Mental Health Services Directory

for interveners working with First Nations

FNQLHSSC
www.cssspnql.com
DIRECTORY OF MENTAL HEALTH RESOURCES

Project manager

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Province of Quebec – Divided by Health Regions

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Introduction

The current document is the result of the first phase of the First Nations of Quebec and Labrador Health and Social Services Commission's project entitled *Improve access to mental health services for First Nations*, funded through Health Canada’s Aboriginal Health Transition Fund (AHTF). The main objective of this research project is to ensure that First Nations peoples know and have access to existing mental health resources in the Quebec health and social services public system, also known as the provincial network. Accordingly, the Mental Health Services Directory responds to the first specific objective of this project, namely to make an inventory of existing mental health services in the health regions to which the non-conventioned Quebec First Nations communities are affiliated to.

The format of this directory is consistent with the provincial network organizational framework, while being coordinated with the need to identify services available for each community. The directory is divided by health regions, eleven of which are relevant to the current project. Within each regional section, communities covered are identified and associated with the appropriate CSSS. The listing, based on the 2005-2010 Quebec mental health action plan *La Force des Liens* [The strength of bonds], includes the multiple components of the network (public services and community organizations) across the different lines of services (first, second, and third-line). Every community is assumed to have access to the regional services and to those specifically listed under the associated CSSS.

This directory will allow First Nations to have a better knowledge of the available mental health resources of the provincial network. The following steps will allow the FNQLHSSC to evaluate and, if required, to improve access to those resources. First Nations peoples’ mental wellness is a collective process, of which this directory is a building stone. This directory will certainly prove to be useful.

Warning:
This directory is the first step of a reflexive process on the availability, accessibility, and adaptation of mental health services in the province of Quebec for First Nations communities. The information presented follows a specific view of the service offer, and does not by any means represent the point of view of the Ministère de la Santé et des Services Sociaux du Québec (MSSS). The perceptions it contains and the institutions and organizations described are perpetually in motion. Therefore, the current version of this directory corresponds to the situation at the time of publication, and changes of varying degrees of importance could have taken place since then. Please note that an updated version of this document will periodically be published online. Please contact us to let us know of any change that is relevant for the next version.
**Organizational Framework of the Provincial Mental Health Services System**

**Lines of Services**

**First-line services (Primary care)**
First-line services are universally accessible and strive to promote health, prevent disease, and offer diagnostic, curing, and rehabilitation services to the whole population. These services aim to resolve usual and varied health and social problems and should be offered in the vicinity of residential neighborhoods.

There are two types of mental health first-line services: general services offered to the population at large and first-line services specially designed for mental health.

First-line services are offered by the CSSS, medical clinics, family medicine groups, school-based and private psychologists, a number of community organizations, and in case of emergency by hospitals. In the CSSS, the mental health teams are expected to treat the majority of individuals with mental health needs in close collaboration with professionals of their territory (physicians, psychosocial counselors), once their access to services evaluation is done.

**Second-line services (Specialized care)**
Generally, referral by a professional is necessary to access such services. These services are expected to treat complex but common health and social problems.

These services require specialized expertise. They must support first-line teams and treat people who cannot receive appropriate treatment at that level. Second-line services usually need state-of-the-art infrastructures and technology.

A number of medical, social and rehabilitation services should be offered as close as possible to the living environments of those most likely to use the services. This decentralization can be possible if critical expertise, guarantor of good professional practices, is sufficient and if quality standards are respected, and that, at reasonable costs.

**Third-line services (Super-specialized care)**
These services are offered on a national basis. They are centralized in a limited number of locations, and usually accessible only through professional referral. Third-line services are geared towards individuals with excessively complex health and social problems, whose prevalence is low.

These services require very specialized professionals with exceptional skills in one specific intervention field. They are based upon sophisticated and rare equipment, and technology and expertise, which cannot be provided on a large basis. These services are generally known as super-specialized care.
First-line mental health team

The first-line mental health team is connected to the general first-line services of its territory and serves individuals whose mental health condition cannot be serviced by the general first-line services, those who do not have a designated general practitioner or paediatrician, and those who have severe mental health problems but whose condition is stable. The first-line mental health team can make referral to the second- and third-line services.

The actions undertaken by the first-line mental health team include:
- Participation to mental health information, promotion, prevention activities
- Treat individuals referred to the team
- Contribute to the training of the first-line resources of its territory and thus ease transfer to these resources for future treatment
- Put in place social integration services for individuals with severe but stable mental health issues

Guichet d’accès en santé mentale (GASM) [Mental health access window]

The GASM is part of the first-line services and serves as the main access to services as well as mental health treatments. It is where patients are evaluated to determine the best care option for their needs. Thus, a person may be redirected to the general psychosocial first-line services, with support and advice to the professionals involved or the person may be referred to the first-line mental health team, or to second-line services.

Intensive community follow-up and follow-up of variable intensity

These services are in place to ensure that adults with severe mental disorders may be maintained in the community. Intensive community follow-up is intended for individuals with unstable and fragile conditions. The intervention is multi-disciplinary and must include the participation of a physician. The follow-up of variable intensity is intended for individuals who also suffer from severe and persistent mental health problems, but with fewer difficulties. In these cases, interventions target mainly the development of individual skills and accompaniment. The patient navigator initiates contact and coordinates services for each patient, although he or she is not responsible for giving all the services required.
Mental Health Services Continuum

List of Acronyms

AEO/R: Accueil-Évaluation-Orientation-Référence [Reception-Evaluation-Orientation-Referral]
CJ: Centre jeunesse [Youth Centre]
CH: Centre hospitalier [Hospital]
CLSC: Centres locaux de services communautaires [Local Community Services Centres]
CSSS: Centre de santé et de services sociaux [Health and Social Services Centres]
DPJ: Direction de la protection de la jeunesse [Director of Youth Protection]
GASM: Guichet d’accès en santé mentale [Mental Health Access Window]
RUIS: Réseau universitaire intégré de santé [Integrated University Health Network]
SIM: Suivi intensif dans le milieu [Intensive community follow-up]
SIV: Suivi d’intensité variable [Follow-up of variable intensity]
01 Bas-Saint-Laurent
01 Bas-Saint-Laurent

Regional Services
Health & Social Services Agency
Agence de la santé et des services sociaux du Bas-Saint-Laurent
288, Pierre-Saindon, 1st floor
Rimouski (QC) G5L 9A8
Tel: 418-724-5231    Fax: 418-723-1597
http://www.agencesssbsl.gouv.qc.ca/

Aboriginal Liaison: There is no position dedicated to the issue and it has not been considered in the Mental Health, Suicide, and Addictions department in the last four years.

Rehabilitation Centre
L’Estran - Centre de réadaptation en toxicomanie du Bas-Saint-Laurent
75, Saint-Henri Street
Rivière-du-Loup (QC) G5R 2A4
Tel: 418-868-1010, ext. 2355    Fax: 418-868-1035
http://www.csssriviereduloup.qc.ca/installations-missions/ESTRAN/presentation.html
Language: French

Aboriginal Liaison: None, but Aboriginal clients are accepted just as anybody else who has substance abuse or gambling problem.
Youth Protection Centre

**Centre jeunesse du Bas-Saint-Laurent**

287 Pierre-Saindon Street, 3rd floor, PO Box 3500
Rimouski (QC) G5L 8V5
Tel: 418-723-1255    Fax: 418-722-0620
http://www.centrejeunessebsl.com/

**Language:** French

**Aboriginal Liaison:** None, as it does not seem to be a population that comes to their attention (mentioned not having such population).

### Community Organizations

#### Mental Health

**Lueur de l’Espoir du Bas-Saint-Laurent inc. (La)**

188, Lavoie, 1st floor
Rimouski (QC) G5L 5Z1
Tel: 418-725-2544    Fax: 418-723-1552
Toll Free Line: 1-877-725-2544

**Language:** French

**Clientele:** Relatives and friends of individuals affected by serious mental health issues

**Services:** Help & support to friends and relatives of a person affected by a serious mental health issue (schizophrenia, bipolarity, major depression and others). Information, documentation, individual follow-up, group work, training, help line, active listening and support

**PLAIDD-BF**

336, Léonidas S
Rimouski (QC) G5L 2V3
Tel: 418-722-8758    Fax: 418-724-4592
Toll Free Line: 1-800-524-8758
http://www.plaidd.com

**Language:** French

**Clientele:** Adults with mental health issues

**Services:** Regional mental health rights advocacy group providing information, intervention, training (rights advocacy, medication, rights and others), and collective action (social housing, socio-professional integration, and others)
**Tandem-Jeunesse**

1650, de la Ferme Street  
La Pocatière (QC) G0R 1Z0  
Tel: 418-856-2202   Fax: 418-856-5521  

**Language:** French  
**Clientele:** Youth (15-22)  
**Services:** Internal (9 beds) or external support for youth, to gain autonomy and ease their socio-professional integration. Lodging: 9 beds for crisis (1 night), respite (few days), and transition (with psycho-social follow-up)

---

**Auberge du Cœur Le Transit**

186, Rouleau Street  
Rimouski (QC) G5L 5S9  
Tel: 418-724-9595   Fax: 418-724-5809  
Email: [auberge.coeur.transit@globetrotter.net](mailto:auberge.coeur.transit@globetrotter.net)  

**Language:** French  
**Clientele:** Young Adults (18-30)  
**Services:** Internal (10 beds) support for young adults, to gain autonomy and ease their socio-professional integration; individual counselling and follow-up. Lodging (10 beds): medium to longer term (few weeks to a few months) transition (with psycho-social follow-up)

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**Substance Abuse & Pathological Gambling**

**Montée (La)**

127-B, Galarneau Street  
Saint-Pacôme (QC) G0L 3X0  
Tel: 418-852-2866   Fax: 418-852-2898  

**Language:** French  
**Clientele:** Adults with substance abuse or gambling problems  
**Services:** Treatment, external consultation with target clientele and their relatives, group therapy, prevention, and training
Sexual Abuse & Violence

Women

**Autre-Toit du KRTB (L')**
PO Box 5057
Cabano (QC) G0L 1E0
Tel: 418-854-7160   Fax: 418-854-9276
*Language:* French
*Clientele:* Women victim of domestic violence
*Services:* Safe and confidential housing, individual intervention and prevention

**Débrouille (La)**
PO BOX 1477
Rimouski (QC) G5L 8M3
Tel: 418-724-5067   Fax: 418-724-7671
*Language:* French
*Clientele:* Women victim of domestic violence, with or without children.
*Services:* Safe and confidential housing, individual intervention and prevention

**Havre des femmes (Le)**
PO Box 2008
L'Islet-sur-Mer (QC) G0R 2B0
Tel: 418-247-7622   Fax: 418-247-7058
*Language:* French
*Clientele:* Women victim of domestic violence, with or without children.
*Services:* Safe and confidential housing, individual intervention, prevention, external consultations, group therapy (women and children)
Viger
Territory: CSSS Rivière-du-Loup

Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Cabano</th>
<th>Cacouna</th>
<th>La Pocatière</th>
<th>Rimouski</th>
<th>Rivière-du-Loup</th>
<th>Saint-Épiphanie</th>
<th>Saint-Pacôme</th>
<th>Whitworth</th>
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<tr>
<td>Cabano</td>
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<td>Cacouna</td>
<td>72</td>
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<td>La Pocatière</td>
<td>124</td>
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<td>Rimouski</td>
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<td>Rivière-du-Loup</td>
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<td>10</td>
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<td>Saint-Épiphanie</td>
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<tr>
<td>Saint-Pacôme</td>
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<td>Whitworth</td>
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<td>107</td>
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<tr>
<td>L’Islet-sur-Mer*</td>
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<td>130</td>
</tr>
</tbody>
</table>

*(Chaudière-Appalaches)
Public Health & Social Services
Health and Social Services Centre
**CSSS Rivièr-du-Loup (CH régional du Grand-Portage)**
75, Saint-Henri Street
Rivière-du-Loup (QC), G5R 2A4
Tel: 418-868-1000/1010   Fax: 418-868-1035
http://www.csssriviereduloup.qc.ca/

**CLSC Rivières et Marées**
22, Saint-Laurent Street
Rivière-du-Loup (QC) G5R 4W5
Tel: 418-867-2642   Fax: 418-867-4713

**CLSC Rivières et Marées Service Center**
211, du Couvent Street
Saint-Épiphane (QC) G0L 2X0
Tel: 418-868-2572

**Language:** French

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General psychosocial services</td>
<td>Adults</td>
<td>AEO referral</td>
</tr>
<tr>
<td>Youth services</td>
<td>Children, youth, and young adults (6-25)</td>
<td>AEO referral and nurses and psychosocial counsellors</td>
</tr>
<tr>
<td>Child &amp; Family services</td>
<td>Future parents and parents of children aged 0 to 5</td>
<td>AEO referral</td>
</tr>
<tr>
<td>1st line mental health services</td>
<td>Adults</td>
<td>Services include: Mental health team, SIM, and clinic “sans mur” (for borderline personality disorders)</td>
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<tr>
<td><strong>Second-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric unit</td>
<td>Adults</td>
<td>21 beds</td>
</tr>
<tr>
<td>External psychiatric clinic</td>
<td>Adults</td>
<td></td>
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<tr>
<td>Child psychiatry clinic</td>
<td>Youth</td>
<td></td>
</tr>
<tr>
<td>Mental health residential</td>
<td>Adults</td>
<td>Rehabilitation in a group home environment</td>
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<tr>
<td>resources network</td>
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</tr>
<tr>
<td>Child psychiatry unit</td>
<td>Youth</td>
<td>This service is provided through the RUIS Université Laval at the CHUQ- Centre de pédopsychiatrie (please see region 03)</td>
</tr>
</tbody>
</table>
Services accessibility and adaptation for First Nations:
First Nations peoples have access to and receive the same mental health services as everybody else residing on this territory, although nothing specific is designed to address this population.

Rehabilitation Centre
Centre de réadaptation en toxicomanie du Bas-Saint-Laurent (L’Estran)
75, Saint-Henri Street
Rivièrè-du-Loup (QC), G5R 2A4
Tel: 418-868-1010 x2355  Fax: 418-868-1035
http://www.csssriviereduloup.qc.ca/installations-missions/ESTRAN/presentation.html
Language: French

School Board
Commission scolaire de Kamouraska/Rivièrè-du-Loup
464, Lafontaine Street, PO Box 910
Rivièrè-du-Loup (QC), G5R 3Z5
Tel: 418-862-8201  Fax: 418-862-0964
www.cskamloup.qc.ca
Language: French

Youth Protection Centre
Centre jeunesse du Bas-Saint-Laurent
73, Saint-Henri Street, 5th floor
Rivièrè-du-Loup (QC), G5R 4V2
Tel: 418-862-6335  Fax: 418-862-5833
http://www.centrejeunessebsl.com/
Language: French

Community Organizations
Mental Health
Centre d’entraide l’Horizon
52, Fraserville Street
Rivièrè-du-Loup (QC) G5R 2B6
Tel: 418-862-2333  Fax: 418-862-8309
Language: French
Clientele: Adults with mental health issues
Services: Individual counselling, group therapy, information, crisis follow-up, recreational activities, training, accompaniment, promotion, and help line
Bouffée d’Air du KRTB (La)
9, du Domaine Street
Rivière-du-Loup (QC) G5R 2P6
Tel: 418- 867-8580   Fax: 418-867-9917
**Language:** French  
**Clientele:** Adults (male & female) with mental health issues  
**Services:** Help line, crisis intervention and follow-up, individual consultation, therapeutic workshops, and short-term lodging (9 beds)

Maison de la famille du Grand-Portage
29, de la Cour Street
Rivière-du-Loup (QC) G5R 1J1
Tel: 418-860-4818   Fax: 418-860-2254  
**Language:** French  
**Clientele:** Families  
**Services:** Information, training, help and support to parents through workshops, activities, conferences and other services

Les Grands amis du KRTB
70, Saint-Henri Street, 1st floor, suite 112
Rivière-du-Loup (QC) G5R 2A1
Tel: 418-867-8191   Fax: 418-862-5833  
**Language:** French  
**Clientele:** Youth (5-17)  
**Services:** Civic sponsorship and social activities for disadvantaged youth

Centre-jeunes de Cacouna
477, Beaulieu Street, PO Box 1046
Cacouna (QC) G0L 1G0
Tel: 418-867-4093   Fax: 418-867-4019  
**Language:** French  
**Clientele:** Youth (12-17)  
**Services:** Information, help, advice and active listening
Entre-Jeunes (L’)
79, Frontenac, PO Box 314
Rivière-du-Loup (QC) G5R 3Y9
Tel: 41-867-2651 Fax: 418-867-2651
Language: French
Clientele: Youth (12-18)
Services: Information, help, advice and active listening

Maison des jeunes de Saint-Épiphane (La)
292, Sirois, PO Box 93
Saint-Épiphane (QC) G0L 2X0
Tel: 418-862-7085 Fax: 418-862-7085
Language: French
Clientele: Youth
Services: Information, help, advice and active listening

Association québécoise de défense des droits des personnes retraitées et préretraitées (AQDR)
PO Box 1381
Rivière-du-Loup (QC) G5R 4L9
Tel: 418-862-4912 Fax: 418-862-4912
http://www.aqdr.org/
Language: French
Clientele: Retired individuals
Services: Rights advocacy for retired individuals, including rights concerning income, housing, health services, autonomy, and equity

Club des 50 ans et plus de Rivière-du-Loup
15, Frontenac Street
Rivière-du-Loup (QC) G5R 4C4
Tel: 418-867-2037
Language: French
Clientele: Adults over 50 years old
Services: Information, prevention, recreational activities, and exchanges to support continued involvement of these people in the social life of their community
Suicide

**Centre Prévention Suicide du KRTB**

570, Lafontaine Street, PO Box 353
Rivière-du-Loup (QC) G5R 3Y9
Tel: 418-862-9658   Fax: 418-862-4327
Toll Free Line (24/7): 1-866-277-3553

**Language:** French  
**Clientele:** Individuals with suicidal ideations and their close ones (family, relatives, friends and professionals), and individuals bereaved after a loss by suicide  
**Services:** Information, training, help line, individual or family consultations, clinical supervision for professionals, group therapy, prevention and post-suicide support

Substance Abuse & Pathological Gambling

**Unité Domrémy de Rivière-du-Loup**

4, de Gaspé Street  
Rivière-du-Loup (QC) G5R 1A9  
Tel: 418-862-6622

**Language:** French  
**Clientele:** Individuals with substance abuse problems  
**Services:** Prevention, health promotion, social reintegration through support and information

Violence & Sexual Abuse

Women

**Centre-Femmes du Grand-Portage**

176, Lafontaine Street, suite 200  
Rivière-du-Loup (QC) G5R 3A5  
Tel: 418-867-2254   Fax: 418-867-2287

**Language:** French  
**Clientele:** Women  
**Services:** Supporting women’s autonomy through education and prevention workshops, help line and group therapy
**AFÉAS**
PO Box 1404
Rivière-du-Loup (QC) G5R 4L9
Tel: 418-862-9611
http://www.afeas.qc.ca/
**Language:** French
**Clientele:** Women
**Services:** Social action and education concerning women’s rights, including issues related to violence, house work, and health and social services.

**Centre d’aide et de lutte contre les agressions à caractère sexuel (CALACS) du KRTB**
26, Joly Street
Rivière-du-Loup (QC) G5R 3H2
Tel: 418-867-5885  Fax: 418-867-8920
http://calacsdukrtb.wordpress.com/
**Language:** French
**Clientele:** Adult and adolescent female victims of sexual aggression and rape
**Services:** Help line, individual consultation, group therapy, support/accompaniment regarding legal and medical actions, referral, prevention activities and social change claims

**Men**

**Trajectoires Hommes du KRTB**
26, Joly Street
Rivière-du-Loup (QC) G5R 3H2
Tel: 418-867-5885  Fax: 418-867-8920
http://www.trajectoireshommes.org/
**Language:** French
**Clientele:** Men having violent or controlling behaviors with their partners
**Services:** Help line, group therapy, training and prevention

**Summary**
The members of the Malécite Nation in the Bas Saint-Laurent can easily have access to the services offered in the community, whether public services or community organizations, as there are road connections. Although there is not a large number of resources, the range of services offered appears to meet the most important needs identified (mental health, suicide, substance abuse & gambling, domestic violence and sexual abuse). Some of the services are only available at the regional level (for instance, women and youth shelters). Thus, the distance between some individuals and these services may prevent their accessibility. As well, while there appears to be no official constraint in accessing the services delivered by the public provincial health and social services system, these services do not seem to be adapted to the needs of the members of the Malécite Nation.
Regional Services
Health & Social Services Agency

**Agence de la santé et des services sociaux du Saguenay-Lac-Saint-Jean**
930, Jacques-Cartier E
Chicoutimi (QC) G7H 7K9
Tel: 418-545-4980    Fax: 418-545-8791
**Toll Free: 1-800-370-4980**
http://www.santesaglac.gouv.qc.ca/

**Aboriginal Liaison:** Each department treats Aboriginal issues that are relevant to its mandate. The situation is often very different for each of the two communities. There are frequent coordination problems of intervention services with Obedjiwan, particularly regarding substance abuse and gambling services and info-social. At the same time, the population of Mashteuiatsh is involved as any other residents of the territory. They have good coordination of services and the community’s multiple services are linked with those of the Agency, such as Info-Social. Furthermore, there is collaboration between the community and the CJ in order for the community to gain autonomy regarding youth protection. The Agency offers a range of services for professional development that are well coordinated with Mashteuiatsh and are increasingly offered in Obedjiwan, as a structure is currently being developed to reach the latter community.
**Hôpital de Chicoutimi**
305, Saint-Vallier
Chicoutimi (QC) G7H 5H6
Tel: 418-541-1000    Fax: 418-541-1168
http://www.csss-chicoutimi.qc.ca/
*Language:* French

Rehabilitation Centre
**Centre de réadaptation en alcoolisme et autres toxicomanies (CRAT)**
2230, de l’Hôpital
Jonquière (QC) G7H 7X2
Tel: 418-695-7710    Fax: 418-695-7716
http://www.csssjonquiere.qc.ca/1730_fr.html
*Language:* French

**Aboriginal Liaison:** The worker responsible for the Roberval/Dolbeau area is the person dealing with Aboriginal issues (Mashteuiatsh & Obedjiwan). Aboriginal clients are accepted as anybody else who has substance abuse or gambling problems.

