaise/bien-etre-et-sante-mentale>

Phone: (418) 684-5333

Address: 1250 chemin Sainte-Foy

Quebec City, QC G1S 2M6

Réseau Avant de Craquer

Website: <https://www.avantdecraquer.com/>

E-mail: info@avantdecraquer.com

Phone: 1 (855) 272-7837

Address: 203-1990 rue Cyrille-Duquet

Quebec, QC G1N 4K8

Sherbrooke

Mental Health Estrie

Website: <http://mentalhealthestrie.com/>

E-mail: info@mentalhealthestrie.com

Phone: (819) 565-3777

Address: 257 Queen, Suite 900

Sherbrooke, QC J1M 1K7

CSSS-IUGS Mental Health

Website: <http://www.csss-iugs.ca/adults-mental-health-en>

Phone: (819) 780-2220

Address: 375 rue Argyll

Sherbrooke, QC J1J 3H5

NATIONAL RESOURCES

Canadian Mental Health Association

Website: <https://www.cmha.ca>

E-mail: info@cmha.ca

Address: Canadian Mental Health Association, National

500-250 Dundas Street West
Toronto, ON M5T 2Z5

National Network for Mental Health
Website: <http://www.nnmh.ca>

eMentalHealth.ca
Website: <http://www.ementalhealth.ca>
Address: Children's Hospital of Eastern Ontario
Suite 200, 311 McArthur Ave.
Ottawa, ON K1L 8M3

ONLINE RESOURCES

Online Therapy Unit
Website: <https://www.onlinetherapyuser.ca>
E-mail: online.therapy.user@uregina.ca
Phone: 1 (306) 337-3331
Address: 3737 Wascana Parkway
Regina, SK S4S 0A2

Therapy Assisted Online
Website: <https://www.taoconnect.org>
E-mail: HowCanIHelpYou@taoconnect.org
Phone: 1 (844) 438-8262
Address: St.Petersburg Office
600 1st Ave N
Suit 305
St. Petersburg, FL 33701

Big White Wall
Website: <https://www.bigwhitewall.ca>