

Helpful West Island resources

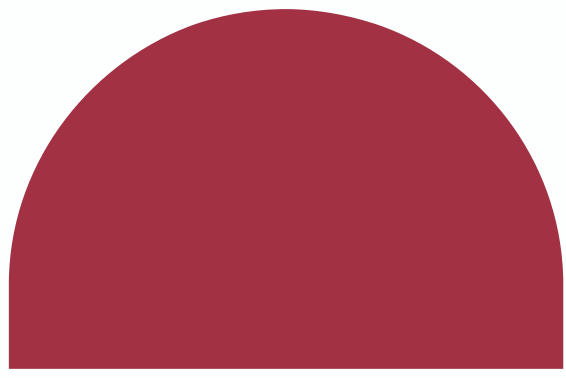
Prepared with care by your BHS Home and School team



Beaconsfield
High School
HOME & SCHOOL

EMERGENCY RESOURCES

**AMBULANCE/POLICE/FIRE
DEPARTMENT
TELEPHONE: 911**



**WEST ISLAND CRISIS CENTER
TELEPHONE: 514-684-6160**

WICC is a free and confidential phone helpline and crisis center. Calling the WICC promptly puts you in contact with a mental health professional 24 hours a day, 7 days a week. Individuals can call for themselves or a family member. Short-term housing is also available.

PUBLIC PSYCHOSOCIAL AND MENTAL HEALTH SERVICES

CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICE SOCIAUX DE L'OUEST-DE-L'ILE-DE-MONTREAL(CIUSSS ODIM)

YOUTH GUICHET (THE BLUE DOOR) AND THE YOUTH MENTAL HEALTH ACCESS GUICHET

These specialized services are accessible via a referral from several sources (physician, Aire Ouverte, Psychosocial intake, community organization, or other professionals working with the family).

**INFO-SOCIAL
TELEPHONE: 811 OPTION 2**

**PSYCHOSOCIAL CONSULTATION BY
PHONE.
INFORMATION AND REFERRAL TO
ASSISTANCE RESOURCES.**

CLSC DU LAC-SAINT-LOUIS – PSYCHOSOCIAL INTAKE

**180, avenue Cartier, Pointe-Claire (Québec)
H9S 4S1
Telephone: 514-697-4110**

At the psychosocial intake you can speak to a worker by phone or in-person about any psychological or emotional concern or challenge you are dealing with (for example: relationship problems, grief, family crises, violence, abuse, addiction, difficulties adapting, poverty, exclusion, and psychological or emotional distress). The worker's role is to evaluate your concerns and needs, offer follow-up and/or link you with resources to help address them.

L'AIRE OUVERTE

**2820 boul. Saint-Charles, Kirkland, QC
H9H 3B6
Telephone: 438-864-4385
aireouverte.comtl@ssss.gouv.qc.ca**

Aire ouverte offers accessible and personalized health services (physical, mental, sexual and social health needs) to youth aged 12 to 25 and their families/carers in the West Island. A team of professionals is available on-site during walk-in hours and phone drop-in hours.

Please note this is a non-extensive list of important resources. For more information, please contact Info-social or your local CLSC.

We are dedicated to enhancing the education and general wellbeing of our youth. We provide support in all areas of school life. JOIN our amazing home and school team! Become a member today!

Helpful West Island resources

Prepared with care by your BHS Home and School team



Beaconsfield
High School
HOME & SCHOOL

COMMUNITY RESOURCES

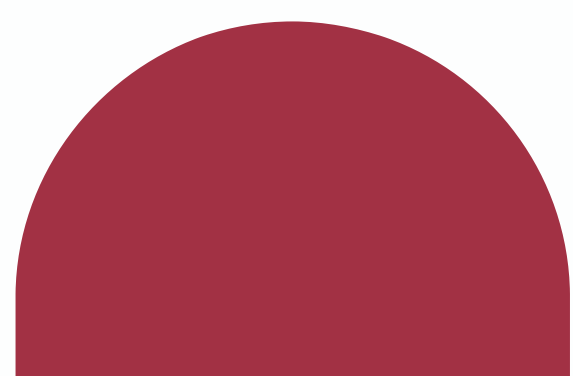
WEST ISLAND YMCA - COMMUNITY INITIATIVES

230 Bd Brunswick, Pointe-Claire, QC H9R 5N5

Telephone: (514) 630-9864 ext 5208

www.ymcaquebec.org

Services offered include academic support, homework help, physical, artistic and cultural programs for teens 12-17. Diversion is a social skills development group for children aged from 12 to 17 that aims to help teens develop self-confidence, and social skills. Y Mind Teen program is a free seven-week mental wellness program for teens ages 13 to 18, who are experiencing symptoms of mild-to-moderate anxiety or stress. Y Mind Teen is led by trained mental health professionals with the financial support of the Public Health Agency of Canada.



INFO-SOCIAL
TELEPHONE: 811 OPTION 2

FRIENDS FOR MENTAL HEALTH WEST ISLAND

Friends for Mental Health West Island

186 Sutton Pl Suite 121, Beaconsfield, Quebec H9W 5S3

Telephone: (514) 636-6885

www.asmfmh.org

Non-profit bilingual organization offering support services to families and friends coping with a loved one's mental health concerns and diagnosis. Services provided include information, referral, counselling services, and group intervention.

AMCAL FAMILY SERVICES

7 Av. Sainte-Anne, Pointe-Claire, QC H9S 4P6

Telephone: (514)694-3161

www.amcal.ca

AMCAL offers support and short-term intervention for families with children experiencing difficulties in school. Skill-building groups are available for children and adults dealing with issues such as anger management and divorce. A supervised visitation program that allows the strengthening of the parent-child relationship is available as well.

FAMILY RESOURCE CENTER

12301 Rue Colin, Pierrefonds - Roxboro, QC H9A 1C

Telephone: (514) 685-5912

www.familyresourcecenter.qc.ca

Community organization working to support families with children who are experiencing academic and social difficulties. Home to the SNAP (Stop now and plan) program for children 6-11. SNAP teaches effective emotional regulation, self-control, and problem solving skills. Parents learn effective parenting and communication strategies and have access to parenting groups.

CLOVERDALE MULTI-RESOURCES

9542 Boul Gouin O, Pierrefonds - Roxboro, QC H8Y 1R3

Telephone: (514) 684-8228

Support programs for parents of children aged 3 to 12 that aim to strengthen children's social and emotional skills while involving parents in the process. Cloverdale's ICS program is a support service to bridge the gap between newly arrived immigrant or refugee families, their children's elementary school and the community.

Please note this is a non-extensive list of important resources. For more information, please contact Info-social or your local CLSC.