Youth Protection Centre
**Centre jeunesse du Saguenay-Lac-Saint-Jean**
520, Jacques-Cartier E
Chicoutimi (QC) G7H 8A2
Tel: 418-549-4853    Fax: 18-693-0768
http://www.cjsaglac.ca/
*Language:* French

**Aboriginal Liaison:** Most services are available in the community, under the responsibility of the regional CJ, which collaborates with the community as needed. For example, the CJ may share references for foster families with workers when needed, it may provide some rehabilitation services in specific contexts, or take over cases in which the community workers could be in conflict of interest.
Community Organizations

Mental Health

**Maison d’hébergement SOS Jeunesse**
2797, Hocquart
Jonquière (QC) G7S 1X7
Tel: 418-548-1558    Fax: 418-548-1883
**Toll Free:** 1-800-548-1558
Email: s.o.s.jeunesse@bellnet.ca

**Language:** French
**Clientele:** Female youth (12-17)
**Services:** Short- and long-term lodging (9 beds, 2 for emergencies), individual and group counselling, family intervention, academic support, follow-up and external support

**Centre L’Escale**
2268, Saint-Charles, PO Box 764
Jonquière (QC) G7X 7W6
Tel: 418-547-3644    Fax: 418-547-9304
Email: escale@qc.aira.com

**Language:** French
**Clientele:** Individuals with emotional or mental health issues
**Services:** Help line, information, referral, individual consultation, accompaniment, support group, 12 supervised apartments and social activities

**Résidences Maison blanche**
583, Morin
Chicoutimi (QC) G7H 4Y7
Tel: 418-693-9323    Fax: 418-693-0849
Email: residencesmaisonblanches@qc.aira.com

**Language:** French
**Clientele:** Adults with mental health issues
**Services:** Help line, temporary lodging, support, accompaniment, crisis intervention, follow-up, group counselling and prevention
Suicide

**Centre de Prévention du Suicide 02**
PO Box 993
Chicoutimi (QC) G7H 5G4
Tel: 418-545-9110   Fax: 418-693-1505
Help line: 418-545-1919
Toll Free (24/7): 1-866-277-3553
[http://www.cps02.org/](http://www.cps02.org/)

**Language:** French

**Clientele:** Individuals with suicidal ideations and their close ones (family, relatives, friends and professionals), and individuals bereaved after a loss by suicide

**Services:** Information, training, help line, individual or family consultations, clinical supervision for professionals, research, prevention and post-suicide support

Substance Abuse & Pathological Gambling

**Havre du Fjord**
2187, Bonneau
Jonquière (QC) G7S 4B3
Tel: 418-548-0071   Fax: 418-548-0073
Email: administration@havredufjord.com

**Language:** French

**Clientele:** Youth (12-18) with substance abuse issues

**Services:** Individual and family therapy, group counselling, academic support and social reintegration

**Maison d’hébergement Le Séjour**
2229, de l’Hôpital
Jonquière (QC) G7X 4H7
Tel: 418-547-8611   Fax: 418-547-4877
Email: heberg-lesejour@bellnet.ca
[http://www.hebergementlesejour.ca/](http://www.hebergementlesejour.ca/)

**Language:** French

**Clientele:** Individuals with substance abuse or mental health issues (18+ for lodging: 12 beds; 16+ for external services)

**Services:** Help line, shelter (emergency), pre-detoxification support, post-detoxification follow-up, information, active listening, group and individual counselling and prevention
Violence & Sexual Abuse

Women

**La chambrée**
PO Box 574, C.O.P. Centre-Ville
Jonquière (QC) G7X 7W4
Tel: 418-547-7283   Fax: 418-547-1876
Email: lachambree@bellnet.ca
**Language:** French
**Clientele:** Women victim of domestic violence, with or without children
**Services:** Safe and confidential housing, individual intervention and prevention

**Halte secours**
801, des Pins
Dolbeau-Mistassini (QC) G8L 1M1
Tel: 418-276-3659   Fax: 418-276-4459
**Help Line: 418-276-3965**
Email: haltesecours@bellnet.ca
**Language:** French
**Clientele:** Women victim of domestic violence, with or without children
**Services:** Safe and confidential housing, individual intervention and prevention

Men

**Le Cran... d’ârret**
1230, Wallberg Boulevard, suite 313
Dolbeau-Mistassini (QC) G8L 1H2
Tel: 418-276-5802   Fax: 418-276-5802
Email: lecran@bellnet.ca
**Language:** French
**Clientele:** Men with violence issues
**Services:** Evaluation, information, referral, group therapy, individual and couple counselling, conferences, workshops and prevention
Mashteuiatsh & Obedjiwan
Territory: CSSS Domaine-du-Roy

*Please note that, technically, Obedjiwan is under the responsibility of the Mauricie-et-Centre-du-Québec region. However, as Roberval is the closest city, the regional and local entities are in relation with the community and community members usually access services in that region.

**Distance Chart**

<table>
<thead>
<tr>
<th></th>
<th>Chicoutimi</th>
<th>Dolbeau</th>
<th>Jonquière</th>
<th>Mashteuiatsh</th>
<th>Obedjiwan</th>
<th>Roberval</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicoutimi</td>
<td></td>
<td>127</td>
<td>15</td>
<td>112</td>
<td>489</td>
<td>105</td>
</tr>
<tr>
<td>Dolbeau</td>
<td>127</td>
<td></td>
<td>125</td>
<td>57</td>
<td>395</td>
<td>58</td>
</tr>
<tr>
<td>Jonquière</td>
<td>15</td>
<td>125</td>
<td></td>
<td>93</td>
<td>470</td>
<td>85</td>
</tr>
<tr>
<td>Mashteuiatsh</td>
<td>112</td>
<td>57</td>
<td>93</td>
<td></td>
<td>383</td>
<td></td>
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<tr>
<td>Obedjiwan</td>
<td>489</td>
<td>395</td>
<td>470</td>
<td>383</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roberval</td>
<td>105</td>
<td>58</td>
<td>85</td>
<td>8</td>
<td>384</td>
<td></td>
</tr>
</tbody>
</table>
Public Health & Social Services

CSSS Domaine-du-Roy (CH Hôtel-Dieu de Roberval)
450, Brassard
Roberval (QC) G8H 1B9
Tel: 418-275-0110    Fax: 418-275-6202

CLSC de Roberval
Pavillon Gérard-Tremblay
400, Bergeron Avenue, Wing A
Roberval (QC) G8H 1K8
Tel: 418-275-0634

CLSC de Saint-Félicien
1228, Sacré-Coeur
Saint-Félicien (QC) G8K 2R2
Tel: 418-679-5270

Language: French
### First-line services

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>General psychosocial services</td>
<td>Adults</td>
<td>AEO referral</td>
</tr>
<tr>
<td>Childhood-Family-Youth</td>
<td>Children and Youth Adults (if related to family matters)</td>
<td>AEO referral</td>
</tr>
<tr>
<td>1st line mental health team</td>
<td>Adults</td>
<td>Adult GASM referral (1 social worker)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Team Composition: 1 nurse; 1 clinician nurse; 3 psychologists; 1 nutritionist; 1 social worker</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SIM: 1 psycho-educator; 1 nurse; 1 clinician nurse; 1 social worker</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SIV: 1 nurse; 1 psycho-educator; 1 educator; 1 social worker</td>
</tr>
<tr>
<td>1st line mental health team</td>
<td>Youth</td>
<td>Youth GASM referral (1 social worker and 2 AEO workers)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Team Composition</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 psycho-educator; 1 social worker; 4 psychologists</td>
</tr>
</tbody>
</table>

### Second-line services

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychiatric unit</td>
<td>Adults</td>
<td>34 beds</td>
</tr>
<tr>
<td>Day hospital</td>
<td>Adults</td>
<td>8-week therapy; Monday to Friday, 8 am to 4pm</td>
</tr>
<tr>
<td>External psychiatric clinic</td>
<td>Adults</td>
<td></td>
</tr>
<tr>
<td>Mental health residential network</td>
<td>Adults</td>
<td>Rehabilitation in a group home</td>
</tr>
<tr>
<td>Employment program</td>
<td>Adults</td>
<td>Psycho-education and socio-professional support</td>
</tr>
<tr>
<td>Child psychiatry services</td>
<td>Youth</td>
<td></td>
</tr>
<tr>
<td>Child psychiatry unit</td>
<td>Youth</td>
<td>This service is provided at the Hôpital de Chicoutimi</td>
</tr>
</tbody>
</table>

**Services accessibility and adaptation for First Nations:**
The members of both communities can receive all the services available at the CSSS Domaine-du-Roy. There are two interpreters working at the CSSS, where people book their appointments. For the Obedjiwan community members, there are also Atikamekw houses when lodging is needed while receiving treatment.
Rehabilitation Centre
Édifice Gérard-Tremblay
400, Bergeron Avenue, Wing B
Roberval (QC) G8H 1K8
Tel: 275-8775   Fax: 275-7954
Language: French

School Board
Commission scolaire du Pays-des-Bleuets
828, Saint-Joseph
Roberval (QC) G8H 2L5
Tel: 418-275-2332   Fax: 418-275-6217
http://www.cspaysbleuets.qc.ca/

*Please see Mauricie-et-Centre-du-Québec region for Obedjiwan

Youth Protection Centre
Centre jeunesse du Saguenay-Lac-Saint-Jean (Mashteuiatsh)
254, Sauvé Boulevard
Roberval (QC) G8H 1A7
Tel: 418-275-2541   Fax: 418-275-4896

*Please see Mauricie-et-Centre-du-Québec region for Obedjiwan

Community Organizations
Mental Health
Centre le Bouscueil
PO Box 351
Roberval (QC) G8H 2N7
Tel: 418-275-0341   Fax: 418-275-6431
Email: bouscueil@qc.aira.com
Language: French
Clientele: Individuals with mental health issues or adaptation difficulties related to stressful life events
Services: Help line, active listening, support, accompaniment, workshops, social activities, referral, support group and socio-professional advice
Maison du Cheminent (Maison 645)
962, Paradis, suite 103
Roberval (QC) G8H 2K1
Tel: 418-275-5271    Fax: 418-275-6862
Language: French
Clientele: Individuals with mental health issues
Services: Temporary shelter and respite care

Centre Nelligan
880, Saint-Joseph, PO Box 304
Roberval (QC) G8H 2N6
Tel: 418-275-0033    Fax: 418-275-8746
Language: French
Clientele: Relatives and friends of individuals with mental health issues
Services: Active listening, information, support, referral, individual consultation and training

A.Q.D.R. Association québécoise de défense des droits des personnes retraitées et préretraitées
243, Ménard
Roberval (QC) G8H 1P4
Tel: 418-275-2737    Fax: 418-275-2737
Language: French
Clientele: Retired individuals
Services: Rights advocacy for retired individuals, including rights concerning income, housing, health services, autonomy and equity

Maison des jeunes “Laser”
850, Saint-Jean, PO Box 24
Roberval (QC) G8H 2N6
Tel: 418-275-1157    Fax: 418-275-8712
Language: French
Clientele: Youth (12-18)
Services: Information, help, advice, prevention and active listening
Substance Abuse & Pathological Gambling

**Service d’aide en toxicomanie (S.A.T.) Domaine-du-Roy**
846, Saint-Joseph, PO Box 223
Roberval (QC) G8H 2N6
Tel: 418-275-4855    Fax: 418-275-1163

**Language:** French  
**Clientele:** Adults with substance abuse issues  
**Services:** Information, referral, training, conferences, prevention and awareness

**Centre d’accompagnement Adara**
1233-B, Sacré-Cœur Boulevard, PO Box 5136
Saint-Félicien (QC) G8K 2R1
Tel: 418-679-5965

**Language:** French  
**Clientele:** Individuals (12 and over) with substance abuse issues  
**Services:** Active listening, help line, individual consultation, referral, support group and prevention

Violence & Sexual Abuse

**Women**

**CALACS Entre Elles**
PO Box 191
Roberval (QC) G8H 2N6
Tel: 418-275-1004    Fax: 418-275-5558
Email: calacsentreelles@bellnet.ca

**Language:** French  
**Clientele:** Adult and adolescent female victims of sexual aggression and rape  
**Services:** Information, support and referral for women and adolescents victim of sexual aggression and rape, and prevention

**Auberge de l’amitié**
PO Box 306
Roberval (QC) G8H 2N7
Tel: 418-275-4574    Fax: 418-275-5731
Email: aubeami@destination.ca

**Language:** French  
**Clientele:** Women victim of domestic violence, with or without children  
**Services:** Safe and confidential housing, individual intervention and prevention
**Centre de femmes "La Source"**

1085, Sacré-Cœur
Saint-Félicien (QC) G8K 1P8
Tel: 418-679-5403    Fax: 418-679-9639

**Language:** French

**Clientele:** Women

**Services:** Information, active listening, support, referral, workshops, prevention and educational activities

**Summary**

The community members of Mashteuiatsh are well integrated within the provincial health and social services network, seemingly due to a combination of the good organization and provision of services available in the community, the willingness of the institutions, and the proximity of the regional service center. Thus, the members benefit from a range of services that meet the issues identified, and the network strives to adapt its services (consideration and inclusion of the community, interpreter services). Although the residents of Obedjiwan are under the administrative responsibility of the Mauricie-et-Centre-du-Québec region, they usually go to Roberval to receive services as it is the closest point of service. Therefore, it is the Saguenay-Lac-Saint-Jean region that serves the member of this community. However, even Roberval is a long distance from the community. Although the service offer covers the range of issues deemed important, it must be recognized that the lack of lodging resources in the vicinity or on-site makes this type of service practically inaccessible. The public system does provide lodging when treatment is needed and temporary shelters are available. Accessibility issues can be important, but public services strive to adapt themselves to the reality and needs of the Atikamekw from Obedjiwan, such as the availability of lodging and the interpreter services.
03 Québec
Regional Services
Health & Social Services Agency

Agence de la santé et des services sociaux de la Capitale-Nationale
555, Wilfrid-Hamel E
Québec (QC) G1M 3X7
Tel: 418-525-1500
http://www.rrssss03.gouv.qc.ca/

Aboriginal Liaison: The responsibility rests mainly with the CSSS. The one project the Agency has been involved in is the Aboriginal women’s shelter, located in the region.

Centre Hospitalier Universitaire de Québec (CHUQ)
Centre de pédopsychiatrie
1, du Sacré-Cœur Avenue
Québec (QC) G1N 2W1
Tel : 418-529-6851
http://www.chuq.qc.ca/fr_le_chuq/nos_etablissements/centre_pedopsychiatrie/
Language: French
**Centre Hospitalier Affilié Universitaire de Québec (CHA)**

**Hôpital Saint-Sacrement**
1401, 18th Street
Québec (QC) G1J 1Z4
Tel: 418-649-0252    Fax: 418-649-5557

*Language:* French

**Institut universitaire en santé mentale de Québec**
2601, de la Canardière
Québec (QC) G1J 2G3
Tel: 418-663-5321
[http://www.institutsmq.qc.ca/](http://www.institutsmq.qc.ca/)

*Language:* French

**Rehabilitation Centre**

**Centre de réadaptation Ubald-Villeneuve**
2525, de la Canardière
Québec (QC) G1J 2G3
Tel: 418-663-5008    Fax: 418-663-6575
[http://www.cruv.qc.ca](http://www.cruv.qc.ca)

*Language:* French & English

**Aboriginal Liaison:** None, but Aboriginal clients are accepted as anybody else who has substance abuse or gambling problems.

**Le Grand Chemin - Québec**
1, du Sacré-Cœur avenue, 5th floor
Québec (QC) G1N 2W1
Tel: 418.523.1218    Fax: 418.523.0210
[http://www.legrandchemin.qc.ca](http://www.legrandchemin.qc.ca)

*Language:* French

*Clientele:* Youth (12-18)

**Aboriginal Liaison:** None, but Aboriginal clients are accepted as anybody else who has substance abuse or gambling problems.
Youth Protection Centre

**Centre jeunesse de Québec**
2915, du Bourg-Royal Avenue
Québec (QC) G1C 3S2
Tel: 418-661-6951    Fax: 418-661-5168/418-661-2845
http://www.centrejeunessedequebec.qc.ca/
**Language:** French

**Aboriginal Liaison:** None since responsibilities are divided by geographic sector. There is a work committee to better coordinate the services offered for and by the community.

**Community Organizations**

**Mental Health**

**Centre d’amitié autochtone de Québec**
234, Louis IX
Québec (QC) G2B 1L4
Tel: 418-843-5818    Fax: 418-843-8960
Email: caagadm@bellnet.ca
**Language:** French

**Clientele:** Aboriginal people living outside Aboriginal communities who live in or visit Quebec City

**Services:** Homelessness: prevention, information, referral, support and intervention, emergency food and clothing support, daycare centre, homework support, daycare, youth centre, residential school survivors psychotherapy, internet cafe, diabetes prevention, temporary lodging and cultural activities. Community action for youth: psycho-educational support for youth with behavioural and learning issues, parenting support, and family violence prevention and identification

**Centre communautaire L’Amitié**
59, Notre-Dame-des-Anges
Québec (QC) G1K 3E4
Tel: 418-522-5719    Fax: 418-522-8213
Email: ccamitié@aide-internet.org
**Language:** French

**Clientele:** Adults with psychological or socio-economic difficulties

**Services:** Information, support, referral, workshops, social activities and individual counselling
**Tel-Aide Québec**
PO Box 9914, Succ Ste-Foy
Québec (QC) G1V 4C5
Tel: 418-683-5079    Fax: 418-683-1149
Help line: 418-686-2433 Toll Free: 1-877-700-2433
Email: administration@telaide.qc.ca
www.telaide.qc.ca
**Language:** French
**Clientele:** Individuals experiencing difficulties
**Services:** Telephone help line – active listening and referral

**Archipel d’entraide**
190, Saint-Joseph E
Québec (QC) G1K 3A7
Tel: 418-649-9145    Fax: 418-649-7770
Email: info.archipel@bellnet.ca
**Language:** French
**Clientele:** Individuals with psychological or socio-economic difficulties
**Services:** Information, active listening, support, referral, accompaniment and follow-up

**Organisation communautaire d’écoute et d’aide naturelle (OCEAN)**
2120, Boivin, suite 215
Québec (QC) G1V 1N7
Tel: 418-522-3352    Fax: 418-522-4234
Email: org.ocean@globetrotter.net
www.org-ocean.com
**Language:** French
**Clientele:** Individuals with mental health issues
**Services:** Telephone help line – information, support, referral; Community/ home-based intervention – life skills development and individual counselling; promotion and prevention
**Auto-Psy**
265, de la Couronne, suite 400
Québec (QC) G1K 6E1
Tel: 418-529-1556   Fax: 418-529-4630
Help line: 418-529-1978
Email: auto-psy@bellnet.ca

**Language:** French  
**Clientele:** Individuals with mental health issues  
**Services:** Information, support, referral, accompaniment, workshops and training on rights and alternatives

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**La Boussole – Regroupement des parents et amis de la personne atteinte de maladie mentale**
302, 3rd Avenue
Québec (QC) G1L 2V8
Tel (24/7): 418-523-1502   Fax: 418-523-8343
Email: laboussole@bellnet.ca

**Language:** French  
**Clientele:** Relatives and friends of individuals affected by mental health issues  
**Services:** Information, active listening, support, referral, individual or family counselling, respite care, crisis support and support group

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**Centre de crise de Québec**
1380-A, René-Lévesque W  
Québec (QC) G1S 1W6
Tel: 418-687-2747   Fax: 418-687-7732
Help line: 418-688-4240 Temporary shelter: 418-527-6594
Toll free: 1-866-411-4240
Email: ecrivez-nous@centredecrise.com
www.centredecrise.com

**Language:** French  
**Clientele:** Individuals (14+) experiencing psychosocial or psychiatric crisis  
**Services:** Information, support, evaluation, lodging, post-trauma intervention and training
**Centre de croissance Renaissance**  
1620, de l’Eclair  
Québec (QC) G3K 1P6  
Tel: 418-843-5877  Fax: 418-840-0957  
Email: centrerenaissance@qc.aira.com  
www.centrerenaissance.org  
**Language:** French  
**Clientele:** Adults with mental health issues  
**Services:** Rehabilitation and transition (prevent hospitalization and respite) workshops, follow-up and external support

**Centre de jour Feu vert**  
1410, de la Trinité  
Québec (QC) G1J 2L4  
Tel: 418-525-9977  Fax: 418-525-9394  
Email: cdjfeuvert@bellnet.ca  
**Language:** French  
**Clientele:** Adults with mental health issues  
**Services:** Information, support, social and creative activities

**L’équilibre – Centre d’entraide du trouble affectif bipolaire de Québec**  
165, de Carillon, suite 318  
Québec (QC) G1K 9E9  
Tel: 418-522-0551  Fax: 418-522-0810  
Email: cetabq@globetrotter.net  
www.lequilibre.org  
**Language:** French  
**Clientele:** Adults with bipolar or emotional disorder  
**Services:** Information, support, individual and group counselling, workshops and referral

**Organisation pour la santé mentale ouvrant à la sensibilisation et à l’entraide (OSMOSE)**  
4765, 1st Avenue, suite S-10  
Québec (QC) G1H 2T3  
Tel: 418-624-8504  Fax: 418-624-2671  
Email: osmose_1@videotron.ca  
http://pages.videotron.com/OSMOSE1/  
**Language:** French  
**Clientele:** Adults with mental health issues  
**Services:** Information, support, individual counselling, workshops and referral
Centre social de la Croix Blanche de Québec
960, Dessane Avenue
Québec (QC) G1S 3J9
Tel: 418-683-3677 Fax: 418-683-3678
Email: centresocialdelacroixblanche@videotron.ca
Language: French
Clientele: Adults with mental health issues
Services: Information, support, interpersonal relationship development, and cultural and social activities

Centre de jour L’Envol
8780, Cloutier Boulevard, 2nd floor
Québec (QC) G1G 5A3
Tel: 418-622-8780 Fax: 418-622-3487
Email: cdjlenvolinc@videotron.ca
http://www.latosc.org/aide-entraide/centre-envol.html
Language: French
Clientele: Adults with mental health issues
Services: Information, support, workshops, and social and cultural activities

Croissance Travail
215 Caron, 2nd floor
Québec (QC) G1K 5V6
Tel: 418-522-1244 Fax: 418-524-5809
Email: serealiser@croissancetravail.qc.ca
www.croissancetravail.com
Language: French
Clientele: Adults with mental health issues
Services: Socio-professional reintegration through workshops, group or individual training and placements

Demi-lune
390, 8th Street
Québec (QC) G1L 2P1
Tel: 418-522-4002
Email: cdn-demi-lune@videotron.ca
Language: French
Clientele: Insomniacs and individuals with or at risk for mental health issues
Services: Information, active listening, support, individual and group counselling, alternative therapy and social activities
Pavois – Programme d’activités valorisantes offrant interaction et soutien
3005, 4th Avenue, 2nd floor
Québec (QC) G1J 3G6
Tel: 418-627-9779    Fax: 418-627-2157
Email: lepavois@videotron.ca
www.lepavois.org
Language: French
Clientele: Adults with mental health issues
Services: Information, support, evaluation, and socio-professional reintegration through training and internships

Écoute Secours
PO Box 933, Succ. Haute Ville
Québec (QC) G1R 4T4
Tel: 418-687-3553    Fax: 418-687-2264
Help line: 418-687-2220
Email: info@ecoutesecours.com
www.ecoutesecours.com
Language: French
Clientele: Individuals who need to be listened to
Services: Telephone help line – active listening, referral, prevention and training

Alliance des groups d’intervention pour le rétablissement en santé mentale (AGIR en santé mentale)
160, Saint-Joseph E
Québec (QC) G1K 3A7
Tel: 418-640-5253    Fax: 418-640-5966
Email: agir@megaquebec.net
www.agirensantementale.ca
Language: French
Clientele: Individuals with mental health issues and mental health community organizations
Services: Information, referral, promotion, prevention and rights advocacy
Relais La Chaumine
850, 3rd Avenue
Québec (QC) G1L 2W9
Tel: 418-529-4064    Fax: 418-529-1189
Email: chaumine@bellnet.ca
www.relaischaumine.org
Language: French
Clientele: Individuals with psychological or psychiatric difficulties
Services: Information, support, referral, active listening, collective cooking, social activities, individual counselling, workshops and health promotion

Service d'entraide L'Espoir
125, Racine
Québec (QC) G2B 1E1
Tel: 418-842-9344    Fax: 418-842-9458
Email: aide@service-dentraide-espoir.org
www.service-dentraide-espoir.org
Language: French
Clientele: Individuals with mental health issues
Services: Information, support, active listening, referral, individual counselling, workshops, social activities and training

Société action-chambreurs de Québec
530, Saint-François E
Québec (QC) G1K 2Z5
Tel: 418-522-3143    Fax: 418-522-1903
Email: sacq@videotron.ca
Language: French
Clientele: Individuals with mental health issues, seniors, and isolated individuals
Services: Information, support and subsidized housing
**Centre d’entraide Émotions**
3360, de la Pérade, suite 202
Québec (QC) G1X 2L7
Tel: 418-682-6070    Fax: 418-682-1555
Email: emotions@qc.aira.com
www.entraide-emotions.org
**Language:** French and English
**Clientele:** Adults with current or past mental health issues
**Services:** Information, active listening, referral, support group, workshops, individual counselling, social activities and prevention

**Association des personnes utilisatrices des services de santé mentale de la région de Québec (APUR)**
165 Carillon, suite 316
Québec (QC) G1K 9E9
Tel: 418-634-0248    Fax: 418-634-0231    Toll Free: 1-877-634-0248
Email: info@apurquebec.org
www.apurquebec.org
**Language:** French
**Clientele:** Individuals who use mental health services
**Services:** Information, training, promotion/prevention, rights advocacy and research

**Atelier de la mezzanine**
541, Saint-Vallier E, 4th floor, suite 451
Québec (QC) G1K 3P9
Tel: 418-691-3690    Fax: 418-691-3695
Email: mezzanine@meduse.org
www.meduse.org/ateliermezzanine
**Language:** French
**Clientele:** Individuals with current or past mental health issues
**Services:** Visual art training, production and diffusion

**Parents-Espoir**
570 du Roi, Québec (QC) G1K 2X2
Tel: 418-522-7167    Fax: 418-614-8371
Email: parentsespoir@videotron.ca
**Language:** French
**Clientele:** Families in which one or both parents have mental health issues
**Services:** Information, active listening, support, individual and family counselling, accompaniment, referral, social activities, parenting skills workshops and prevention
**SQUAT Basse Ville**
595, Saint-François E
Québec (QC) G1K 2Z6
Tel: 418-521-4483    Fax: 418-529-8335
Toll Free: 1-866-521-4483
Email: info@squatbv.com
http://www.squatbv.com/
Language: French
Clientele: Youth (12-17)
Services: Lodging (10 beds), individual and group counselling, family intervention, academic support, follow-up and external support

**Maison Richelieu**
2808, des Quatre-Bourgeois
Québec (QC) G1V 1X7
Tel: 418-659-1077    Fax: 418-659-1090
Email: infor@hebergementjeunesse.org
http://www.hebergementjeunesse.org/
Language: French
Clientele: Female youth (12-17)
Services: Lodging (9 beds), individual and group counselling, family intervention, academic support, follow-up and external support

**Résidence Fernand-Genois**
149, Gamelin
Québec (QC) G1N 3W2
Tel: 418-688-9990    Fax: 418-687-4562
Email: mmf149@bellnet.ca
http://www.maisonmarie-frederic.com/
Language: French
Clientele: Young adults (18-30)
Services: Lodging (6 beds; 1 for emergencies), individual and group counselling, support, follow-up and external support
**Maison Marie-Frédéric**

990, Saint-Vallier W  
Québec (QC) G1N 1G3  
Tel: 418-688-1582    Fax: 418-688-8436  
Email: mmf@bellnet.ca  
http://www.maisonmarie-frederic.com/  
**Language:** French  
**Clientele:** Young adults (18-30)  
**Services:** Lodging (9 beds), individual and group counselling, support, follow-up and external support

**Projet intervention prostitution Québec**

535, des Oblats  
Québec (QC) G1N 1V5  
Tel: 418-641-0168    Fax: 418-641-0045  
Toll Free: 1-866-641-0168  
Email: pipq@qc.aira.com  
www.pipq.org  
**Language:** French and English  
**Clientele:** Individuals involved in prostitution or homeless, particularly youth  
**Services:** Information, active listening, support, referral, accompaniment, life skills development, prevention tools (needles, condoms), street work, and prevention

**Maison Dauphine**

14 Dauphine  
Québec (QC) G1R 3W8  
Tel: 418-694-9616    Fax: 418-692-4662  
Email: courrier@maisondauphine.org  
www.maisondauphine.org  
**Language:** French and English  
**Clientele:** Youth and young adults (12-24)  
**Services:** Information, support, active listening, emergency support (food, clothing, furniture), prevention and socio-professional reintegration
Centre résidentiel et communautaire Jacques-Cartier
20 Charest E
Québec (QC) G1K 3G2
Tel: 418-523-6021    Fax: 418-523-4424
Email: cjc@qc.aira.com
www.cjc.reseauforum.org
Language: French
Clientele: Young adults (16-30)
Services: Information, support, referral, subsidized housing and social activities

Centre Multi-Services Le Complice/ La Source
635, 3e Avenue E
Québec (QC) G1H 3K8
Tel: 418-626-3535    Fax: 418-626-8649
Email: cmslecomplice@qc.aira.com
Language: French
Clientele: Young adults (16-30)
Services: Information, support, referral, individual counselling, support group, emergency food support, workshops and social integration

Mères et monde – Centre de ressources pour jeunes mères
727, 8th Avenue
Québec (QC) G1J 3M3
Tel: 418-522-5139    Fax: 418-522-0988
Email: accueil@meresetmonde.qc.ca
Language: French
Clientele: Young mothers (16 to 30)
Services: Information, support, respite, subsidized housing, training programs and social activities

Entraide-Parents
1605, Ch Sainte-Foy, suite 12
Québec (QC) G1 S 2P1
Tel: 418-684-0050    Fax: 418-684-0564
Email: info@entraideparents.com
www.entraideparents.com
Language: French
Clientele: Parents
Services: Information, active listening, support group, parenting skills development and social activities
Les Grands frères et grandes sœurs de Québec
398, des Frênes E, suite 305
Québec (QC) G1L 5B2
Tel: 418-624-3304  Fax: 418-624-4013
Email: gfgsquebec@videotron.ca
www.gfgs.ca/quebec
Language: French
Clientele: Youth (7-13) or youth in single-headed families with behavioural difficulties
Services: Information and relationship building with a significant adult

Espace Région de Québec
157 des Chênes W, suite 250
Québec (QC) G1L 1K6
Tel: 418-649-5140  Fax: 418-649-5160
Email: espace@oricom.ca
www.roeq.qc.ca
Language: French
Clientele: Youth (3-12)
Services: Violence prevention, information, referral, educational program and workshops for youth, parents and school staff

Suicide
Centre de prévention du suicide de Québec
8180, Pierre-Bertrand N
Québec (QC) G2K 1W1
Tel: 418-683-0933  Fax: 418-683-5956
Help line (24/7): 418-683-4588
Toll Free: 1-866-277-3553
www.cpsquebec.ca/
Language: French
Clientele: Individuals with suicidal ideations and their close ones (family, relatives, friends, and professionals), and individuals bereaved after a loss by suicide
Services: Information, training, help line, individual or family consultations, clinical supervision for professionals, research, prevention and post-suicide support
Substance Abuse & Pathological Gambling

**Maison Au Seuil de L’Harmonie**
2A, Mgr-Marc-Leclerc
Québec (QC) G1C 2C4
Tel: 418-660-7900    Fax: 418-660-7818
Toll Free: 1-877-980-7900
Email: info@seuil-harmonie.qc.ca
http://www.seuil-harmonie.qc.ca
Language: French
Clientele: Adults with substance abuse or gambling issues
Services: Intensive therapy (28 days), group and individual counselling, relaxation, follow-up and recreational activities

**Maison L’Espérance**
1271, Julien-Green
Québec (QC) G1W 3M4
Tel: 418-658-2362    Fax: 418-658-3356
Email: accueil3@maisonlesperance.com
Language: French
Clientele: Adults with substance abuse or gambling issues
Services: 13-day therapy and follow-up

**Maison de Job**
1205, de l’Hôpital
Québec (QC) G2A 2T6
Tel: 418-845-3072    Fax: 418-845-5374
Email: maisondejob@maisondejob.org
www.maisondejob.org
Language: French
Clientele: Homeless or disadvantaged adults, particularly those with substance abuse issues
Services: Rehabilitation program with therapy, individual counselling, support group, and follow-up; social reintegration program with life skills training and support group
Maison d’entraide l’Arc-En-Ciel
346, du Parvis, PO Box 30100
Québec (QC) G1K 8Y1
Tel: 418-522-2915    Fax: 418-522-7710
www.cam.org/~fobast/arcenciel/index.html
Language: French
Clientele: Men (18+) with substance abuse issues
Services: 30-day therapy and follow-up

Point de Repères
225, Dorchester
Québec (QC) G1K 5Z4
Tel: 418-648-8042    Fax: 418-648-0972
Email: pointderepere@qc.aira.com
www.pointdereperes.com
Language: French
Clientele: Drug users, prostitutes, homeless, youth experiencing difficulties and prisoners
Services: STIs prevention and education of the population at risk, distribution of prevention tools (needles, condoms), information, evaluation, referral, immunization (Hepatitis A and B), support, accompaniment and anonymous HIV screening

Le Passage: centre de thérapie familial en toxicomanie
845, René-Lévesque W, suite 201
Québec (QC) G1S 1T5
Tel: 418-527-0916    Fax: 418-527-5797
Email: info@centrelepassage.org
www.centrelepassage.org
Language: French and some services in English
Clientele: Relatives and friends of individuals involved in the legal system, or with substance abuse/emotional dependency issues
Services: Information, support, individual/couple/family therapy, school-based prevention, referral and conferences
**Amicale Alfa de Québec**
75, des Épinettes, suite 3
Québec (QC) G1L 1N6
Tel: 418-647-1673    Fax: 418-647-1890
Email: amicalealfa@yahoo.ca
**Language:** French
**Clientele:** Adults with substance abuse or gambling issues
**Services:** Information, support, referral, individual counselling, support group, professional reintegration, collective cooking and social activities

**Portage Québec**
150, Saint-Joseph E
Québec (QC) G1K 3A7
Tel: 418-524-0320    Fax: 418-524-4129
Email: info_qc@portage.ca
http://www.portage.ca/
**Language:** French
**Clientele:** Adults with substance abuse or gambling issues
**Services:** Information, evaluation, individual counselling, group therapy (3-4 months; external), family support and follow-up

**Violence & Sexual Abuse**

**Entraide Jeunesse**
571, 3rd Avenue
Québec (QC) G1L 2W4
Tel: 418-649-9705    Fax: 418-649-7471
Email: entraidejeunesse@globetrotter.net
www.entraidejeunesse.qc.ca
**Language:** French
**Clientele:** Youth and young adults (12-25)
**Services:** Information, active listening, support, referral, support group and prevention
**Women**

**AFÉAS**
25, des Amérindiens
Québec (QC) G2M 1M7
Tel: 418-849-7221
Email: quebec-caudiere-appalaches@afeas.qc.ca
www.afeas.qc.ca
*Language*: French
*Clientele*: Women
*Services*: Information, support, rights advocacy and social activities

**Viol Secours**
801, 4th Street, suite 205
Québec (QC) G1J 2T7
Tel: 418-522-2120    Fax: 418-522-2130
Email: violsecours@bellnet.ca
http://violsecours.qc.ca/
*Language*: French
*Clientele*: Adult and adolescent female victims of sexual aggression and rape
*Services*: Information, support and referral for women and adolescents victim of sexual aggression and rape and prevention
**Association YWCA de Québec**
855, Holland Avenue  
Québec (QC) G1S 3S5  
Tel: 418-683-2155    Fax: 418-683-5526  
Email: ydesfemmes@ywcaquebec.qc.ca  
http://www.ywcaquebec.qc.ca/  
**Language:** French  
**Clientele:** Women victim of domestic violence with or without children  
**Services:** Safe and confidential housing, individual intervention, support group, second stage housing and prevention

**Maison des Femmes du Québec**
PO Box 48023  
Quebec (QC) G1R 5R5  
Tel: 418-522-0042    Fax: 418-533-8034  
Email: maisondesfemmes.qc@videotron.ca  
http://www.lamaisondesfemmesdequebec.org/  
**Language:** French  
**Clientele:** Women victim of domestic violence with or without children  
**Services:** Safe and confidential housing, individual intervention, support group and prevention

**Maison Kinsmen – Marie-Rollet**
PO Box 20004, Succ. Belvédère  
Québec (QC) G1S 4Z2  
Tel: 418-688-9024    Fax: 418-688-4539  
Email: mkmr@citenet.net  
**Language:** French  
**Clientele:** Women victim of domestic violence with or without children  
**Services:** Safe and confidential housing, individual intervention, support group, second stage housing and prevention

**Maison Hélène-Lacroix**
PO Box 8718, Succ. Ste-Foy  
Québec (QC) G1V 4N6  
Tel: 418-527-4682    Fax: 418-527-1913  
Email: maisonhelene.lacroix@videotron.ca  
**Language:** French  
**Clientele:** Women victim of domestic violence or in difficulty, without children  
**Services:** Safe and confidential housing, individual intervention, support group, prevention, second-stage housing and follow-up
Centre Femmes aux 3 A de Québec
270, 5th Street
Québec (QC) G1L 2R6
Tel: 418-529-2066    Fax: 418-529-1938
Toll Free: 1-888-529-2066
Email: centre3a@globetrotter.net
www.cf3a.ca
Language: French
Clientele: Women with legal difficulties or delinquency issues
Services: Preventing recidivism and/or legal involvement for women; welcoming – information, referral, life-skills training, clothing and cooking; assistance – individual counselling, support, active listening, visits in detention, accompaniment, referral and follow-up; autonomy – community services, users committee, community garden and personal development workshops; support group – sexual abuse, STIs prevention, violence and anger management, relationships development, and emotional and sexual health

Centre femmes d’aujourd’hui
1008, Mainguy
Québec (QC) G1V 3S6
Tel: 418-651-4280    Fax: 418-651-4382
Email: c.f.a@oricom.ca
http://www.ctech.ca/cfa/frame.html
Language: French
Clientele: Women
Services: Information, active listening, support, referral, workshops, support group, prevention, accompaniment and collective cooking

Violence Info
PO Box 40007, Galeries Charlesbourg
Québec (QC) G1H 7J6
Tel: 418-667-8770    Fax: 418-667-3232
Email: violenceinfo@bellnet.ca
www.violenceinfo.com
Language: French
Clientele: Women and children victim of domestic violence
Services: Active listening, information, referral, individual and group counselling, prevention and training
Maison de Lauberivière – L’accueil Femmes
PO Box 100, Succ. B
Québec (QC) G1K 7A1
Tel: 418-694-9316  Fax: 418-694-7902
Email: maison@lauberiviere.org
http://www.lauberiviere.org/
Language: French
Clientele: Women victim of domestic violence or experiencing difficulties, without children
Services: Safe and confidential housing, individual intervention, support group and prevention

Men
GAPI (Groupe d’aide aux personnes impulsives ayant des comportements violents)
273, du Parvis Street
Québec (QC) G1K 6G7
Tel: 418-529-3446  Fax: 418-529-7566
Email: infos@legapi.com
http://www.legapi.com/
Language: French
Clientele: Individuals with violence issues and their partners
Services: Evaluation, group therapy, follow-up, information, help line, referral, training, research and prevention

L’Autonhomme, Centre de ressources sur la condition masculine
1575, 3rd Avenue
Québec (QC) G1L 2Y4
Tel: 418-648-6480  Fax: 418-525-9709
Email: info@autonhomme.org
http://www.autonhomme.org/
Language: French
Clientele: Men experiencing difficulties
Services: Support group, individual counselling, information and referral
Maison de Lauberivière – L’accueil hommes
PO Box 100, Succ. B
Québec (QC) G1K 7A1
Tel: 418-694-9316   Fax: 418-7902
Email: maison@lauberiviere.org
http://www.lauberiviere.org/

Language: French
ClientId: Men experiencing difficulties
Services: Shelter, individual intervention, support group and prevention
Wendake
Territory: CSSS de Québec-Nord

Distance Chart

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<tr>
<th></th>
<th>Charlesbourg</th>
<th>Loretteville</th>
<th>Québec</th>
<th>Val-Bélair</th>
<th>Wendake</th>
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<tbody>
<tr>
<td>Charlesbourg</td>
<td>8</td>
<td>9</td>
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<td>Loretteville</td>
<td>8</td>
<td>16</td>
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<td>Québec</td>
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<td>Val-Bélair</td>
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<td>Wendake</td>
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<td>2</td>
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<td>9</td>
<td></td>
</tr>
</tbody>
</table>
Public Health & Social Services
Health and Social Services Centre

**CSSS de Québec-Nord**
2915 du Bourg-Royal Avenue, 4th floor
Québec (QC) G1C 3S2
Tel: 418-661-5666
[http://www.csssqn.qc.ca/csssqn.html](http://www.csssqn.qc.ca/csssqn.html)

**Hôpital Chauveau**
11999, de l’Hôpital
Loretteville (QC) G2A 2T7
Tel: 418-842-3651

**CLSC de la Jacques Cartier**
11150, Valcartier Boulevard
Loretteville (QC) G2A 2M5
Tel: 418-843-3001

**CLSC Orléans**
3666, Royal Road
Québec (QC) G1E 1X5
Tel: 418-663-2572

**CLSC La Source (Sud)**
190, 76th Street E
Québec (QC) G1H 7K4
Tel: 418-628-2572

**CLSC La Source (Nord)**
791, Sherwood
Québec (QC) G2N 1X7
Tel: 418-628-2572

*Language:* French
### Services

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>First-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Psychosocial Services</td>
<td>Adults</td>
<td>AEO referral</td>
</tr>
<tr>
<td>Childhood-Family-Youth</td>
<td>Children and Youth Adults (if related to family matters)</td>
<td>AEO referral</td>
</tr>
<tr>
<td>1st line mental health team</td>
<td>Adults</td>
<td>GASM referral (adults) Consultations: social workers and psychologists SIM: social worker, educator, nurse, occupational therapist – involves group counselling/rehabilitation Non-institutional resources (intermediate or family-type resources): nurse</td>
</tr>
<tr>
<td>1st line mental health team</td>
<td>Youth</td>
<td>One team per territory (total of 3) 1 liaison nurse and 2 psychologists – intervention and support are provided by the social workers or the psychologist affiliated with the children-Family-Youth team as they continue their involvement with the clientele</td>
</tr>
<tr>
<td><strong>Second-Line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric unit, external clinic and other services</td>
<td>Adults</td>
<td>These services are not available at the CSSS Québec-Nord and are therefore provided through regional resources</td>
</tr>
<tr>
<td>Child psychiatry unit and day hospital</td>
<td>Youth (0-17)</td>
<td>These services are not available at the CSSS Québec-Nord and are therefore provided through the CHUQ Centre de pédiopsychiatrie</td>
</tr>
</tbody>
</table>

**Services accessibility and adaptation for First Nations:**

First Nations members usually use federal services on reserve, although the CSSS does offer services if someone comes and cannot or does not want to receive services from these organizations.
Rehabilitation Centre

**Centre de réadaptation Ubald-Villeneuve**
791, de Sherwood
Québec (QC) G2N 1X7
Tel: 418-849-2572    Fax: 418-849-0661
http://www.cruv.qc.ca
**Language:** French & English

**Le Grand Chemin - Québec**
1, du Sacré-Cœur avenue, 5th floor
Québec (QC) G1N 2W1
Tel: 418-523-1218    Fax: 418-523-0210
adosqc@legrandchemin.qc.ca
**Language:** French
**Clientele:** Youth (12-18)
http://www.legrandchemin.qc.ca

School Board

**Commission scolaire de la Capitale**
1900, Côté Street
Québec (QC) G1N3Y5
Tel: 418-686-4040    Fax: 418-686-4041
http://www.cscapitale.qc.ca
**Language:** French

Youth Protection Centre

**Centre jeunesse de Québec**
1451, de l'Etna, suite 201
Québec (QC) G3K 1Z2
Tel: 418-847-7834    Fax: 418-847-7365
**Language:** French

2915, du Bourg-Royal Avenue
Québec (QC) G1C 3S2
Tel: 418-661-6951    Fax: 418-661-5207
Community Organizations

Mental Health

**Le Verger**
2855, Le Noblet, suite 200
Québec (QC) G1V 2G1
Tel: 418-657-2227    Fax: 418-659-7629
Email: info@leverger.ca
http://leverger.ca/
Language: French
Clientele: Adults with mental health issues
Services: Information, active listening, evaluation, referral, individual and group counselling, follow-up and social activities

**Programme d’encadrement clinique et d’hébergement (PECH)**
210, Charest E, suite 101
Québec (QC) G1K 3H1
Tel: 418-523-2820    Fax: 418-523-4820
Email: pech@qc.aira.com
www.infopech.org
Language: French
Clientele: Adults (men and women) dealing with multiple difficulties (mental health, substance abuse, legal issues, housing instability).
Services: Information, support, referral, awareness-raising, crisis intervention, lodging (with referral, 1 or 2 months) to foster social reintegration, social housing and training

**Cercle polaire 500**
3rd Avenue W, suite 202
Québec (QC) G1H 7J1
Tel: 418-623-4636    Fax: 418-623-7800
Email: cercle.polaire@videotron.ca
www.cerclepolaire.com
Language: French
Clientele: Relatives and friends of individuals with mental health issues
Services: Information, support group, referral, training, conferences and psycho-social interventions
Maison des Jeunes La Clique
2197, Bastien Boulevard
Québec (QC) G2B 1B8
Tel: 418-845-1388
Language: French
Clientele: Youth
Services: Information, help, advice and active listening

Jeffery Hale Community Services
1270, chemin Sainte-Foy, suite 1124
Québec (QC) G1S 2M4
Tel: 418 684-5333    Fax: 418-681-9265
www.jhsb.ca
Language: English
Clientele: English-speaking adults, children and families with psychosocial problems or mental health issues
Services: Information and referral, follow up, support, counselling, liaison with other services

Gîte Jeunesse Beauport
2706, Pierre-Roy Avenue
Québec (QC) G1E 4G3
Tel: 418-666-3225
Language: French
Clientele: Male youth (12-17)
Services: Lodging (9 beds; 1 for emergencies), individual and group counselling, family intervention, academic support, follow-up and external support

Maison de la famille Saint-Ambroise
80, Martel
Québec (QC) G2B 2W5
Tel: 418-847-1990    Fax: 418-847-1141
Email: mfstambroise@videotron.ca
www.mfstambroise.org
Language: French
Clientele: Families and couples
Services: Information, active listening, support, referral, support group, workshops, day care centre and social activities
Club des aînés actifs d’Orsainville
4205, des Roses
Québec (QC) G1G 1N9
Tel: 418-628-8164
Language: French
Clientele: Seniors
Services: Information, prevention, recreational activities and exchanges to support continued involvement of these people in the social life of their community

Choc Entraide
1170, Lebourgneuf, suite 400
Québec (QC) G2K 2E3
Tel: 418-623-8575    Fax: 418-623-7951
Language: French
Clientele: Individuals victim of traumatic events
Services: Information, active listening, support, referral, support group, public outreach and training

Violence & Sexual Abuse
Women

Oasis Centre Femmes
2, du Fargy
Québec (QC) G1E 5A9
Tel: 418-667-9969
Language: French
Clientele: Women
Services: Information, active listening, support, referral, workshops, prevention and educational activities

Maison du Coeur pour femmes
PO Box 34094
Québec (QC) G1G 6P2
Tel: 418-841-0011    Fax: 418-841-1023
Language: French
Clientele: Women victim of domestic violence, with or without children
Services: Safe and confidential housing, individual intervention, support group and prevention

Summary
The residents of Wendake benefit from the proximity of Quebec City, as it provides them with a wide array of services related to the priorities identified. However, the adaptation of those services to the reality and needs of First Nations appear to be limited to non-existent.
04 Mauricie–Bois-Francs

Regional Services

Health and Social Services Centre

Agence de la santé et des services sociaux de la Mauricie et du Centre-du-Québec

550, Bonaventure
Trois-Rivières (QC) G9A 2B5
Tel: 819-693-3636    Fax: 819-373-1627
http://www.agencesss04.qc.ca/

Aboriginal Liaison: Yes. This person in charge is informed when there is a situation involving either the Atikamekw or the Abenakis, although someone else might finally deal with the issues.

Centre hospitalier régional de Trois-Rivières

731, Sainte-Julie

Language: French

Trois-Rivières (QC) G9A 1Y1
Tel: 819-697-3333    Fax: 819-372-3581
http://www.chrtr.qc.ca/
**Hôpital du Centre-de-la-Mauricie**
50, 119th Street
Shawinigan-Sud (QC) G9P 5K1
Tel: 819-536-7500
http://www.cssse.qc.ca
*Language*: French

**Centre Hospitalier Université de Sherbrooke (CHUS) [In region 05 -Estrie]Hôpital Fleurimont**
3001, 12th Avenue N
Sherbrooke (QC) J1H 5N4
Tel: 819-346-1110

**Hôtel-Dieu de Sherbooke**
580, Bowen S
Sherbrooke (QC) J1G 2E8
Tel: 819-346-1110
http://www.chus.qc.ca

**Rehabilitation Centre**
**Domrémy Mauricie/Centre-du-Québec**
440, des Forges
Trois-Rivières (QC) G9A 2H5
Tel: 819-374-4744  Fax: 819-374-4502
http://www.domremymcq.ca
*Language*: French and English

**Aboriginal Liaison**: Yes, a person is responsible for the La Tuque region and Aboriginal issues. Although Aboriginal issues are a new responsibility, this person would like to put back on track a project concerning the Atikamekw youth that was initiated about 3 years ago.
**Le Grand Chemin**  
465, Houde  
Saint-Célestin (QC) J0C 1G0  
Tel: 819-229-2018    Fax: 819-229-4008  
adosqc@legrandchemin.qc.ca  
http://www.legrandchemin.qc.ca  
**Language:** French  
**Clientele:** Youth (12-18)

**Aboriginal Liaison:** None, but Aboriginal clients are accepted just as anybody else who has substance abuse or gambling problems.

**Youth Protection Centre**  
**Centre jeunesse de la Mauricie et du Centre-du-Québec**  
1455, du Carmel Boulevard  
Trois-Rivières (QC) G8Z 3R7  
Tel: 819-378-5481  
http://www.cjmcq.qc.ca/  
**Language:** French

**Aboriginal Liaison:** Heads of service are responsible for geographic regions, thus 2 are assigned to the La Tuque region and the Atikamekw communities. Abénakis act on their own and address those issues themselves.

**Community Organizations**  
**Mental Health**  
**Solidarité régionale d’aide et d’accompagnement pour la défense des droits en santé mentale du Centre-du-Québec/Mauricie (SRAADD/CQM)**  
43, Fusey Street  
Trois-Rivières (QC), G8T 2T6  
Tel: 819-693-2212    Fax: 819-693-5550  
Toll Free: 1-800-563-2212  
sraadd@videotron.ca  
www.sraadd.com  
**Language:** French  
**Clientele:** Individuals with mental health issues  
**Service:** Information, support, referral, accompaniment, training, rights advocacy and awareness-raising
**Réseau d’aide Le Tremplin**

155, Saint-Jean
Drummondville (QC) J2B 5L1
Tel: 819-474-1895 / 819-477-7067    Fax: 819-474-1947
Email: direction@tremplin.org
http://www.tremplin.org/index.html

**Language:** French

**Clientele:** Adults with mental health issues

**Services:** Help line, information, referral, support, crisis intervention and follow-up, individual consultation, therapeutic workshops and short-term lodging (8 beds)

**Auberge du Cœur Habit-Action**

655, Lindsay
Drummondville (QC) J2B 1J1
Tel: 819-472-4689    Fax: 819-472-4435
Email: habitaction@cgocable.ca
http://www.aubergeducoeurhabitaction.com/

**Language:** French

**Clientele:** Youth (17-30)

**Services:** Internal (9 beds and 2 supervised apartments) or external support for youth, in order to foster autonomy and ease their socio-professional integration, with psycho-social follow-up

**Violence & Sexual Abuse**

**Men**

**Service d’aide pour conjoints avec des comportements violents ou contrôlants L’Accord Mauricie**

1285, Notre-Dame Street, centre 1
Trois-Rivières (QC) G9A 4X2
Tel: 819-693-5264    Fax: 819-6500
Email: info@accordmauricie.com

**Language:** French

**Clientele:** Men with violence issues

**Service:** Information, referral, and individual and group counselling
Halte Drummond
152, Cockburn Street
Drummondville (QC) J2C 4L3
Tel: 819-472-5299 Fax: 819-472-6573
Email: haltedru@aide-internet.org
http://www.aazquebec.com/haltedrummond/

Language: French
Clientele: Men with violence issues
Service: Information, referral, and individual and group counselling
Wemotaci and Obedjiwan
Territory: CSSS du Haut-Saint-Maurice

Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Drummondville</th>
<th>La Tuque</th>
<th>Obedjiwan</th>
<th>Shawinigan</th>
<th>Trois-Rivières</th>
<th>Wemotaci</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drummondville</td>
<td></td>
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<td>La Tuque</td>
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<td>Obedjiwan</td>
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<td>Wemotaci</td>
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<td>242</td>
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</tr>
</tbody>
</table>
## Public Health & Social Services

Health and Social Services Centre

**CSSS du Haut Saint-Maurice (CH & CLSC)**

885, Ducharme Boulevard
La Tuque (QC) G9X 3C1
Tel: 819-523-4581  Fax: 819-523-7992
http://www.cssshsm.qc.ca/

Language: French

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Psychosocial Services</td>
<td>Adults</td>
<td>AEO referral</td>
</tr>
</tbody>
</table>
| Childhood-Family-Youth (including mental health needs) | Children and Youth Adults (if related to family matters) | AEO referral  
  Team Composition:  
  Psycho-educator; psychologist; social worker |
| 1st line mental health team           | Adults                     | AEO medical referral  
  GASM is not yet in place – waiting list for psychologist consultation  
  Team Composition:  
  Nurse; psychologist; social worker; educator |
| **Second-line services**              |                            |                                              |
| Psychiatric Unit                      | Adults                     | 5 beds                                       |
| External psychiatry clinic            | Adults                     |                                              |
| **Child psychiatry unit and services** | Youth                     | These services are unavailable at the CSSS, but are provided by the Hôpital du Centre-de-la-Mauricie |

### Services accessibility and adaptation for First Nations:

Members of the two communities located in the CSSS’s territory have access to all the services available, as long as they can get to the point of service. Due to the distance, it is mainly the residents of Wemotaci who use their services. The CSSS offers an interpreter service for the community members. This issue is also part of the CSSS clinical project working group. There are currently discussions regarding a memorandum of understanding concerning service accessibility and communications between both networks.
Rehabilitation Centre
**Domrémy Mauricie/Centre-du-Québec**
445, Lacroix Street, suite 500
La Tuque (QC) G9X 1V8
Tel: 819-523-6113    Fax: 819-676-8036
*Language:* French & English

**Le Grand Chemin (Youth)**
465, Houde Street
Saint-Célestin (QC) J0C 1G0
Tel: 819-229-2018    Fax: 819-229-4008
*Language:* French

School Board
**Commission scolaire de l’Énergie**
2072, Gignac, PO Box 580
Shawinigan (QC) G9N6V7
Tel: 819-539-6971    Fax: 819-539-7797
[http://www.csenergie.qc.ca](http://www.csenergie.qc.ca)
*Language:* French

Youth Protection Centre
**Centre jeunesse de la Mauricie et du Centre-du-Québec**
861, Ducharme Boulevard, PO Box 804
La Tuque (QC) G9X 3B9
Tel: 819-523-4573
*Language:* French
Community Organizations
Mental Health

**Centre d’amitié autochtone La Tuque**
544, Saint-Antoine
La Tuque (QC) G9X 2Y4
Tel: 819-523-6121    Fax: 819-523-8637
Email: dir.gen@lino.com

*Language:* French  
*Clientele:* Aboriginal people living outside Aboriginal communities but in the La Tuque region  
*Services:* Social, community and cultural spaces: educational support for children, day camp, cultural celebrations, youth centre, youth (18-24) mobilization, workshops (arts and trades), Elders circle, mothers support group, computer classes, traditional learning, health promotion, conference; economic development and civil participation

**Groupe d’entraide Facile d’accès**
546, Saint-Eugène Street
La Tuque (QC) G9X 2T6
Tel: 819-523-4952    Fax: 819-523-4985

*Language:* French  
*Clientele:* Individuals with mental health or psychiatric issues  
*Services:* Information, active listening, accompaniment, support, and recreational and cultural activities

**Travailleurs de rue de La Tuque inc.**
520, Saint-Antoine Street
La Tuque (QC) G9X 2Y4
Tel: 819-523-7883    Fax: 819-523-8288

*Language:* French  
*Clientele:* Individuals experiencing difficulties (youth and adults)  
*Services:* Street work and alternative coffee shop (18+) providing information, support, referral and social activities

**Défi-jeunesse du Haut Saint-Maurice inc.**
695, Desbiens Street, PO Box 262
La Tuque (QC) G9X 3P2
Tel.: 819-523-2047    Fax: 819-523-6585

*Language:* French  
*Clientele:* Youth (12-17)  
*Services:* Information, help, advice and active listening
Suicide

**Centre de prévention suicide du Haut Saint-Maurice**
770 A, Réal Street
La Tuque (QC) G9X 2S7
Tel: 819-523-6010    Fax: 819-523-7773
**Toll Free (24/7): 1-866-277-3553**
**Language:** French
**Clientele:** Individuals with suicidal ideations and their close ones (family, relatives, friends, and crisis workers), and individuals bereaved after a loss by suicide
**Services:** Information, training, help line, prevention and support

Violence & Sexual Abuse

Women

**Le Toit de l’Amitié**
PO Box 37
La Tuque (QC) G9X 3P1
Tel: 819-523-7829    Fax: 819-523-8642
**Language:** French
**Clientele:** Women victim of domestic violence, with or without children
**Services:** Safe and confidential housing, individual intervention, support group and prevention

**Centre Shawinigan/ CALACS du Centre-de-la-Mauricie Mékinac**
PO Box 21011, Saint-Marc Office
Shawinigan (QC) G9N 8M7
Tel: 819-537-3115    Fax: 819-537-4959
Email: calacs_cmm@bellnet.ca
**Language:** French
**Clientele:** Adult and adolescent female victims of sexual aggression and rape
**Services:** Information, support, and referral for women and adolescents victim of sexual aggression and rape, and prevention

Summary

The residents of the Wemotaci and Obedjiwan communities in Mauricie-et-Centre-du-Québec have access to the services provided by the public system, although the distance makes it difficult to reach those services. In fact, residents of Obedjiwan mostly use the services available in Saguenay-Lac-Saint-Jean (Roberval) because it is physically closer. Although there is not a large number of resources, the range of services offered seems to meet the most important needs identified (mental health, suicide, substance abuse & gambling, domestic violence and sexual abuse). Some of the services are only available at the regional level (for instance, youth or mental health shelters, resources for violent men), and are consequently not accessible unless provided with lodging options.
Odanak and Wôlinak

Territory: CSSS Bécancour-Nicolet-Yamaska

Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Bécancour</th>
<th>Drummondville</th>
<th>Nicolet</th>
<th>Odanak</th>
<th>Trois-Rivières</th>
<th>Saint-Grégoire</th>
<th>Wôlinak</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bécancour</td>
<td></td>
<td>84</td>
<td>39</td>
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<td>Saint-Grégoire</td>
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<td>14</td>
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<tr>
<td>Wôlinak</td>
<td>17</td>
<td>71</td>
<td>25</td>
<td>52</td>
<td>25</td>
<td>14</td>
<td></td>
</tr>
</tbody>
</table>
Public Health & Social Services
Health and Social Services Centre

CSSS Bécancour-Nicolet-Yamaska (CH - Centre Christ-Roi)
675, Saint-Jean-Baptiste
Nicolet (QC) J3T 1S4
Tel: 819-293-2071     Fax: 819-293-6160
http://www.csssbny.qc.ca/
Language: French

CLSC - Centre Filles de la Sagesse
1275, Saint-Jean Baptiste
Nicolet (QC) J3T 1W4
Tel.: 819-293-8337

CLSC - Saint-Grégoire Service Centre
4825, Bouvet Avenue
Saint-Grégoire (QC) G0X 2T0
Tel: 819-233-3123

CLSC Bécancour
3050, Nicolas-Perrot
Bécancour (QC) G9H 3B9
Tel: 819-294-2406
<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First-line services</strong></td>
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<td>AEO referral</td>
</tr>
<tr>
<td>Childhood-Family-Youth</td>
<td>Children and Youth Adults (if related to family matters)</td>
<td>AEO referral</td>
</tr>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; line mental health team</td>
<td>Youth</td>
<td>Youth GASM referral (1 clinical counsellor; 1 nurse; may have input from team members) Team Composition: 1 psychologist; 1 psychosocial worker; support from the school social worker and nurse</td>
</tr>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; line mental health team</td>
<td>Adults</td>
<td>Adult GASM referral (1 clinical counsellor; 1 mental health nurse; 1 AEO social worker) Team Composition: Collaboration from a general practitioner Ambulatory Services: Psychologists and nurses SIV: nurses; psycho-educators; educators; social workers</td>
</tr>
<tr>
<td><strong>Second-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric unit and external clinic, child psychiatry services</td>
<td>Adults and Youth</td>
<td>These services are provided on a regional basis at the Centre hospitalier régional de Trois-Rivières</td>
</tr>
<tr>
<td>Child psychiatry services</td>
<td>Youth</td>
<td>These services are part of the RUIS Université de Sherbrooke. Although there is no designated child psychiatry bed, the Service de pédopsychiatrie du CHUS will admit youth within the paediatric department (Hôpital Fleurimont) or in adult psychiatry (Hôtel-Dieu) depending on the situation/age of the patient</td>
</tr>
</tbody>
</table>

**Services accessibility and adaptation for First Nations:**
Members of the Abénaki communities have access to the services offered by the CSSS, although they are asked if they are aware of the services available on reserve. There are communications between the CSSS and the health centres concerning specific cases when needed.
Rehabilitation Centre

**Domrémy Mauricie/Centre-du-Québec**

675, Saint-Jean-Baptiste Street (Centre Christ-Roi)
Nicolet (QC) J3T 1S4
Tel: 819-293-2071    Fax: 819-293-4343

*Language*: French

**Le Grand Chemin (Youth)**

465, Houde Street
Saint-Célestin (QC) J0C 1G0
Tel: 819-229-2018    Fax: 819-229-4008

*Language*: French

School Board

**Commission scolaire de la Riveraine**

375, de Monseigneur-Brunault
Nicolet (QC) J3T1Y6
Tel: 819-293-5821    Fax: 819-293-8691

[http://www.csriveraine.qc.ca](http://www.csriveraine.qc.ca)

*Language*: French

Youth Protection Centre

**Centre jeunesse de la Mauricie et du Centre-du-Québec**

3687-5, Bécancour Boulevard
Bécancour (QC) G9H 3W7
Tel: 819-298-7510

*Language*: French

Community Organizations

Mental Health

**Association de parents La Passerelle**

4825, Bouvet Avenue, suite 112
Bécancour (QC) G9H 1X5
Tel: 819-233-9143    Fax: 819-233-9843

*Language*: French

*Clientele*: Family, relatives and friends of individuals with mental health issues

*Services*: Information, support, group workshops and public awareness
La Chrysalide Maison d’hébergement communautaire en santé mentale
2150, Nicolas-Perrot Avenue
Bécancour (QC) G9H 3B9
Tel: 819-294-9292    Fax: 819-294-9295
**Language:** French  
**Clientele:** Adults experiencing a psycho-social crisis  
**Services:** Individual support, group workshops, information, accompaniment, referral, creation workshops and lodging

La Ruche Aire-ouverte inc.
690, De Monseigneur Panet, suite 107
Nicolet (QC) J3T 1W1
Tel: 819-293-6416    Fax: 819-293-8339
**Language:** French  
**Clientele:** Any individual with or at risk of mental health problems  
**Services:** Information, referral, active listening, counselling (individual and group), cultural and recreational activities, workshops, social activities and prevention

L’eau-vent
366, Béliveau
Saint-Léonard-d’Aston (QC) J0C 1M0
Tel: 819-399-2876    Fax: 819-399-2871
**Language:** French  
**Clientele:** Youth  
**Services:** Information, help, advice and active listening

Maison des jeunes de Bécancour – L’ÉCLIPSE
8262, Cartier
Bécancour (QC) G9H 3B1
Tel: 819-294-1520    Fax: 819-298-2806
**Language:** French  
**Clientele:** Youth (12-17)  
**Services:** Information, help, advice and active listening
Maison des jeunes de Ste-Gertrude inc.
8580, des Saules Avenue
Bécancour (QC) G9H 3P6
Tel: 819-383-9222    Fax: 819-298-2806
Language: French
Clientele: Youth
Services: Information, help, advice and active listening

Maison des jeunes du Bas Saint-François
10-A, Centre communautaire Street, Po Box 274
Saint-François-du-Lac (QC) J0G 1M0
Tel: 450-568-6222    Fax: 450-568-5222
Language: French
Clientele: Youth (12-17)
Services: Information, help, advice and active listening

Maison des jeunes la Forteresse
1175 A, des Marguerites Avenue
Bécancour (QC) G9H 2R8
Tel: 819-222-5968    Fax: 819-222-5968
Language: French
Clientele: Youth
Services: Information, help, advice and active listening

Gentilly Transit jeunesse
1875, des Hirondelles Avenue
Bécancour (QC) G9H 4L8
Tel: 819-298-2802    Fax: 819-298-2808
http://www.becancour.net/fr/nos_membres.asp?pageID=341&id=56
Language: French
Clientele: Youth (12-30)
Services: Information, active listening, referral, individual support, prevention, artistic workshops and youth center

Organisme Centretien
170, Saint-Jean-Baptiste
Nicolet (QC) J3T 1H4
Tel: 819-293-8541    Fax: 819-293-8541
Language: French
Clientele: Youth
Services: Information, active listening, referral, support, access to artistic resources and street work
**Toit Jef inc.**
2530, des Hirondelles, suite C
Bécancour (QC) G9H 4M2
Tel: 819-298-4799    Fax: 819-298-4899
*Language:* French  
*Clientele:* Youth (12-35)  
*Services:* Information, referral, active listening, support, accompaniment, street work, needles distribution and prevention

**Suicide**

**Centre Prévention Suicide les Deux-Rives**
492, Napierville  
Trois-Rivières (QC) G9A 2A2  
Tel: 819-379-9893  
Help line (24/7): 819-379-9238/ Youth: 819-691-0818  
Toll Free: 1-866-277-3553  
Email: cps2r@prevention-suicide.qc.ca  
http://www.prevention-suicide.qc.ca/
*Language:* French  
*Clientele:* Individuals with suicidal ideations and their close ones (family, relatives, friends and crisis workers), and individuals bereaved after a loss by suicide  
*Services:* Information, training, help line, individual or family consultations, clinical supervision for professionals, group workshops, prevention and post-suicide support

**Substance Abuse & Pathological Gambling**

**La Relance Nicolet-Bécancour inc.**
690, De Monseigneur Panet, suite102  
Nicolet (QC) J3T 1W1  
Tel: 819-293-8264    Fax: 819-293-2839  
Toll Free: 1-877-593-8264  
*Language:* French  
*Clientele:* Individuals with substance abuse problems and their family  
*Services:* Information and support, social and professional reintegration, and prevention
Violence & Sexual Abuse

Women

**La maison La Nacelle**
PO Box 161
Nicolet (QC) J3T 1A1
Tel: 819-293-6942    Fax: 819-293-2374

*Language:* French  
*Clientele:* Women victim of domestic violence, with or without children  
*Services:* Safe and confidential housing, individual intervention, external consultation and prevention

**Centre de femmes Parmi elles**
3195, Bécancour Boulevard
Bécancour (QC) G9H 3V7
Tel: 819-298-2585    Fax: 819-298-2587

*Language:* French  
*Clientele:* Women  
*Services:* Support group, workshops, collective cooking, training, active listening and referral

**Collective des femmes de Nicolet et région**
690, de Monseigneur Panet, suite 106
Nicolet (QC) J3T 1W1
Tel: 819-293-5958    Fax: 819-293-8339

*Language:* French  
*Clientele:* Women  
*Services:* Support group, workshops, collective cooking, active listening and referral

**CALACS Trois-Rivières**
PO Box 776
Trois-Rivières (QC) G9A 5J9
Tel: 819-373-1232    Fax: 819-373-5033
Toll Free: 1-866-383-1232
Email: calacs@qc.aira.com  

*Language:* French  
*Clientele:* Adult and adolescent female victims of sexual aggression and rape  
*Services:* Information, support and referral for women and adolescents victim of sexual aggression and rape, and prevention
07 Outaouais
Summary
The members of the Abénaki communities in Mauricie-et-Centre-du-Québec can easily access by road the services offered in the community, whether public services or community organizations. There is a fair range of services that appear to meet the most important needs identified (mental health, suicide, substance abuse & gambling, domestic violence and sexual abuse). Some of the services are only available at the regional level (for instance youth shelters), which limits their accessibility. As well, there seems to be no official constraint in accessing the services delivered by the public provincial health and social services system, although the latter do not seem to be adapted to needs of the members of the Abénaki Nation.
Regional Services
Health and Social Services Centre

**Agence de la santé et des services sociaux de l’Outaouais**
104, Lois Street
Gatineau (QC) J8Y 3R7
Tel: 819-776-7660    Fax: 819-771-8632
http://www.santeoutaouais.qc.ca

**Aboriginal Liaison:** Yes, this is a new position and thus the roles are yet to be clearly defined. Most of the interventions in the communities are, at the moment, related to coercive actions (child placement). The person in this position hopes to build stronger collaboration.

**CH Pierre-Janet - Psychiatric Hospital**
20, Pharand
Gatineau (QC) J9A 1K7
Tel: 819-771-7761 x 8201    Fax: 819-771-2908
http://www.pierre-janet.qc.ca

**Language:** French and English
Rehabilitation Centre

**Centre Jellinek**
25, Saint-François Street
Gatineau (QC) J9A 1B1
Tel.: 819-776-5584    Fax: 819-776-0255
[http://www.jellinek.org](http://www.jellinek.org)

*Language:* French and English

**Aboriginal Liaison:** None, but Aboriginal clients are accepted just as anybody else who has substance abuse or gambling problems.

School Board

**Western Québec School Board**
15, Katimauik Street
Gatineau (QC) J9J 0E9
Tel: 819-684-1313    Fax: 819-684-6810
[http://www.wqsb.qc.ca/](http://www.wqsb.qc.ca/)

*Language:* English

Youth Protection Centre

**Les Centres jeunesse de l’Outaouais**
Marc-Sénéchal Building
105, Sacré-Coeur Boulevard
Gatineau (QC) J8X 1C5
Tel: 819-771-6631    Fax: 819-771-4162
[www.cjoutaouais.qc.ca](http://www.cjoutaouais.qc.ca)

**Aboriginal Liaison:** Yes, there is a person responsible for the First Nations services. In Kitigan Zibi, the community takes charge of the implementation, but the CJ is responsible for decision-making. In Barrier Lake, the CJ is also responsible for decision-making. For the last 4 years, the CJ has also been providing services (groups), but as the community has been reorganizing, the CJ is giving back this responsibility to the community. However, the CJ will offer support (training and co-facilitation) if needed.
Community Organizations

Mental Health

**Maison réalité**
10, Jeanne d'Arc
Gatineau (QC) J8Y 2H2
Tel: 819-776-1214   Fax: 819-776-5955
Email: maisonrealite1@videotron.ca

*Language:* French
*Clientele:* Adults with mental health issues
*Services:* Information, support, individualized internal support program (6-8 months), external support and consultation, family support, and recreational and social activities

**Maison Le Ricochet**
PO Box 121
Ste-Cécile-de-Masham (QC) J0X 2W0
Tel: 819-456-4230   Fax: 819-456-3872
Email: maisonlericochet@qc.aira.com
http://maisonlericochet.com/

*Language:* French
*Clientele:* Adults with mental health issues
*Services:* Temporary shelter (9 beds), community lodging (5 beds), socio-professional reintegration, rights advocacy, family support and prevention

**Auberge du Coeur Héberge-Ados**
39, Richard
Gatineau (QC) J8Y 4Y6
Tel: 819-771-1750   Fax: 819-771-5189
Email: infoHA@avenuedesjeunes.com
http://www.avenuedesjeunes.com

*Language:* French
*Clientele:* Youth (13-17)
*Services:* Internal (8 beds) or external support with psycho-social follow-up. In order for youth to gain autonomy and ease their socio-professional integration
L’Appart’ Adojeunes
22, d’Auvergne
Gatineau (QC) J8T 6J8
Tel: 819-568-4499 Fax: 819-568-3636
Help line: 819-643-0999
Email: hebergement_urgence@hotmail.com
http://www.adojeune.org/Lappart/index.html
Language: French and English
Clientele: Youth (14-17)
Services: Internal (6 beds) or external support, psycho-social follow-up and street work, in order for youth to gain autonomy and ease their socio-professional integration

Suicide

Centre d’aide 24/7
19, Caron
Gatineau (QC) J8Y 1Y6
Tel: 819-595-3476 Fax: 819-595-0734
Help line: 819-595-9999
Language: French and English
Clientele: Individuals in crisis, distressed individuals and their close ones
Services: Telephone help line, information, referral, accompaniment, short-term shelter, follow-up, post-trauma intervention, training, and promotion and prevention
Kitigan Zibi and Rapid Lake (Barriere Lake)
Territory: CSSS de la Vallée-de-la-Gatineau

Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Gatineau</th>
<th>Gracefield</th>
<th>Kitigan Zibi</th>
<th>Maniwaki</th>
<th>Rapid Lake</th>
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<td>Rapid Lake</td>
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Public Health & Social Services
Health and Social Services Centre

**CSSS de la Vallée-de-la-Gatineau**
309, Desjardins Boulevard
Maniwaki (QC) J9E 2E7
Tel: 819-449-4690  Fax: 819-449-6137
http://www.csssvg.qc.ca/

**Hôpital de Maniwaki**
309, Desjardins Boulevard
Maniwaki (QC) J9E 2E7
Tel: 819-449-2300
Fax: 819-449-6137

**CLSC de Maniwaki**
177, des Oblats
Maniwaki (QC) J9E 1G5
Tel: 819-449-2513
Fax: 819-449-4102

**CLSC de Gracefield**
12A, Principale
Gracefield (QC) J0X 1W0
Tel: 819-463-2604

*Language*: French
Services

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
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<tr>
<td>First-line services</td>
<td></td>
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<tr>
<td>General Psychosocial Services</td>
<td>Adults</td>
<td>AEO referral</td>
</tr>
<tr>
<td>Youth experiencing difficulties</td>
<td>Children and Youth Adults (if related to family matters)</td>
<td>AEO referral Team Composition Human relation agent and psycho-educators, support from psychologist and mental health team if needed</td>
</tr>
<tr>
<td>1st line mental health team</td>
<td>Adults</td>
<td>AEO referral Team Composition 2 psychologists; 2 human relation agents; 1 nurse</td>
</tr>
<tr>
<td>Second-line services</td>
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<td></td>
</tr>
<tr>
<td>Psychiatric services/unit</td>
<td>Adults</td>
<td>1 bed</td>
</tr>
<tr>
<td>Child psychiatry unit and services</td>
<td>Youth</td>
<td>These services are provided by a the regional resource, CH Pierre-Janet: 12 beds (0-13); 9 beds (14-17); 39 beds (18-64); 14 beds (65+); 13 beds (legal psychiatry)</td>
</tr>
</tbody>
</table>

Services accessibility and adaptation for First Nations:
Members of both communities have access to the services offered. The community of Kitigan Zibi is relatively autonomous, and its members usually only go to the CSSS when there is a conflict of interest or the need for specialized care. The CSSS, in collaboration with the CJ Outaouais, has put in place a group for children in order for them to learn to deal with anxiety and stress; they are very satisfied with it.

Rehabilitation Centre

**Centre Jellinek**  
244, Champlain Street  
Maniwaki (QC) J9E 1L5  
Tel: 819-449-5549  
Fax: 819-449-7885  
**Language:** French and English
School Board
Commission scolaire des Hauts-Bois-de-l’Outaouais
331, du Couvent
Maniwaki (QC) J9E1H5
Tel: 819-449-7866    Fax: 819-449-2636
**Toll free: 1-888-831-9606**
Email: info@cshbo.qc.ca
http://www.cshbo.qc.ca
Language: French

Youth Protection Centre
Les Centres jeunesse de l’Outaouais
244 Champlain Street
Maniwaki (QC) J9E 1L5
Tel: 819-449-5248    Fax: 819-449-7885
Language: French

Community Organizations
Mental Health
Maison amitié de la Haute-Gatineau
125, Laurier
Maniwaki (QC) J9E 2K5
Tel: 819-449-6777
maisonamitiehautegatineau@bellnet.ca
Language: French
Clientele: Individuals with mental health issues
Services: Social and professional reintegration, psychological and financial support, family support and short-term lodging

Maison de la famille Vallée-de-la-Gatineau (MESSF)
159, Laurier
Maniwaki (QC) J9E2K6
Tel: 819-441-0282
maisondelafamillevg@videotron.ca
Language: French
Clientele: Families
Services: Intervention, support, skills development, and activities to enhance parent-child relationships
**Jeunesse sans Frontières de la Vallée-de-la-Gatineau**
119, Saint-Joseph, PO Box 324
Gracefield (QC) J0X1W0
Tel: 819-463-4030
jsfvq@hotmail.com
*Language:* French
*Clientele:* Youth (12-18)
*Services:* Information, help, advice, active listening and substance abuse prevention

**Mani-Jeunes inc.**
86, Roy, PO Box 513
Maniwaki (QC) J9E3G9
Tel: 819-449-6609
mani-jeunes@bellnet.ca
*Language:* French
*Clientele:* Youth (12-18)
*Services:* Information, help, advice, active listening and substance abuse prevention

**Albatros-Maniwaki (Haute-Gatineau)**
177, des Oblats
Maniwaki (QC) J9E 1G5
Tel: 819-441-3467
*Language:* French
*Clientele:* Seniors & sick individuals
*Services:* Transportation, home care, accompaniment and support

**L’Équipe des bénévoles de la Haute-Gatineau**
198, Notre-Dame, suite 218
Maniwaki (QC) J9E 2J5
Tel: 819-449-4003
equipebenevole.hg@bellnet.ca
*Language:* French
*Clientele:* Seniors
*Services:* Transportation, home care, accompaniment and support
Regroupement des clubs d’âge d’or de-la Vallée-de-la-Gatineau et des Collines (Le)
17, Principale, PO Box 474
Gracefield (QC) J0X1W0
Tel: 819-463-3729
agedorgatineau@hotmail.com
Language: French
Clientele: Seniors
Services: Transportation, home care, accompaniment and support

Suicide
Suicide Détour
PO Box 193
Maniwaki (QC)
Tel: 819-441-1010
suicide-detour@bellnet.ca
Language: French
Clientele: Individuals with suicidal ideations and their close ones (family, relatives, friends, and crisis workers), and individuals bereaved after a loss by suicide
Services: Information, training, help line and support

Violence & Sexual Abuse
Women
Halte-femmes de la Haute-Gatineau
209, Principale S
Maniwaki (QC) J9E 2A3
819-449-4545
haltefemme@bellnet.ca
Language: French
Clientele: Women victim of domestic violence, with or without children
Services: Safe and confidential housing, individual intervention and prevention
08 Abitibi-Témiscamingue
**CALACS Maniwaki**  
PO Box 273  
Maniwaki (QC) J9E 3C9  
Tel: 819-441-2111  Fax: 819-441-3207  
Email: calacsmaniwaki@bellnet.ca  
**Language:** French  
**Clientele:** Adult and adolescent female victims of sexual aggression and rape  
**Services:** Information, support, and referral for women and adolescents victim of sexual aggression and rape, and prevention

**Men**

**L’Impact - Rivière Gatineau**  
270, Notre-Dame  
Maniwaki (QC) J9E2J8  
Tel: 819-449-3077  
impactriviereregatineauorg@bellnet.ca  
**Language:** French  
**Clientele:** Men with violent behaviours  
**Services:** Group therapy, external consultation and lodging

**Summary**

The members of the Algonquin communities located in Outaouais live very different accessibility issues whether they live in Kitigan Zibi or Rapid Lake, as the former is extremely close to Maniwaki, and the latter is a long distance away. The range of services available in the area appears to meet the most important needs identified (mental health, suicide, substance abuse & gambling, domestic violence and sexual abuse). Thus, those in Kitigan Zibi can easily access the services offered in the community, whether public services or community organizations, while the residents of Rapid Lake face an important commuting problem. In addition, some of the services are only available at the regional level (for instance youth shelters and alternative mental health resources with services at home or in the community). As these services are mainly provided along with on-site lodging, accessibility to the services is limited but not unmanageable. In addition, note that the community members generally speak English, which might create difficulties in accessing some services primarily given out in French. Regarding the public sector, there does not seem to be any official constraint in accessing the services provided by that network. Moreover, it seems as though these institutions are adapting their services and are willing and ready to build more bridges between the two realities.
Regional Services

Health & Social Services Agency

Agence de santé et de services sociaux de l’Abitibi-Témiscamingue

1, 9th Street
Rouyn-Noranda (QC) J9X 2A9
Tel: 819-764-3264    Fax: 819-797-1947
http://www.sante-abitibi-temiscamingue.gouv.qc.ca/index.html

Aboriginal Liaison: Yes. Despite the jurisdiction issues, the Agency believes it is important to include Aboriginal people within their considerations. A person works at creating collaboration and communication channels between the communities and the CSSSs. There is a language issue for some communities, as they only speak English. It is hoped that this issue be solved or taken into consideration by the Ministry and the FNQLHSSC.

Rehabilitation Centre

Centre Normand

621, Harricana Street
Amos (QC) J9T 2P9
Tel: 819-732-8241    Fax: 819-727-2210
www.centrenormand.org
Language: French and English

Aboriginal Liaison: None, but Aboriginal clients are accepted just as anybody else who has substance abuse or gambling problems.
School Board

**Western Québec School Board**
15, Katimauik Street
Gatineau (QC) J9J 0E9
Tel: 819-684-1313    Fax: 819-684-6810
http://www.wqsb.qc.ca/
**Language:** English

Youth Protection Centre

**Centre jeunesse de l’Abitibi-Témiscamingue**
700, Forest Boulevard
Val-d’Or (QC) J9P 2L3
Tel: 819-825-0002    Fax: 819-825-5132
www.cjat.qc.ca
**Language:** French

**Aboriginal Liaison:** Yes. This person works with the 3 French-speaking communities (Pikogan, Lac Simon, and Kitcisakik). She works part time in Kitcisakik to build links with the community. A group home for Aboriginal youth recently opened.

Community Organizations

Mental Health

**Centre d’amitié autochtone de Val-d’Or**
1272, 7th Street
Val-d’Or (QC) J9P 6W6
Tel: 819-825-6857   Fax: 819-825-7515
Email: info@caavd-vdnfc.ca
http://www.caavd-vdnfc.ca/site.asp
**Language:** French

**Cliente:** Aboriginal people living in or visiting Val-d’Or

**Services:** Community development - children (5-12) services: social club, homework support, day camp; Youth (13-29) services: youth centre, leadership, recreational and cultural activities, homework support, specific cultural activities for youth 12-15; community services: cultural and recreational activities, global health awareness and any other upcoming activity; social development – children: parent-children groups, educational program; youth and adults: individual and group counselling, support group, residential school survivors socio-professional support; family: support group and family activities; Elders: support group; economic development and cultural activities
Suicide

**Ligne d’intervention téléphonique en prévention du suicide de l’Abitibi-Témiscamingue**
1141, Royale, PO Box 1440
Malartic (QC) J0Y 1Z0
Tel: 819-757-6282    Fax: 819-757-4330
Help line (24/7): 1-866-277-3553

*Language:* French  
*Clientele:* Individuals with suicidal ideations and their close ones (family, relatives, friends, and professionals), and individuals bereaved after a loss by suicide  
*Services:* Information, training, help line, individual or family consultations, clinical supervision for professionals, research, prevention and post-suicide support

Violence

Men

**Service d’aide et de traitement en apprentissage social (S.A.T.A.S.)**
121, Principale S, PO Box 38
Amos (QC) J9T 3A5
Tel: 819-732-5254    Fax: 819-732-0966
Email: satas@cableamos.com  
[http://www.cableamos.com/satas](http://www.cableamos.com/satas)

*Language:* French  
*Clientele:* Men acknowledging their domestic violence problems  
*Services:* Intervention, information, school-based awareness and violence prevention
Lac-Simon and Kitcisakik

Territory: CSSS de la Vallée-de-l’Or

Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Kitcisakik</th>
<th>Lac Simon</th>
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Public Health & Social Services
Health and Social Services Centre

**CSSS de la Vallée-de-l’Or (CH Hôpital de Val-d’Or & CLSC)**
725, 6th Street
Val-d’Or (QC) J9P 3Y1
Tel: 819-825-6711 (CH)/ 8825 (CLSC)    Fax: 819-825-7909
http://www.csssvo.qc.ca/
*Language:* French

**Hôpital Psychiatrique de Malartic**
1141, Royale, PO Box 800
Malartic (QC) J0Y 1Z0
Tel: 819-757-4342    Fax: 819-757-4330
http://www.csssvo.qc.ca/hop_malartic.asp

**Clinique externe de psychiatrie**
665, Royale, PO Box 800
Malartic (QC) J0Y 1Z0
Tel: 819-757-4342    Fax: 819-757-4313

**CLSC Senneterre**
961, de la Clinique, PO Box 4000
Senneterre (QC) J0Y 2M0
Tel: 819-737-2243    Fax: 819-737-3122
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<th>Services</th>
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<td><strong>First-line services</strong></td>
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<td>Family-Childhood-Youth</td>
<td>Children and Youth</td>
<td>AEO referral Parenting groups (parents of teenagers)</td>
</tr>
<tr>
<td></td>
<td>Adults (if related to family matters)</td>
<td></td>
</tr>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; line mental health team</td>
<td>Adults</td>
<td>External psychiatric clinic Team Composition psychologist; social workers; nurses; psycho-educators; educators</td>
</tr>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; line mental health team</td>
<td>Youth</td>
<td>External psychiatric clinic Team Composition psychologist; psycho-educators</td>
</tr>
<tr>
<td><strong>Second-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric unit, external clinic and child psychiatry clinic</td>
<td>Adults and Youth</td>
<td>Hôpital psychiatrique de Malartic: 34 beds (14 for local needs; 12 for long-term needs; 8 beds for legal psychiatry)</td>
</tr>
<tr>
<td>Child psychiatry hospitalization</td>
<td>Youth</td>
<td>Services provided by the RUIS</td>
</tr>
</tbody>
</table>

**Services accessibility and adaptation for First Nations:**
All the services of the CSSS are accessible to the communities, and nobody will ever be refused treatment. It is estimated that the use rate of services by the community members is very low. However, when services are available for these communities, it is noted that people do use them since they are better adapted to their needs and the waiting lists are shorter. Since the CSSSs have a small team, they have kept all mental health services at the external psychiatry clinic. A psychiatrist goes to the communities every two months. The CSSSs have a regional mandate for child psychiatry and First Nations youth are treated there just as any other patient.

Rehabilitation Centre

**Centre Normand**
1281, Forest Boulevard, 2<sup>nd</sup> floor
Val-d’Or (QC) J9P 5H3
Tel: 819-874-4171

Language: French & English
School Board

Commission scolaire de l’Or-et-des-Bois
799, Forest Boulevard
Val-d’Or (QC) J9P 2L4
Tel: 819-825-4220  Fax: 819-825-5305
http://www.csob.qc.ca/
Language: French

Youth Protection Centre

Centre jeunesse de l’Abitibi-Témiscamingue
700, Forest Boulevard
Val-d’Or (QC) J9P 2L3
Tel: 819-825-0002  Fax: 819-825-9335
Language: French

Lac Simon
1020, Amickwiche
Lac Simon  (QC) J0Y 3M0
Tel: 819-736-7466  Fax: 819-736-7044

Kitcisakik
782, 3rd Avenue
Val-d’Or (QC) J9P 1S9
Tel: 819-825-2744  Fax: 819-825-2179

Community Organizations
Mental Health

Centre d’entraide et d’amitié autochtone de Senneterre
910, 10th Avenue
Senneterre (QC) J0Y 2M0
Tel: 819-737-2324  Fax: 819-737-8311
Email: ceaas@hotmail.com
Language: French
Clientele: Aboriginal people living in Senneterre and those from Lac Simon (Algonquin), Oujé-Bougoumou, Waswanipi and Mistissini (Cree)
Services: Information, referral, liaison and lodging services for health needs, educational support and care for children 0 to 5, translation and interpreters, transportation, soup kitchen, emergency material assistance, awareness-raising for cultural issues, substance abuse and suicide prevention, cultural activities and economic development
**Groupe Soleil de Malartic**
1080, Royale, PO Box 4015
Malartic (QC) J0Y 1Z0
Tel: 819-757-6032    Fax: 819-757-4411
Email: groupesoleil@tlb.sympatico.ca
*Language:* French
*Clientele:* Individuals with mental health issues
*Services:* Help line, support, advice, individual counselling, support group, accompaniment, rights advocacy, workshops, crisis intervention, life-skills development, community support, prevention, health promotion and social activities

**Équipe La Petite Rencontre**
1110, 4th Avenue
Val-d'Or (QC) J9P 1J8
Tel: 819-824-9160    Fax: 819-824-4749
Email: smv2325@hotmail.com
*Language:* French
*Clientele:* Individuals with mental health issues
*Services:* Help line, advice, support, individual and group counselling, accompaniment, rights advocacy, socio-professional reintegration, artistic workshops, crisis intervention, suicide prevention and social activities

**Résidence d’hébergement “La Chaumière”**
238, 4th Avenue
Val-d'Or (QC) J9P 1G6
Tel: 819-825-5435   Fax: 819-825-8061
Email: crva-at@cablevision.qc.ca
*Language:* French
*Clientele:* Individuals with severe mental health issues
*Services:* Temporary lodging

**Valpabem**
375, Centrale Avenue, PO Box 643à
Val-d'Or (QC) J9P 4P6
Tel: 819-825-0257   Fax: 819-825-2257
Email: valpabem@lino.com
*Language:* French
*Clientele:* Relatives and friends of individuals with mental health issues
*Services:* Support, active listening, advice, referral, conferences, support group and accompaniment
Groupe en toute amitié de Senneterre
951, de la Clinique
Senneterre (QC) J0Y 2M0
Tel: 819-737-3116  Fax: 819-737-3122
Email: mme.b@cableamos.com
Language: French
Clientele: Individuals with mental health issues
Services: Support, accompaniment and social activities

Refuge Jeunesse Malartic
530, Lévis, Po Box 1600
Malartic (QC) J0Y 1Z0
Tel: 819-757-4133  Fax: 819-757-6558
Email: refuge.jeunesse@cablevision.qc.ca
Language: French
Clientele: Youth
Services: Information, help, advice, active listening and social development activities

Association des Grands Frères / Grandes Soeurs de Val d’Or
1011, 6th street, suite 202
Malartic (QC) J0P 3W4
Tel: 819-825-2802  Fax: 819-825-7155
Email: gfgsvd@lino.com
Language: French
Clientele: Youth (7-13) or youth in single-headed families with behavioural difficulties
Services: Information and relationship building with a significant adult

Jeunesse Action Val-d’Or
351, Centrale Avenue
Val-d’Or (QC) J0P 1P2
Tel: 819-825-7240  Fax: 819-825-7522
Email: energiteck@cablevision.qc.ca
Language: French
Clientele: Youth
Services: Information, help, advice, active listening and social development activities
Maison de la famille de Val-d’Or
755, 4th Avenue, PO Box 117
Val-d’Or (QC) J9P 4N9
Tel: 819-874-3383   Fax: 819-874-3385
Email: maisonfamille.vd@tlb.sympatico.ca
Language: French
Clientele: Families
Services: Information, training, help and support to parents through workshops, activities, conferences and other services

Maison de la famille de Malartic
161, Abitibi Avenue, PO Box 638
Malartic (QC) J0Y 1Z0
Tel: 819-757-6755   Fax: 819-757-6855
Email: mfmalartic@tlb.sympatico.ca
Language: French
Clientele: Families
Services: Information, training, help and support to parents through workshops, activities, conferences and other services

Maison de la famille de Senneterre
671, 10th Avenue, PO Box 1087
Senneterre (QC) J9T 3A8
Tel: 819-737-4976   Fax: 819-737-4911
Email: maisonfamillesenneterre@cableamos.com
Language: French
Clientele: Families
Services: Information, training, help and support to parents through workshops, activities, conferences and other services

Association québécoise de défense des droits des personnes retraitées et préretraitées (AQDR) de la Vallée-de-l’Or
633, des Joncs, PO Box 1814
Val-d’Or (QC) J9T 3A8
Tel: 819-824-4397   Fax: 819-824-6617
Language: French
Clientele: Retired individuals
Services: Rights advocacy for retired individuals, including rights concerning income, housing, health services, autonomy and equity
Suicide

Centre de prévention du suicide de Malartic
621, de la Paix, suite 55, PO Box 1838
Malartic (QC) J0Y 1Z0
Tel: 819-757-6645    Fax: 819-757-6649
Help line (24/7): 1-866-277-3553
Email: cpsmalartic@hotmail.com
Language: French
Clientele: Individuals with suicidal ideations and their close ones (family, relatives, friends, and professionals), and individuals bereaved after a loss by suicide
Services: Information, training, help line, individual or family consultations, clinical supervision for professionals, research, prevention and post-suicide support

Centre de prévention du suicide de la Vallée-de-l’Or
851, 5th Avenue, suite 209, PO Box 178
Val-d’Or (QC) J9P 4P3
Tel: 819-825-7159    Fax: 819-825-1281
Help line (24/7): 1-866-277-3553
Email: cps.vo@tlb.sympatico.ca
Language: French
Clientele: Individuals with suicidal ideations and their close ones (family, relatives, friends, and professionals), and individuals bereaved after a loss by suicide
Services: Information, training, help line, individual or family consultations, clinical supervision for professionals, research, prevention and post-suicide support

Comité de prévention du suicide de Senneterre
702, 10th Street, PO Box 6
Senneterre (QC) J0Y 2M0
Tel: 819-737-2785    Fax: 819-737-3091
Help line (24/7): 1-866-277-3553
Email: cpssenneterre@tlb.sympatico.ca
Language: French
Clientele: Individuals with suicidal ideations and their close ones (family, relatives, friends, and professionals), and individuals bereaved after a loss by suicide
Services: Information, training, help line, individual or family consultations, clinical supervision for professionals, research, prevention and post-suicide support
Substance Abuse & Pathological Gambling

**Piaule de Val-d’Or**
1179, Sullivan road
Val d’Or (QC) J9P 1L6
Tel: 819-825-9222  Fax: 819-825-9222
Email: lapiauledevd@tlb.sympatico.ca

*Language:* French  
*Clientele:* Adults with substance abuse (alcohol, drug, medication) or gambling problems.  
*Services:* Help line, support, evaluation, prevention, referral, socio-professional reintegration, follow-up, social activities and short-term lodging

**Unité Domrémy de Val-d’Or**
51, Saint-Jacques
Val-d’Or (QC) J9P 2X4
Tel: 819-825-8542  Fax: 819-825-2022
Email: udvaldor@tlb.sympatico.ca
[http://www.cegepat.qc.ca/mmedia05/francais/histo.html](http://www.cegepat.qc.ca/mmedia05/francais/histo.html)

*Language:* French  
*Clientele:* Adults with substance abuse problems  
*Services:* Support, advice, information, evaluation, referral, prevention, awareness-raising and social reintegration

**Manoir du chemin pour la sobriété**
160, 13th Avenue, PO Box 908
Senneterre (QC) J0Y 2M0
Tel: 819-737-4976  Fax: 819-737-8122
Email: manoir@lino.com

*Language:* French  
*Clientele:* Adults with substance abuse problems  
*Services:* Detoxification, temporary lodging, social reintegration, training and prevention
Violence and Sexual Abuse

**Espace Val-d’Or**
68A Curé Roy, suite 7
Val-d’Or (QC) J9P 3B2
Tel: 819-824-3572    Fax: 819-824-6450
Email: espace.ae@tlb.sympatico.ca

**Language:** French
**Clientele:** Youth (3-12)
**Services:** Violence prevention, educational program and workshops for youth, parents and school staff

**Women**

**Maison d’hébergement “Le Nid”**
PO Box 1591
Val-d’Or (QC) J9P 5Y8
Tel: 819-825-3865    Fax: 819-825-3885
Email: maisonlenid@cablevision.qc.ca

**Language:** French
**Clientele:** Women victim of domestic violence, with or without children
**Services:** Safe and confidential housing, individual intervention and prevention

**Assaut Sexuel Secours**
PO Box 697
Val-d’Or (QC) J9P 4P6
Tel: 812-825-6968    Fax: 819-825-7915
Email: info@assautsexuelsecours.com
http://www.assautsexuelsecours.com/

**Language:** French
**Clientele:** Adult and adolescent female victims of sexual aggression and rape
**Services:** Information, support, and referral for women and adolescents victim of sexual aggression and rape, and prevention
Summary

The community members of Kitcisakik and Lac Simon in Abitibi-Témiscamingue can easily access by road the services offered in the community, whether public services or community organizations. The range of services offered meet the most important needs identified (mental health, suicide, substance abuse & gambling, domestic violence and sexual abuse), but the distance that separates Kitcisakik from those services reduces their accessibility. As well, there does not seem to be any official constraint in accessing the services delivered by the public provincial health & social services system, although they are not adapted to the needs of the community members.
Pikogan

Territory: CSSS Les Eskers de l’Abitibi

Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Amos</th>
<th>Barraute</th>
<th>Pikogan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amos</td>
<td></td>
<td>50</td>
<td>4</td>
</tr>
<tr>
<td>Barraute</td>
<td>50</td>
<td></td>
<td>54</td>
</tr>
<tr>
<td>Pikogan</td>
<td>4</td>
<td>54</td>
<td></td>
</tr>
</tbody>
</table>

Public Health & Social Services

Health and Social Services Centre

CSSS Les Eskers de l’Abitibi
622, 4th Street W
Amos (QC) J9T 2S2
Tel: 819-732-3341    Fax: 819-732-7054

Centre Hospitalier Hotel-Dieu d’Amos
622, 4th Street W
Amos (QC) J9T 2S2
Tel: 819-732-3341
**CLSC Les Eskers**  
632, 1st Street West  
Amos (QC) J9T 2N2  
Tel: 819-732-3271  
*Language*: French

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Psychosocial Services</td>
<td>Adults</td>
<td>AEO referral</td>
</tr>
<tr>
<td>Childhood-Family-Youth</td>
<td>Children and Youth</td>
<td>AEO referral</td>
</tr>
<tr>
<td></td>
<td>Adults (if related to family matters)</td>
<td>Team Composition</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Social workers and psycho-educators</td>
</tr>
<tr>
<td>1st line mental health team</td>
<td>Adults</td>
<td>GASM referral (head of program, psychologist, social workers, nurse)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Team Composition</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ psychologist; 2 social workers; 3 nurses; 2 psycho-educators; 1 educator</td>
</tr>
<tr>
<td>1st line mental health team</td>
<td>Youth</td>
<td>AEO referral</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Team Composition: 1 psychologist; 1 social worker</td>
</tr>
<tr>
<td><strong>Second-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric unit and external clinic</td>
<td>Adults</td>
<td>Centre Hospitalier Hôtel-Dieu d’Amos: 8 beds</td>
</tr>
<tr>
<td>Child psychiatry clinic and long-term psychiatric hospitalization</td>
<td>Youth and Adults</td>
<td>These services are provided regionally at the Hôpital psychiatrique de Malartic: 12 beds (Region 08, long-term needs); 8 beds (legal psychiatry, Region 08; 10; 17)</td>
</tr>
<tr>
<td>Child psychiatry hospitalization</td>
<td>Youth</td>
<td>Services provided by the RUIS</td>
</tr>
</tbody>
</table>

**Services accessibility and adaptation for First Nations:**  
Members of the Pikogan community can receive the same mental health services as everybody else residing on the CSSS’s territory. They are not known to use the services frequently, and it is believed that this is due to the fact that a psychologist is at the reserve’s health centre four days a week.

**Rehabilitation Centre**  
**Centre Normand**  
621, Harricana Street  
Amos (QC) J9T 2P9  
Tel: 819-732-8241   Fax: 819-727-2210  
*Language*: French & English
School Board

**Commission scolaire Harricana**
341, Principale N
Amos (QC) J9T2L8
Tel: 819-732-6561    Fax: 819-732-1623
[http://www.csharricana.qc.ca](http://www.csharricana.qc.ca)
*Language*: French

Youth Protection Centre

**Centre jeunesse de l’Abitibi-Témiscamingue**
341, Principale Nord, 5th floor
Amos (QC) J9T 2L8
Tel: 819-732-3244   Fax: 819-732-9422
*Language*: French

Community Organizations

Mental Health

**Giboulée d’Amos (La)**
401, 1st Street W
Amos (QC) J9T 2M3
Tel: 819-727-1984    Fax: 819-727-3365
Email: yvondahbgiboulee@cableamos.com
*Language*: French
*Clientele*: Adults with mental health issues, substance abuse problems or poverty-related concerns
*Services*: Information, support group, active listening, accompaniment, workshops and lodging

**Rescousse (La)**
734, 2nd Avenue W
Amos (QC) J9T 1S8
Tel: 819-727-4567    Fax: 819-727-4555
Email: larescousse@cableamos.com
*Language*: French
*Clientele*: Relatives and friends of individuals affected by mental health issues
*Services*: Information, support, mutual help and respite care
Maison de la Famille d’Amos inc.
192, 2nd Avenue W, PO Box 564
Amos (QC) J9T 3A8
Tel: 819-727-2054    Fax: 819-727-9047
Email: mf.amos@cableamos.com
Language: French
Clientele: Families with children between 0 and 6 years old
Services: Information, active listening and family support, activities

Maison des jeunes “Le Kao”
551, 1st Street W, PO Box 446
Barraulte (QC) J0Y 1A0
Tel: 819-734-1354
Email: mdj_lekao@hotmail.com
Language: French
Clientele: Youth (12-21)
Services: Information, help, advice, active listening, and social development activities

Maison des jeunes F.R.A.D. d’Amos inc.
211, 10th Avenue E, PO Box 232
Amos (QC) J9T 3A6
Tel: 819-732-0584
Email: maisondesjeunesfrad@hotmail.com
Language: French
Clientele: Youth (12-17)
Services: Information, help, advice, active listening, and social development activities

Mobilisation Espoir Jeunesse
632, 1st Street W
Amos (QC) J9T 2N2
Tel: 819-732-3271, #4244    Fax: 819-732-1283
Email: lisemob@hotmail.com
Language: French
Clientele: Youth of the Abititi MRC
Services: Information, help, advice, active listening and activities to prevent or diminish social isolation
Mouvement la Porte Ouverte inc. (Le)
496, Road 386
Amos (QC) J9T 3A1
Tel: 819-732-7804
Email: andre.fortin@cableamos.com
Language: French
Clientele: Widows and widowers of all ages
Services: Support, consultation and recreational activities

Entraide de quartier “Le Point d’Eau Inc.”
42, Principale N
Amos (QC) J9T 2K6
Tel: 819-727-3121    Fax: 819-727-3171
Email: entraidedequartier@tlb.sympatico.ca
Language: French
Clientele: Seniors
Services: Transport, accompaniment, home support and moral support

Corporation Soutien-Accueil d’Amos inc.
652, 2nd Street W
Amos (QC) J9T 2E6
Tel: 819-732-2703
Language: French
Clientele: Seniors
Services: Accompaniment, visits and moral support

Suicide
Centre prévention suicide d’Amos inc.
734, 2nd Avenue W, PO Box 53
Amos (QC) J9T 3A5
Tel: 819-732-5473    Fax: 819-732-4325
Toll Free Line (24/7): 1-866-277-3553
Email: cpsamos@cableamos.com
www.preventionsuicideamos.com
Language: French
Clientele: Individuals with suicidal ideations and their close ones (family, relatives, friends, and crisis workers), and individuals bereaved after a loss by suicide
Services: Information, training, help line and support
Substance Abuse & Pathological Gambling

**Giboulée d’Amos (La)**
401, 1st Street W
Amos (QC) J9T 2M3
Tel: 819-727-1984    Fax: 819-727-3365
Email: yvondahbgiboulee@cableamos.com
**Language:** French  
**Clientele:** Adults with mental health issues, substance abuse problems or poverty-related concerns.  
**Services:** Information, support group, active listening, accompaniment and workshops

Violence and Sexual Abuse

Women

**CALACS Abitibi Action Ikwe**
PO Box 94
Amos (QC) J9T 3A5
Tel: 819-732-7889    Fax: 819-732-7856
Email: calacsabitibi@cableamos.com
**Language:** French  
**Clientele:** Adult and adolescent female victims of sexual aggression and rape  
**Services:** Information, support and referral for women and adolescents victim of sexual aggression and rape, and prevention

**Maison MIKANA (La)**
1, 4th Avenue E
Amos (QC) J9T 1C4
Tel: 819-732-9161    Fax: 819-732-7687
Email: mikana@cableamos.com
**Language:** French  
**Clientele:** Women victim of domestic violence, with or without children  
**Services:** Safe and confidential housing, individual intervention and prevention

Summary

The residents of Pikogan in Abitibi-Témiscamingue can easily access by road the services offered in the community, whether public services or community organizations. Although there is not a large number of resources, the range of services offered appears to meet the most important needs identified (mental health, suicide, substance abuse & gambling, domestic violence and sexual abuse). As well, there does not seem to be any official constraint in accessing the services delivered by the public provincial health & social services system, although they are not adapted to the needs of the Algonquins of Pikogan.
Timiskaming, Winneway, Wolf Lake and Eagle Village (Kipawa)

Territory: CSSS du Lac-Témiscamingue and CSSS de Témiscaming-et-de-Kipawa

Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Wolf Lake</th>
<th>Laforce</th>
<th>Notre-Dame-du-Nord</th>
<th>Saint-Eugène-de-Guigues</th>
<th>Timiskaming</th>
<th>Ville-Marie</th>
<th>Winneway</th>
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<tbody>
<tr>
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<td>Winneway</td>
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<table>
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<th></th>
<th>Kipawa</th>
<th>Témiscaming</th>
<th>Ville-Marie</th>
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<td>Témiscaming</td>
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</tr>
<tr>
<td>Ville-Marie</td>
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<td>89</td>
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Public Health & Social Services
Health and Social Services Centre
CSSS du Lac-Témiscamingue (Timiskaming, Winneway, and Wolf Lake)
CLSC & CH
22, Notre-Dame N
Ville-Marie (QC) J9V 1W8
Tel: 819-629-2420    Fax: 819-629-3257

CLSC Service Center - Laforce
Rang 6
Laforce (QC) J0Z 2J0

CLSC Service Center - Notre-Dame-du-Nord
2, Principale S
Notre-Dame-du-Nord (QC) J0Z 3B0

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>First-line services</strong></td>
<td></td>
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</tr>
<tr>
<td>General Psychosocial Services</td>
<td>Adults</td>
<td>AEO referral Social workers</td>
</tr>
<tr>
<td>Youth experiencing difficulties</td>
<td>Children and Youth</td>
<td>AEO referral</td>
</tr>
<tr>
<td>Adult (if related to family matters)</td>
<td></td>
<td>Team Composition: Psycho-educators, social workers, occupational therapists, speech therapists</td>
</tr>
<tr>
<td>1st line mental health team</td>
<td>Adults</td>
<td>AEO referral</td>
</tr>
<tr>
<td>1st line mental health team</td>
<td>Youth</td>
<td>AEO referral</td>
</tr>
<tr>
<td><strong>Second-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric services</td>
<td>Adults</td>
<td>Psychiatrist comes one week per month</td>
</tr>
<tr>
<td>Psychiatric unit and external clinic; Child psychiatry clinic</td>
<td>Youth and Adults</td>
<td>These services are provided regionally at the Hôpital psychiatrique de Malartic: 12 beds (Region 08, long term needs); 8 beds (legal psychiatry, Region 08; 10; 17)</td>
</tr>
<tr>
<td>Child psychiatry hospitalization</td>
<td>Youth</td>
<td>Services provided by the RUIS</td>
</tr>
</tbody>
</table>

*Services accessibility and adaptation for First Nations:*
The members of the three communities receive the same services as the rest of the population on the territory of the CSSS du Lac-Témiscamingue. The services are provided in both English and French.
CSSS de Témiscaming-et-de-Kipawa (Eagle Village/Kipawa)

CLSC & CH

180, Anvik Street, PO Box 760
Témiscaming (QC) J0Z 3R0
Tel: 819-627-3385 Fax: 819-627-3629

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
</tr>
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<tbody>
<tr>
<td><strong>First-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Psychosocial Services</td>
<td>Adults</td>
<td>AEO referral&lt;br&gt;Team Composition:&lt;br&gt;1 psychologist, 1 human relation agent, 1 part-time social worker</td>
</tr>
<tr>
<td>Childhood-Family-Youth</td>
<td>Children and Youth Adults (if related to family matters)</td>
<td>AEO referral&lt;br&gt;Team Composition:&lt;br&gt;1 psycho-educator, 1 social worker, 1 school nurse</td>
</tr>
<tr>
<td><strong>Second-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric unit and external clinic; Child psychiatry clinic</td>
<td>Youth and Adults</td>
<td>These services are provided regionally at the Hôpital psychiatrique de Malartic:&lt;br&gt;12 beds (Region 08, long term needs); 8 beds (legal psychiatry, Region 08; 10; 17)</td>
</tr>
<tr>
<td>Child psychiatry hospitalization</td>
<td>Youth</td>
<td>Services provided by the RUIS</td>
</tr>
</tbody>
</table>

**Services accessibility and adaptation for First Nations:**
Members of the community receive the same services as other residents of territory served by the CSSS de Témiscaming-et-de-Kipawa. Services are provided in both English and French.

Rehabilitation Centre

**Centre Normand**

22, Notre-Dame-de-Lourdes Street
Ville-Marie (QC) J0Z 3W0
Tel: 819-629-2149

180, Anvik Street, PO Box 760
Témiscaming (QC) J0Z 3R0
Tel: 819-627-3385 Fax: 819-627-9497

**Language:** French & English
School Board

**Commission scolaire du Lac-Témiscamingue**
2 Maisonneuve Street
Ville-Marie (QC) J9V1V4
Tel: 819-629-2472    Fax: 819-629-2791
http://www.cslactem.qc.ca
**Language:** French

Youth Protection Centre

**Centre jeunesse de l’Abitibi-Témiscamingue (CJAT)**

**Eagle Village First Nation**
3, Ogima Street
Kipawa (QC) J0Z 2H0
Tel: 819-627-9026   Fax: 819-627-1885
**Language:** French

**Timiskaming First Nation**
14, Algonquin
Notre-Dame-du-Nord (QC) J0Y 3B0
Tel: 819-723-2955    Fax: 819-723-2925

**Témiscaming**
180, Anvik Street, PO Box 760
Témiscaming (QC) J0Z 3R0
Tel: 819-627-3385    Fax: 819-627-3990

**Ville-Marie**
21, Notre-Dame-de-Lourdes
Suite 102, PO Box 398
Ville-Marie (QC) J9V 1X8
Tel: 819-629-2676    Fax: 819-629-2689

**Long Point First Nation**
207, Pawitig
Winneway (QC) J0Z 2J0
Tel: 819-722-2367    Fax: 819-722-2768
Community Organizations

Mental Health

Entretoise du Témiscamingue inc.
16, Saint-Gabriel S
Ville-Marie (QC) J9V 2A2
Tel: 819-622-0733    Fax: 819-622-1625
Email: entretoise_temis@cablevision.qc.ca
Language: French
Clientele: Adults with mental health issues
Services: Information, support, active listening, accompaniment, workshops, home support, group activities and supervised lodging

Maison les 4 saisons du Témiscamingue (La)
15, Chartier Street
Ville-Marie (QC) J9V 1C8
Tel: 819-629-3261    Fax: 819-629-3263
Email: maison4saisons@hotmail.com
Language: French
Clientele: Adults with mental health issues
Services: Medium term and emergency lodging, support and training for everyday life tasks

Association Place au Soleil
451, Kipawa Road, PO Box 541
Témiscaming (QC) J0Z 3R0
Tel: 819-627-1505    Fax: 819-627-1921
Email: place-au-soleil@hotmail.com
Language: French
Clientele: Individuals with moderate limitations (mental health, physical and intellectual disabilities)
Services: Food bank, social and professional reintegration and clothing

Maison des jeunes du Témiscamingue inc.
32, Notre-Dame W, PO Box 220
Lorrainville (QC) J0Z 2R0
Tel: 819-625-2525    Fax: 819-625-2545
Email: mdjt@tlb.sympatico.ca
Language: French
Clientele: Youth (12-17)
Services: Information, help, advice, active listening and workshops
**Liaison 12-18 inc.**
31, Thorne Avenue, PO Box 124
Témiscaming (QC) J0Z 3R0
Tel: 819-627-9911    Fax: 819-627-9175
**Language:** French
**Clientele:** Youth (12-18)
**Services:** Information, help, advice, active listening and substance abuse prevention.

**Notre-Dame-du-Nord en santé**
2, Principale, PO Box 307
Notre-Dame-du-Nord (QC), J0Z 3B0
Tel: 819-723-2100    Fax: 819-723-2483
Email: ndnensante@hotmail.com
**Language:** French
**Clientele:** General population, particularly youth
**Services:** Support, referral, active listening, accompaniment and prevention targeting youth issues; intervention in high schools and youth centres; neighbourhood street work, support and substance abuse prevention

**Club de l’âge d’or de Ville-Marie**
21-D, Saint-Gabriel S
Ville-Marie (QC) J9V 2A1
Tel: 819-629-2019
**Language:** French
**Clientele:** Seniors
**Services:** Home support and social activities

**Suicide**
**Comité de prévention du suicide du Témiscamingue**
3-10, Industrielle, suite 10
Ville-Marie (QC) J9V 1S3
Tel: 819-622-7777    Fax: 819-622-0021
Toll Free Line (24/7): 1-866-277-3553
Email: cpstemis@cablevision.qc.ca
http://www.cpstemis.com
**Language:** French
**Clientele:** Individuals with suicidal ideations and their close ones (family, relatives, friends, and crisis workers), and individuals bereaved after a loss by suicide
**Services:** Information, training, help line, support and prevention
Substance Abuse & Pathological Gambling


102, du Lac Cameron Road  
Saint-Eugène-de-Guigues (QC) J0Z 3L0  
Tel: 819-785-2666    Fax: 819-785-2526  
Toll free line: 1-866-916-2666  
Email: groupeimage@cablevision.qc.ca  

**Language:** French  
**Clientele:** Men experiencing difficulties, including substance abuse and domestic violence  
**Services:** Individual and group intervention, lodging and peer support

Violence and Sexual Abuse

Women

**Point d’Appui**  
PO Box 1274  
Rouyn-Noranda (QC) J9X 6E4  
Tel: 819-797-0101    Fax: 819-797-0102  
Email: info@pointdappui.org  

**Language:** French  
**Clientele:** Adult and adolescent female victims of sexual aggression and rape  
**Services:** Information, support and referral for women and adolescents victim of sexual aggression and rape, and prevention

**Centre de femmes du Témiscamingue**  
28 Notre-Dame-de-Lourdes  
Ville-Marie (QC) J9V 1X9  
Tel: 819-622-0111    Fax: 819-622-2377  
Email: cdf@temiscamingue.net

**Language:** French  
**Clientele:** Women  
**Services:** Information, support, workshops, social activities, anti-poverty actions and domestic violence awareness
09 Côte-Nord
Maison d’hébergement l’Équinoxe
PO Box 6005
Ville-Marie (QC) J9V 2E9
Tel: 819-622-7002    Fax: 819-622-7004
Emergency: 819-622-7001
Email: equinoxe@cablevision.qc.ca

Language: French
Clientele: Women victim of domestic violence, with or without children
Services: Safe and confidential housing, individual intervention and prevention

Men

102 du Lac Cameron Road
Saint-Eugène-de-Guigues (QC) J0Z 3L0
Tel: 819-785-2666    Fax: 819-785-2526
Toll free line: 1-866-916-2666
Email: groupeimage@cablevision.qc.ca
http://www3.cablevision.qc.ca/groupe-image/

Language: French
Clientele: Men experiencing difficulties, including substance abuse and domestic violence
Services: Individual and group intervention, lodging and peer support

Summary
The residents of Timiskaming, Winneway, Wolf Lake and Eagle Village/Kipawa in Abitibi-Témiscamingue can easily access, by road, the services offered in the community, whether public services or community organizations. However, the distance to those services is quite long for Winneway, Wolf Lake, and Eagle Village, thus reducing the accessibility of many community organizations. Although there is not a large number of resources, the range of services offered appears to meet the most important needs identified (mental health, suicide, substance abuse & gambling, domestic violence and sexual abuse). As well, there appears to be no official constraint in accessing the services delivered by the public provincial health and social services system. The services are regularly used by the residents of those communities, and services are provided in English. Therefore, although not entirely adapted, the institutions appear to be open to the needs of the Algonquins in Abitibi-Témiscamingue.
Regional Services
Health & Social Services Agency

*Agence de la santé et des services sociaux de la Côte-Nord*

691, Jalbert
Baie-Comeau (QC) G5C 2A1
Tel: 418-589-9845   Fax: 418-589-8574
http://www.agencesante09.gouv.qc.ca/

**Aboriginal Liaison:** Yes. This position has been recently created. This person is involved in a work committee with the reserves, coordinates requests with appropriate entities, ensures proper communication, and provides information on various services.

Rehabilitation Centre

**Centre Le Canal**

659, Blanche Boulevard
Baie-Comeau (QC) G5C 2B2
Tel: 418-589-5704   Fax: 418-295-1773   Toll free: 1-800-418.5704
http://www.cprcn.qc.ca

**Language:** French & English

**Aboriginal Liaison:** None, but Aboriginal clients are accepted through National Native Alcohol and Drug Abuse Program (NNADAP) among First Nations referral.
School Board

**Eastern Shores School Board**
40, Mount Sorel, PO Box 500
New Carlisle (QC) G0C 1Z0
Tel: 418-752-2247   Fax: 418-752-6447
http://www.essb.qc.ca/
*Language:* English

Youth Protection Centre

**Centre Jeunesse Côte-Nord**
835, Joliet Boulevard
Baie-Comeau (QC) G5C 1P5
Tel: 418-589-9927   Fax: 418-589-4757
*Language:* French

**Aboriginal Liaison:** Aboriginal issues are divided and addressed based on geographic divisions.

Community Organizations

Mental Health

**Centre d’amitié autochtone de Sept-Îles**
700, Laure Boulevard, suite 170
Sept-Îles (QC) G4R 1Y1
Tel: 418-962-5075   Fax: 418-968-2611
Email: caasi@globetrotter.net
*Language:* French
*Clientele:* Aboriginal people living outside Aboriginal communities but in the Côte-Nord region
*Services:* Currently in development – needs and services assessment currently ongoing

**Les Habitations communautaires Le Gîte**
858, Dastous
Baie-Comeau (QC) G5C 1J9
Tel: 418-589-2211   Fax: 418-589-4384
Email: maison.transition.bc@globetrotter.net
*Language:* French
*Clientele:* Adults (18-40) with mental health issues
*Services:* Individual consultation, lodging, support group, accompaniment, socio-professional reintegration, alternative medicine (yoga, music therapy), recreational activities and crisis intervention
**L’Âtre de Sept-Îles**
409, De Quen Avenue
Sept-Îles (QC) G4R 2R1
Tel: 418-962-6006    Fax: 418-962-6016
Email: atre@cgocable.ca

**Language:** French and English
**Clientele:** Adults with mental health issues
**Services:** Individual consultation, lodging (8 beds), support group, accompaniment and recreational activities

**Éki-Lib Santé Côte-Nord**
652, De Quen Avenue
Sept-Îles (QC) G4R 2R5
Tel: 418-968-3960    Fax: 418-968-2286
Toll Free: 1-877-968-3960
Email: eki_lib@hotmail.com

**Language:** French
**Clientele:** Individuals with eating disorders and their close ones
**Services:** Information, help line, active listening, referral and support group

**Suicide**

**Centre d’intervention et de prévention du suicide Côte Nord**
PO Box 2591
Baie-Comeau (QC) G5C 2T3
Tel: 418-295-2101    Fax: 418-295-2323
Toll free (24/7): 1-866-277-3553
Email: cps09@globetrotter.net
http://www.agirpourlavie.qc.ca/

**Language:** French
**Clientele:** Individuals with suicidal ideations and their close ones (family, relatives, friends, and crisis workers), and individuals bereaved after a loss by suicide
**Services:** Information, training, help line, support and prevention
Substance Abuse & Pathological Gambling

**Centre d’intervention Le Rond-Point**
101, Tortellier
Sept-Îles (QC) G4R 3Z7
Tel: 418-962-7333 Fax: 418-962-5390
Toll Free: 1-877-962-7333
Email: directiongeneral@globetrotter.net
http://www.lerondpoint.org/

**Language:** French
**Clientele:** Adults with substance abuse (alcohol, drug, medication) or gambling problems
**Services:** Help line, support, evaluation, prevention, referral, follow-up and social activities

**Point de rencontre**
619, de l’Hôpital
Baie-Comeau (QC) G5C 3H2
Tel: 418-589-7551 Fax: 418-589-7619
Email: pointderencontre@cgocable.ca

**Language:** French
**Clientele:** Men in crisis and/or with substance abuse issues
**Services:** Temporary lodging, therapy, support, information, referral, group and individual counselling

Violence & Sexual Abuse

Women

**CALACS Côte-Nord – Baie Comeau**
(Essipit & Betsiamites)
PO Box 2216
Baie-Comeau (QC) G5C 2S9
Tel: 418-589-1714 Fax: 418-589-1414
Toll Free: 1-800-563-0443
Email: calacs09@globetrotter.net
www.lumiereboreale.qc.ca

**Language:** French
**Clientele:** Adult and adolescent female victims of sexual aggression and rape
**Services:** Help line, individual consultation, group workshops, support and accompaniment regarding legal or medical actions, referral, information for Aboriginal women, prevention activities and social change claims
CALACS Côte-Nord – Sept-Îles
(Uashat mak Mani Utenam, Natashquan, Unamen Shipu, Pakua Shipi, Matimekush/Lac-John)
PO Box 3040
Sept-Îles (QC) G4R 4K6
Tel: 418-968-2119
Email: calacs7@globetrotter.net
Language: French
Clientele: Adult and adolescent female victims of sexual aggression and rape
Services: Help line, individual consultation, group workshops, support and accompaniment regarding legal or medical actions, referral, prevention activities and social change claims

La Maison des femmes de Sept-Îles inc.
PO Box 278
Sept-Îles (QC) G4R 4K5
Tel: 418-962-8141/418-968-6446    Fax: 418-968-1868
Email: coindesfemmes@cgocable.ca
Language: French
Clientele: Women victim of domestic violence, with or without children
Services: Safe and confidential housing, individual intervention, external consultation and prevention

Men
Point de rencontre
619, de l’Hôpital
Baie-Comeau (QC) G5C 3H2
Tel: 418- 589-7551    Fax: 418-589-7619
Email: pointderencontre@cgocable.ca
Language: French
Clientele: Men in crisis and/or with substance abuse issues
Services: Temporary lodging, therapy, support, information, referral, group and counselling

Hommes Sept-Îles, Centre d’entraide pour hommes
652, De Quen Avenue
Sept-Îles (QC) G4R 2R5
Tel: 418-961-1530    Fax: 418-968-2286
Email: hseptils@globetrotter.net
Language: French
Clientele: Men
Services: Help line, information, referral, individual consultation, conferences and accompaniment
Essipit
 Territory: CSSS de la Haute-Côte-Nord

Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Baie-Comeau</th>
<th>Betsiamites</th>
<th>Essipit</th>
<th>Forestville</th>
<th>Les Escoumins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baie-Comeau</td>
<td></td>
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<td>99</td>
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<tr>
<td>Betsiamites</td>
<td>54</td>
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<tr>
<td>Essipit</td>
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<td>108</td>
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<td>1</td>
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<td>Forestville</td>
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<td>Les Escoumins</td>
<td>158</td>
<td>106</td>
<td>1</td>
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Public Health & Social Services
Health and Social Services Centre
CSSS de la Haute-Côte-Nord (CLSC)
Pavillon Les Escoumins
4, de l'Hôpital Street
Les Escoumins (QC) G0T 1K0
Tel: 418-233-2931    Fax: 418-233-2608
http://www.cssshcn.gouv.qc.ca/

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>First-line services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Psychosocial Services</td>
<td>Adults</td>
<td>AEOR referral</td>
</tr>
<tr>
<td>Childhood-Family</td>
<td>Children (0-5) and their parents</td>
<td>AEOR referral, Team Composition, Nurse, psychosocial counsellor, educator</td>
</tr>
<tr>
<td>Youth experiencing difficulties</td>
<td>Youth (6-18) and their parents</td>
<td>AEOR referral, Team Composition, 1 psychologist and 1 psychosocial counsellor</td>
</tr>
<tr>
<td>1st line mental health team</td>
<td>Adults</td>
<td>AEOR referral, Team Composition, 1 psychologist; 1 psychosocial counsellor; 1 nurse</td>
</tr>
<tr>
<td>Second-lines services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric unit and child psychiatry services</td>
<td>Adults and Youth</td>
<td>These services are provided by the Hôpital Le Royer (Baie-Comeau) 21 beds</td>
</tr>
<tr>
<td>Child psychiatry unit</td>
<td>Youth</td>
<td>This service is provided through the RUIS Université Laval at the CHUQ- Centre de pédopsychiatrie (please see region 03)</td>
</tr>
</tbody>
</table>

**Services accessibility and adaptation for First Nations:**
Services offered at the CSSS Haute-Côte-Nord are accessible to people of the Essipit and Betsiamites communities. The CSSS tries to work in collaboration with the communities, for example, they now advertise immunization schedules in the health centres of the communities.
Rehabilitation Centre

**Centre Le Canal**
4, Des Pilotes Street
Les Escoumins (QC) G0T IK0
Tel: 418-233-3143    Fax: 418-233-2252
*Language:* French & English

School Board

**Commission scolaire de l’Estuaire**
771, Joliet Boulevard
Baie-Comeau (QC) G5C1P3
Tel: 418-589-0806    Fax: 418-589-2711
Email: dgestuaire@grics.qc.ca
http://www.csestuaire.qc.ca
*Language:* French

Youth Protection Centre

**Centre Jeunesse Côte-Nord**
4 Des Pilotes Street
Les Escoumins (QC) G0T 1K0
Tel: 418-233-3143    Fax: 418-233-2252
Toll Free: 1-800-463-8547
*Language:* French

Community Organizations

Mental Health

**Centre de jour Le Mur-Mûre**
9, 11th Street
Forestville (QC) G0T 1E0
Tel: 418-587-4226    Fax: 418-587-6101
*Language:* French
*Clientele:* Individuals with severe mental health diagnostic (18-70)
*Services:* Support, information and activities to maintain or develop life skills
Comité action jeunesse des Escoumins
2, de la Croix
Les Escoumins (QC) G0T 1K0
Tel: 418-233-3527   Fax: 418-233-3542

Language: French

Clientele: Youth (10-17)

Services: Information, help, advice, active listening and drug prevention

Violence & Sexual Abuse

Women

Centre des femmes de Forestville
13, Road 138 E
Forestville (QC) G0T 1E0
Tel: 418-587-4204   Fax: 418-587-4550
Email: cf.forestville@centrefemmes.net

Language: French

Clientele: Women

Services: Active listening, support, information, referral, accompaniment, workshops, and educational and recreational activities

Maison d’hébergement l’Amie d’Elle
PO Box 4008
Forestville (QC) G0T 1E0
Tel: 418-587-2533   Fax: 418-587-2324
Email: amielle@globetrotter.net

Language: French

Clientele: Women victim of domestic violence, with or without children

Services: Safe and confidential housing, individual intervention, external consultation, follow-up, research and prevention

Summary

The residents of Essipit can easily access, by road, the services offered on the territory, whether public services or community organizations. Although there is not a large number of resources, the range of services offered appears to meet the most important needs identified (mental health, suicide, substance abuse & gambling, domestic violence and sexual abuse). As well, there appears to be no official constraint in accessing the services delivered by the public provincial health and social services system, and consideration is being given to adapting the services to the specific needs of the community members.
Betsiamites
Territory: CSSS de Manicouagan

Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Baie-Comeau</th>
<th>Baie-Trinité</th>
<th>Betsiamites</th>
<th>Chute-aux-Outardes</th>
<th>Ragueneau</th>
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Public Health & Social Services
Health and Social Services Centre
CSSS de Manicouagan
635, Joliet Boulevard
Baie-Comeau (QC) G5C 1P1
Tel: 418-589-3701    Fax: 418-589-9654
http://csssmanicouagan.qc.ca/

Hôpital Le Royer (CH)
635, Joliet Boulevard
Baie-Comeau (QC) G5C 1P1
Tel: 418-589-3701    Fax: 418-589-9654

CLSC Marie-Leblanc-Côté
2, de l’École Street, PO Box 2024
Chute-aux-Outardes (QC) G0C 1C0
Tel: 418-567-2005    Fax: 418-567-2919

<table>
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<th>Services</th>
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<td><strong>First-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Psychosocial and Mental Health Services</td>
<td>Adults</td>
<td>AEO referral</td>
</tr>
<tr>
<td>Childhood-Family</td>
<td>Children (0-10) and parents</td>
<td>AEO referral</td>
</tr>
<tr>
<td>Family-Youth</td>
<td>Youth (11-17) and parents</td>
<td>AEO referral</td>
</tr>
<tr>
<td>1st line mental health team</td>
<td>Adults</td>
<td>Counselling, treatment, intensive follow-up and follow-up of variable intensity</td>
</tr>
<tr>
<td><strong>Second-lines services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric unit</td>
<td>Adults</td>
<td>21 beds</td>
</tr>
<tr>
<td>External psychiatric clinic</td>
<td>Adults</td>
<td></td>
</tr>
<tr>
<td>Child psychiatry clinic</td>
<td>Youth</td>
<td></td>
</tr>
<tr>
<td>Child psychiatry unit</td>
<td>Youth</td>
<td>This service is provided through the RUIS Université Laval at the CHUQ- Centre de pédopsychiatrie (please see region 03)</td>
</tr>
</tbody>
</table>
Services accessibility and adaptation for First Nations:
The residents of Betsiamites can receive all the services available at the CSSS Manicouagan. The CSSS provides the service of an interpreter for the community members. Continuous use of specialized services is rare because of distance and transportation difficulties. In some cases, the CSSS works with temporary lodging resources from the provincial network in order for the community members to receive services. There are some jurisdiction issues as these services are not necessarily covered by Health Canada.

Rehabilitation Centre

**Centre Le Canal**
625, Des Épilobes
Baie-Comeau (QC) G5C 1Y9
Tel: 418-589-2003   Fax: 418-589-2095
**Language:** French & English

School Board

**Commission scolaire de l’Estuaire**
771, Joliet Boulevard
Baie-Comeau (QC) G5C1P3
Tel: 418-589-0806   Fax: (418) 589-2711
Email: dgestuaire@grics.qc.ca
[http://www.csestuaire.qc.ca](http://www.csestuaire.qc.ca)
**Language:** French

Youth Protection Centre

**Centre Jeunesse Côte-Nord**
835, Joliet Boulevard
Baie-Comeau (QC) G5C 1P5
Tel: 418-589-9927   Fax: 418-589-4304
**Language:** French
**Espace Côte-Nord**
904, de Puyjalon, 2nd floor
Baie-Comeau (QC) G5C 1N1
Tel: 418-589-2405    Fax: 418-589-2449
Email: espacecn@globetrotter.net
*Language:* French
*Clientele:* Youth (3-12)
*Services:* Violence prevention, educational program and workshops for youth, parents and school staff

**La Maison des jeunes « La Boîte » de Ragueneau**
10, des Loisirs, suite 116
Ragueneau (QC) G0H 1S0
Tel: 418-567-4556 (day) 418-567-4717 (evening)
Email: mdj_la.boite@hotmail.com
*Language:* French
*Clientele:* Youth (12-17)
*Services:* Information, help, advice, active listening and prevention

**La maison des jeunes La Relève**
836, Joliet Boulevard, PO Box 2252
Baie-Comeau (QC) G5C 2S9
Tel: 418-589-1217    Fax: 418-295-1439
Email: mdj.lareleve@cgocable.ca
*Language:* French
*Clientele:* Youth
*Services:* Information, help, advice, active listening and substance abuse prevention

**La Maison des jeunes Le Spoth de Chute-aux-Outardes**
37, de l’Église
Chute-aux-Outardes (QC) G0H 1C0
Tel: 418-567-2176    Fax: 418-567-4388
Email: MDJSpoth@internetsaco.com
*Language:* French
*Clientele:* Youth (12-17)
*Services:* Information, help, advice, active listening and prevention
Community Organizations

Mental Health

**Association des parents et amis du malade émotionnel Baie-Comeau (A.P.A.M.E.)**

884A, de Puyjalon, PO Box 2071
Baie-Comeau (QC) G5C 2S8
Tel: 418-295-2090  Fax: 418-295-2090
Email: apamebc@globetrotter.net

**Language:** French

**Clientele:** Individuals with mental health issues and their close ones (family and friends)

**Services:** Active listening, help line, support group, information and referral

**Association des parents PANDA Manicouagan**

1123, Côté
Baie-Comeau (QC) G5C 2E5
Tel: 418-295-7250
Fax: 418-589-1912
Email: pandaman@globetrotter.net

**Language:** French

**Clientele:** Parents of children with ADD or ADHD

**Services:** Information, support group, referral, conferences and help line

**Le Créam**

842, de Puyjalon, PO Box 2535
Baie-Comeau (QC) G5C 2T2
Tel: 418-589-3499  Fax: (418) 589-3477
Email: lecream@globetrotter.net

**Language:** French

**Clientele:** Adults with current or past emotional issues

**Services:** Active listening, support, accompaniment, information, training and recreational activities

**Nouveau regard**

1191, Laflèche Boulevard
Baie-Comeau (QC) G5C 1E1
Tel: 418-589-1778

**Language:** French

**Clientele:** Separated individuals

**Services:** Help and support group
Substance Abuse & Pathological Gambling

**Club l’Étape Manicouagan**
940, Comtois
Baie-Comeau (QC) G5C 2A4
Tel: 418-589-3141    Fax: 418-589-3141
Email: clubetapemanic@hotmail.com
*Language*: French
*Clientele*: Individuals with current or past substance abuse issues
*Services*: Support, information, referral and social activities.

**Unité Domrémy de Baie-Comeau**
170, La Salle Boulevard
Baie-Comeau (QC) G4Z 1S4
Tel: 418-296-3486    Fax: 418-296-7937
Email: unitedomremybc@globetrotter.net
*Language*: French
*Clientele*: Individuals with substance abuse issues
*Services*: Information, support, referral, support group and social activities

Violence & Sexual Abuse

**Women**

**Centre de femmes “l’Étincelle”**
PO Box 2214, Baie-Comeau (QC) G5C 2S9
Tel: 418-589-9366    Fax: 418-295-2076
Email: cfee@globetrotter.net
*Language*: French
*Clientele*: Women
*Services*: Active listening, support, information, referral, accompaniment, workshops, and educational and recreational activities

**Maison Anita-LeBel**
77, Mance Avenue
Baie-Comeau (QC) G4Z 1N1
Tel: 418-296-4100   Fax: 418-296-5831
Email: maisonanitalebel@globetrotter.net
[http://www.maisonanitalebel.org/accueil.htm](http://www.maisonanitalebel.org/accueil.htm)
*Language*: French and English
*Clientele*: Women victim of domestic violence, with or without children
*Services*: Safe and confidential second stage housing, individual intervention and social activities
Maison des femmes de Baie-Comeau
PO Box 283, Succ. Marquette
Baie-Comeau (QC) G4Z 2H1
Tel: 418-296-4733 Fax: 418-294-2421
Email: mfbc@globetrotter.net

Language: French

Clientele: Women victim of domestic violence, with or without children

Services: Safe and confidential housing, individual intervention, external consultation and prevention

Summary
The residents of Betsiamites can easily access, by road, the services offered on the territory, whether public services or community organizations. However, the distance may prevent accessibility for those who do not have access to a vehicle. Although there is not a large number of resources, the range of services offered appears to meet the most important needs identified (mental health, suicide, substance abuse & gambling, domestic violence and sexual abuse). As well, there appears to be no official constraint in accessing the services delivered by the public provincial health and social services system, and consideration is being given to adapting the services to the needs of the community members.
Uashat mak Mani Utenam
Territory: CSSS de Sept-Îles

Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Baie-Comeau</th>
<th>Mani Utenam</th>
<th>Sept-Îles</th>
<th>Uashat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baie-Comeau</td>
<td></td>
<td>245</td>
<td>230</td>
<td>229</td>
</tr>
<tr>
<td>Mani Utenam</td>
<td>245</td>
<td></td>
<td>15</td>
<td>18</td>
</tr>
<tr>
<td>Sept-Îles</td>
<td>230</td>
<td>15</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Uashat</td>
<td>209</td>
<td>18</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>
Public Health & Social Services
Health and Social Services Centre

CSSS de Sept-Îles (CH – Hôpital et Centre d’Hébergement)
45, Père-Divet Street, Sept-Îles (QC) G4R 3N7
Tel: 418-962-9761    Fax: 418-962-2701

CLSC de Sept-Îles
405, Brochu Avenue, Sept-Îles (QC) G4R 2W9
Tel: 418-962-2572    Fax: 418-962-1858

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Psychosocial Services</td>
<td>Adults</td>
<td>AEO referral</td>
</tr>
<tr>
<td>Childhood-Family-Youth</td>
<td>Children and Youth Adults (if related to family matters)</td>
<td>Team Composition: 1 psychologist; 1 physician; 1 educator 0-5 years old: 5 nurses, 3 psychosocial counsellors 5-12 y.o.: 4 psychosocial counsellors; 2 school nurses 12-18 y.o.: 1 school nurse; 2 school-based psychosocial counsellors Crisis team: 2 psychosocial counsellors Current support from 1 educator and 1 psycho-educator</td>
</tr>
<tr>
<td>1st line mental health team</td>
<td>Adults</td>
<td>GASM referral</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Team Composition: 1 psychologist; 1 social work technician; 1 educator</td>
</tr>
<tr>
<td><strong>Second-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric unit, external clinic, and day centre</td>
<td>Adults</td>
<td>Hôpital de Sept-Îles: 21 beds 2 psychologists; 1 ½ nurse; 1 clinician nurse; 2 social workers; 1 educator; psychiatrist; 2 physicians</td>
</tr>
<tr>
<td>Child psychiatry clinic</td>
<td>Youth</td>
<td>Educators, nurses, social worker, and child psychiatrist</td>
</tr>
<tr>
<td>Child psychiatry unit</td>
<td>Youth</td>
<td>Hôpital de Sept-Îles: There is no child psychiatry unit, but if hospitalization is required, they can accommodate the patient in the paediatric unit or in the short-term hospitalization (24/7 surveillance) CHUQ-Centre de pédopsychiatrie if super-specialized care or long-term hospitalization is needed (Please see region 03)</td>
</tr>
</tbody>
</table>

**Services accessibility and adaptation for First Nations:**
The CSSS de Sept-Îles offers first-line services to the members of the communities located on its territory and they have regular contact with the health and social services workers of the communities. As they offer second-line services on a regional basis, members of communities located on the territories of the CSSSs affiliated with the CSSS de Sept-Îles for these services receive them in Sept-Îles.
Rehabilitation Centre

**Centre Le Canal**
128, Régnault Street, Suite 201
Sept-Îles (QC) G4R 5T9
Tel: 418-962-7196  Fax: 418-968-5014
**Language:** French and English

School Board

**Commission scolaire du Fer**
30, Comeau Street
Sept-Îles (QC) G4R4N2
Tel: 418-968-9901  Fax: 418-962-7760
Email: robert.smith@csdufer.qc.ca
[http://www.csdufer.qc.ca](http://www.csdufer.qc.ca)
**Language:** French

Youth Protection Centre

**Centre Jeunesse Côte-Nord**
128, Régnault Street, Suite 206
Sept-Îles (QC) G4R 5T9
Tel: 418-962-2578  Fax: 418-968-8496
**Language:** French
Community Organizations

Mental Health

**Association des parents et amis du malade émotionnel Sept-Îles (A.P.A.M.E.)**
652, De Quen Avenue, 2nd floor
Sept-Îles (QC) G4R 2R5
Tel: 418-968-0448
Toll Free: 1-888-718-2726
Email: apamesi@globetrotter.net

*Language:* French

*Clientele:* Individuals with mental health issues and their close ones (family and friends)

*Services:* Active listening, help line, support group, information, family or individual consultation, training and referral

**Transit Sept-Îles**
409, Gamache
Sept-Îles (QC) G4R 2H8
Tel: 418-968-9190    Fax: 418-962-6350
Email: transit.sept-iles@cgocable.ca

*Language:* French

*Clientele:* Individuals experiencing difficult situations

*Services:* Temporary shelter, support, accompaniment, reintegration and referral

**Défi-Jeunesse**
652, De Quen Avenue
Sept-Îles (QC) G4R 2R5
Tel: 418-962-3434    Fax: 418-968-2286
Email: djsi@globetrotter.net

*Language:* French

*Clientele:* Youth (12-25)

*Services:* Street work and prevention

**Maison des jeunes de Sept-Îles**
500, Joliet
Sept-Îles (QC) G4R 2B4
Tel: 418-964-3379/418-964-3365

*Language:* French

*Clientele:* Youth (13-17)

*Services:* Information, help, advice, active listening and prevention
Violence & Sexual Abuse

Women

**Centre femmes aux quatre vents**
652, De Quen Avenue
Sept-Îles (QC) G4R 2R5
Tel: 418-968-2925    Fax: 418-968-0151
Email: info@centrefemmesaux4vents.org

*Language:* French  
*Clientele:* Women  
*Services:* Active listening, support, information, referral, accompaniment, workshops, and educational and recreational activities

**Summary**
The residents of Uashat mak Mani Utenam can easily access, by road, the services offered on the territory, whether public services or community organizations. Although there is not a large number of resources, the range of services offered appears to meet the most important needs identified (mental health, suicide, substance abuse & gambling, domestic violence and sexual abuse). There are regular contacts between the communities and the CSSS, but the services do not appear to be adapted to the specific needs of the community members.
Ekuanitshit and Natashquan
Territory: CSSS de la Minganie

Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Aguanish</th>
<th>Baie-Comeau</th>
<th>Havre-Saint-Pierre</th>
<th>Ekuanitshit</th>
<th>Natashquan</th>
<th>Rivière-au-Tonnerre</th>
<th>Sept-Îles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aguanish</td>
<td></td>
<td>572</td>
<td>126</td>
<td>173</td>
<td>33</td>
<td>220</td>
<td>342</td>
</tr>
<tr>
<td>Baie-Comeau</td>
<td>572</td>
<td></td>
<td>448</td>
<td>406</td>
<td>605</td>
<td>352</td>
<td>230</td>
</tr>
<tr>
<td>Havre-Saint-Pierre</td>
<td>126</td>
<td>448</td>
<td></td>
<td>49</td>
<td>159</td>
<td>96</td>
<td>217</td>
</tr>
<tr>
<td>Ekuanitshit</td>
<td>173</td>
<td>406</td>
<td>49</td>
<td></td>
<td>206</td>
<td>55</td>
<td>183</td>
</tr>
<tr>
<td>Natashquan</td>
<td>33</td>
<td>605</td>
<td>159</td>
<td>206</td>
<td></td>
<td>253</td>
<td>369</td>
</tr>
<tr>
<td>Rivière-au-Tonnerre</td>
<td>220</td>
<td>352</td>
<td>96</td>
<td>55</td>
<td>253</td>
<td></td>
<td>122</td>
</tr>
<tr>
<td>Sept-Îles</td>
<td>342</td>
<td>230</td>
<td>217</td>
<td>183</td>
<td>369</td>
<td></td>
<td>122</td>
</tr>
</tbody>
</table>
Public Health & Social Services
Health and Social Services Centre
CSSS de la Minganie
1035, des Anciens Promenade
Havre-Saint-Pierre (QC) G0G 1P0
Tel: 418-538-2212   Fax: 418-538-3066
http://www.csssminganie.com/index.html

Natashquan Service Center
47, d’en Haut Road
Natashquan (QC) G0G 2E0
Tel: 418-726-3387   Fax: 418-726-3549

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Psychosocial Services</td>
<td>Adults</td>
<td>AEO referral 3 Human relation agents</td>
</tr>
<tr>
<td>Childhood-Family-Youth</td>
<td>Children and Youth</td>
<td>AEO referral</td>
</tr>
<tr>
<td></td>
<td>Adults (if related to family matters)</td>
<td></td>
</tr>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; line mental health team</td>
<td>Adults</td>
<td>AEO referral Team Composition (tentative) 1 psychologist; 1 social rehabilitation specialist (SIV); 1 social worker (from AEO), 1 physician (not yet assigned); 1 psychiatrist (from Sept-Îles); and temporarily, 1 nurse</td>
</tr>
<tr>
<td>(not yet in place)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; line mental health team</td>
<td>Youth</td>
<td>1 youth psychologist and 1 school-based human relation agent</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Second-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric and child psychiatry unit</td>
<td>Adults and Youth</td>
<td>These services are provided by the Hôpital de Sept-Îles</td>
</tr>
</tbody>
</table>

**Services accessibility and adaptation for First Nations:**
The community members have access to a full range of services. There is an attempt to coordinate their services with those of the communities, and there is openness towards requests emerging from them.
Rehabilitation Centre

**Centre Le Canal**
1035, des Anciens Promenade
Havre-Saint-Pierre (QC) G0G 1P0
Tel: 418-538-2212   Fax: 418-538-2365/3658
*Language:* French and English

School Board

**Commission scolaire de la Moyenne-Côte-Nord**
1235, de la Digue Street
Havre-Saint-Pierre (QC) G0G1P0
Tel: 418-538-3044 Fax: 418-538-3268
Email: [csmcn2@globetrotter.qc.ca](mailto:csmcn2@globetrotter.qc.ca)
[http://www.csmcn.qc.ca](http://www.csmcn.qc.ca)
*Language:* French

Youth Protection Centre

**Centre Jeunesse Côte-Nord**
1035, des Anciens Promenade, PO Box 4005
Havre-Saint-Pierre (QC) G0G IP0
Tel: 418-538-2955 Fax: 418-538-3196
Toll Free: 1-800-463-8547
*Language:* French

Community Organizations

Mental Health

**L’Entre-deux-Tournants**
59B, du Pré
Natashquan (QC) G0G 2E0
Tel: 418-726-3740   Fax: 418-726-3740
Email: [entre.deux.tournants@globetrotter.net](mailto:entre.deux.tournants@globetrotter.net)
*Language:* French
*Clientele:* Youth
*Services:* Information, help, advice, active listening and substance abuse prevention
La Maison du Tonnerre
383, Jacques-Cartier, PO Box 68
Rivière-au-Tonnerre (QC) G0G 2L0
Tel: 418-465-2922    Fax: 418-465-2200
Email: rinatrem@globetrotter.net
Language: French
Clientele: Youth
Services: Information, help, advice, active listening and substance abuse prevention

Maison des jeunes « La Source » Minganie
908, de l’Escale
Havre-Saint-Pierre (QC) G0G 1P0
Tel: 418-538-3368    Fax: 418-538-3366
Email: mdjsm@globetrotter.net
Language: French
Clientele: Youth
Services: Information, help, advice, active listening and substance abuse prevention

Violence & Sexual Abuse
Women
Centre Le Volet des femmes
137, Jacques-Cartier Road
Aguanish (QC) G0G 1A0
Tel: 418-533-2212    Fax: 418-533-2313
Email: volet@globetrotter.net
Language: French
Clientele: Women
Services: Active listening, support, information, referral, accompaniment, workshops, and educational and recreational activities

Summary
There are a limited number of services available on the territories of Ekuanitshit and Natashquan, but those available are accessible by road. Most of the needs identified are linked to regional resources, and the distance between the communities and these resources considerably reduces their accessibility. As well, although the services are not quite adapted to the needs of the communities’ population, there are efforts at coordinating the services.
Unamen Shipu and Pakua Shipi
Territory: CSSS de la Basse Côte-Nord
### Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Baie-Comeau</th>
<th>Blanc-Sablon</th>
<th>Kegaska</th>
<th>Pakua Shipi</th>
<th>Sept-îles</th>
<th>Saint-Augustin</th>
<th>Unamen Shipu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baie-Comeau</td>
<td></td>
<td>605 km Th 8am Fr 6:45pm</td>
<td>605 km Th 8am Fr 6:45pm</td>
<td>605 km Th 8am Fr 12pm</td>
<td>230 km</td>
<td>605 km Th 8am Fr 12pm</td>
<td>605 km Th 8am Th 3pm</td>
</tr>
<tr>
<td>Blanc-Sablon</td>
<td>Fr 12 am Sun 9:15am 605km</td>
<td>Fr 12am Sun 9:15am* 605km</td>
<td>Fr 12am Sun 5:30am Sat 4:45am</td>
<td>Fr 12am Sun 9:15am* 375km</td>
<td>Fr 12am Sun 9:15am* 375km</td>
<td>Fr 12am Sun 4:45am</td>
<td>Fr 12am Sun 1:45pm</td>
</tr>
<tr>
<td>Kegaska</td>
<td>Sun 6:30am Sun 9:15am* 605km</td>
<td>Th 12:30 pm Fr 6:45pm</td>
<td>Th 12:30 pm Fr 12pm</td>
<td>Sun 6:30am Sun 9:15am* 375km</td>
<td>Th 12:30 pm Fr 12pm</td>
<td>Th 12:30 pm Fr 12pm</td>
<td>Th 12:30 pm Th 3pm</td>
</tr>
<tr>
<td>Pakua Shipi</td>
<td>Sat 6:15am Sun 9:15am* 605km</td>
<td>Fr 1:45pm</td>
<td>Sat 6:15am Sun 5:30am Fr 6:45pm</td>
<td>Sat 6:15am Sun 9:15am* 375km</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sept-îles</td>
<td>230 km</td>
<td>Wed 6am Fr 6:45pm</td>
<td>Wed 6 am Th 11am Fr 12pm</td>
<td>Wed 6 am Fr 12pm</td>
<td>Wed 6 am Fr 12pm</td>
<td>Wed 6 am Fr 12pm</td>
<td>Wed 6 am Th 3pm</td>
</tr>
<tr>
<td>Saint-Augustin</td>
<td>Sat 6:15am Sun 9:15am* 605km</td>
<td>Fr 12pm Fr 6:45pm</td>
<td>Sat 6:15am Sun 9:15am* 605km</td>
<td>Sat 6:15am Sun 9:15am* 375km</td>
<td></td>
<td>Sat 6:15am Sun 1:45pm</td>
<td></td>
</tr>
<tr>
<td>Unamen Shipu</td>
<td>Sun 3am 9:15am* 605km</td>
<td>Th 3pm Fr 6:45pm</td>
<td>Sun 3am 9:15am* 605km</td>
<td>Th 6pm Fr 12pm</td>
<td>Sun 3am Sun 9:15am* 375km</td>
<td>Th 6pm Fr 12pm</td>
<td></td>
</tr>
</tbody>
</table>

Relais Nordik Ferry Schedule from June 2nd to October 5th 2009.
Departure = vertical
Arrivals = horizontal,
*= arrival or departure from Natashquan.
For more information: [http://www.groupedesgagnes.com/en/home/244.cfm](http://www.groupedesgagnes.com/en/home/244.cfm)
<table>
<thead>
<tr>
<th></th>
<th>Baie-Comeau</th>
<th>Blanc-Sablon</th>
<th>Chevery</th>
<th>Kegaska</th>
<th>Pakua Shipi, Saint-Augustin</th>
<th>Sept-Îles</th>
<th>Unamen Shipu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blanc-Sablon</td>
<td>PA: M-F  d: 2:50 pm  a: 5:50 pm*  230 km  AL: M-F  d: 8:05 am  a: 10:55 am*  Sunday  d: 1:45 pm  a: 4:10 pm*  Tu-Th  d: 2:30 pm  a: 4:55 pm*  M-W-F  d: 3:55 pm  a: 5:55 pm*  230 km</td>
<td>AL: M-F  d: 7:00 am  a: 8:15 am  M-F  d: 8:05 am  a: 8:55 am  Sunday  d: 1:45 pm  a: 2:40 pm  Tu-Th  d: 2:30 pm  a: 3:35 pm  M-W-F  d: 3:55 pm  a: 4:45 pm</td>
<td>AL: M-F  d: 7:00 am  a: 9:00 am  M-F  d: 8:05 am  a: 1:20 pm</td>
<td>AL: M-F  d: 2:50 pm  a: 5:50 pm  AL: M-F  d: 8:05 am  a: 8:40 am  M-F  d: 8:05 am  a: 5:55 pm</td>
<td>AL: M-F  d: 2:50 pm  a: 4:00 pm  AL: M-F  d: 7:00 am  a: 8:40 am  M-F  d: 8:05 am  a: 1:40 pm</td>
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<td></td>
</tr>
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PA : Provincial Airlines  AL : Air Labrador  *Departure or arrival from Sept-Îles
<table>
<thead>
<tr>
<th></th>
<th>Baie-Comeau</th>
<th>Blanc-Sablon</th>
<th>Chevery</th>
<th>Kegaska</th>
<th>Pakua Shipi, Saint-Augustin</th>
<th>Sept-Îles</th>
<th>Unamen Shipu</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Kegaska</strong></td>
<td></td>
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<tr>
<td>AL: M-F</td>
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</tr>
<tr>
<td>d: 9:05am</td>
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<td></td>
<td>a: 10:55am*</td>
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<tr>
<td>230 km</td>
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<td></td>
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</tr>
<tr>
<td><strong>Pakua Shipi, Saint-Augustin</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>AL: M-F</td>
<td></td>
<td></td>
</tr>
<tr>
<td>AL: M-F</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>d: 8:35am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>a:10:55 am*</td>
<td></td>
<td></td>
<td></td>
<td>Sunday</td>
<td>M-F</td>
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</tr>
<tr>
<td>d: 2:15pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>a: 4:10 pm*</td>
<td></td>
<td></td>
<td></td>
<td>Tu-Th</td>
<td>3:10pm</td>
<td></td>
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<td>M-F</td>
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<tr>
<td>a: 5:55pm*</td>
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<td>Sunday</td>
<td>1:55 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>230 km</td>
<td></td>
<td></td>
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<td>1:25 pm</td>
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<td></td>
</tr>
<tr>
<td><strong>Sept-Îles</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>AL: Tu-Th</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
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<td></td>
<td>d: 11:15am</td>
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</tr>
<tr>
<td>230 km</td>
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<tr>
<td><strong>Unamen Shipu</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>AL: M-F</td>
<td></td>
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</tr>
<tr>
<td>PA: M-F</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>d: 11:15am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>d: 4:15pm</td>
<td></td>
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</tr>
<tr>
<td>230 km</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>M-W-F</td>
<td></td>
<td></td>
</tr>
<tr>
<td>AL: M-F</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>d: 8:45am</td>
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</tr>
<tr>
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<td></td>
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<td>3:35pm</td>
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</tr>
<tr>
<td>a: 2:35pm</td>
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<td></td>
<td></td>
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<td>M-W-F</td>
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</tr>
<tr>
<td>Tu-Th</td>
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<td></td>
<td></td>
<td></td>
<td>8:45am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>d: 8:45am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1:55 pm</td>
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<td></td>
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<tr>
<td>a: 4:55pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12:50 pm</td>
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<td></td>
</tr>
<tr>
<td>230 km</td>
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<td></td>
<td>1:25 pm</td>
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<td></td>
</tr>
</tbody>
</table>

PA: Provincial Airlines AL: Air Labrador *Departure or arrival from Sept-Îles
Public Health & Social Services
Health and Social Services Centre

**CSSS de la Basse Côte-Nord**
1070, Dr Camille-Marcoux Boulevard PO Box 130
Blanc-Sablon (QC) G0G 1W0
Tel: 418-461-2144    Fax: 418-461-2731
http://www.csssbcn.gouv.qc.ca/

**Kégaska Service Centre**
Kégaska (QC) G0G 1S0
Tel: 418-726-3382    Fax: 418-726-3339

**Saint-Augustin Service Centre**
Saint-Augustin (QC) G0G 2R0
Tel: 418-947-2321    Fax: 418-947-2655

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Psychosocial Services</td>
<td>Adults</td>
<td>AEO referral</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Support from a psychologist 2 weeks per month and a child psychiatrist one every three months, who takes charge of children and adults evaluation and follow-up</td>
</tr>
<tr>
<td>Childhood-Family-Youth</td>
<td>Children and Youth Adults (if related to family matters)</td>
<td>AEO referral</td>
</tr>
<tr>
<td><strong>Second-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Psychiatric and child psychiatry unit</em></td>
<td>Adults and Youth</td>
<td><em>These services are provided by the Hôpital de Sept-Îles</em></td>
</tr>
</tbody>
</table>

**Services accessibility and adaptation for First Nations:**
Community members receive services needed only within their community, particularly due to the logistic issues of the region (no road access between the community and the other localities). But contact is established, and the CSSS ensures liaison for specialized care.
Rehabilitation Centre

**Centre Le Canal**
Chevery (QC) G0G 1G0
Tel: 418-787-2034  Fax: 418-787-2031
*Language*: French and English

1070, Camil-Marcoux Boulevard, PO Box 130
Blanc-Sablon (QC) GOG IWO
Tel: 418-461-2144  Fax: 418-461-2593
http://www.cprcn.qc.ca

School Board

**Commission scolaire du Littoral**
789, Beaulieu Street, PO Box 787
Sept-Îles (QC) G4R1P8
Tel: 418-962-5558  Fax: 418-968-2942
Email: dglittoral@csdulittoral.qc.ca
http://www.csdulittoral.qc.ca
*Language*: French

Youth Protection Centre

**Centre Jeunesse Côte-Nord**
P.O. Box 339
Lourdes de Blanc Sablon, QC GOG IWO
Tel: 418-461-2109  Fax: 418-461-2545
*Language*: French

Community Organizations

Mental Health

**Ado-Cité - Maison des jeunes**
16 du Cap Street, PO Box 354
Case postale 354
Blanc Sablon (QC) G0G 1W0
Tel: 418-461-2530
*Language*: French
*Clientele*: Youth
*Services*: Information, help, advice, active listening and substance abuse prevention
Summary
No service can be accessed by road for the residents of Unamen Shipu and Pakua Shipi. Technically, they have access to the services offered in the region, which cover the needs prioritized. However, given the distance and transportation issues, resources are used only in extreme cases and in emergencies, and most of them are often not adapted to the needs.
# Matimekush and Lac John

**Territory: CSSS de l’Hématite**

## Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Baie-Comeau</th>
<th>Fermont</th>
<th>Matimekush, Lac-John &amp; Schefferville</th>
<th>Sept-Îles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baie-Comeau</td>
<td></td>
<td></td>
<td>230 km to Sept-Îles</td>
<td></td>
</tr>
<tr>
<td>Fermont</td>
<td></td>
<td>563 km</td>
<td>TRAIN M/Th 8 am Arrival 7pm Schefferville</td>
<td>230 km</td>
</tr>
<tr>
<td>Matimekush, Lac-John &amp; Schefferville</td>
<td>TRAIN Tu/F 8 am Arrival 7pm to Sept-Îles 230 km to Baie-Comeau</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sept-Îles</td>
<td>230 km</td>
<td>789 km</td>
<td>TRAIN M/Th 8 am Arrival 7pm Schefferville</td>
<td></td>
</tr>
</tbody>
</table>
Public Health & Social Services
Health and Social Services Centre

**CSSS de l’Hématite**
1, Aquilon Street, PO Box 550
Fermont (QC) G0G 1J0
Tel: 418-287-5461    Fax: 418-287-5281

**Schefferville Dispensary**
PO Box 2340
326, A P Low
Schefferville (QC) G0G 2T0
Tel: 418-585-2645    Fax: 418-585-3795

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Psychosocial Services</td>
<td>Everybody</td>
<td>1 psychologist; 1 social worker; 2 human relation agents (1 is in charge of AEO); 1 coordinator</td>
</tr>
<tr>
<td>(in Fermont)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Second-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric and child psychiatry unit</td>
<td>Adults and Youth</td>
<td>These services are provided by the Hôpital de Sept-Îles</td>
</tr>
</tbody>
</table>

**Services accessibility and adaptation for First Nations:**
As there is only one nurse in Schefferville, there are no mental health services available through this CSSS. First-line services are available in Fermont, but there is no direct transportation between the two localities.

Rehabilitation centre

**Centre Le Canal**
1 Aquilon Street, PO Box 550
Fermont (QC) G0G 1J0
Tel: 418-287-3280 (214)    Fax: 418-287-5281
[http://www.cprcn.qc.ca](http://www.cprcn.qc.ca)
**Language:** French and English
School Board

**Commission scolaire du Fer**
30, Comeau Street
Sept-Îles (QC) G4R4N2
Tel: 418-968-9901    Fax: 418-962-7760
Email: robert.smith@csdufer.qc.ca
http://www.csdufer.qc.ca
**Language**: French

Youth Protection Centre

**Centre Jeunesse Côte-Nord**
PO Box 1057
Schefferville (Québec) G0G 2T0
Tel: 418-585-2252    Fax: 418-585-2350
Toll free: 1-800-463-8547
**Language**: French

Community Organizations

Mental Health

**Association des jeunes de Fermont**
100 C, Daviault Place, PO Box 520
Fermont (QC) G0G 1J0
Tel: 418-287-5473    Fax: 418-287-3586
Email: mdjalp@diffusionfermont.ca
**Language**: French
**Clientele**: Youth
**Services**: Information, help, advice, active listening and substance abuse prevention
Violence & Sexual Abuse

Women

Maison d’aide et d’hébergement de Fermont inc.
PO Box 297
Fermont (QC) G0G 1J0
Tel: 418-287-5625   Fax: 418-287-3277
Email: maisonfermont@diffusionfermont.ca

Language: French

Clientele: Women victim of domestic violence, with or without children

Services: Safe and confidential housing, individual intervention and prevention

Summary

The residents of Matimekush – Lac-John cannot access any services by road. Technically, they have access to the services offered in the region, which cover the needs prioritized. However, given the distance and transportation issues, resources are used only in extreme cases and in emergencies, and most of them are often not adapted to the needs.
11 Gaspésie–Îles-de-la-Madeleine

Regional Services
Health & Social Services Agency

*Agence de la santé et des services sociaux de la Gaspésie-Îles-de-la-Madeleines*
144, de Gaspé Boulevard
Gaspé (QC) G4X 1A9
Tel: 418-368-2349    Fax: 418-368-4942
[http://www.agencesssgim.ca/](http://www.agencesssgim.ca/)

**Aboriginal Liaison:** None. Responsibility is within each program, and the mental health department gives this responsibility to the CSSSs.

Rehabilitation Centre

**Centre L’Escale**
50, du Belvédère
Ste-Anne-des-Monts (QC) G4V 1X4
Tel: 418-763-5000    Fax: 418-763-9024

*Language:* French (English in the Bonaventure MRC)

**Aboriginal Liaison:** None. Aboriginal clients are not accepted.
School Board

**Eastern Shores School Board**
40, Mount Sorel, PO Box 500
New Carlisle (QC) G0C 1Z0
Tel: 418-752-2247    Fax: 418-752-6447
http://www.essb.qc.ca/

*Language*: English

Youth Protection Centre

**Centre jeunesse Gaspésie/Les Îles**
205, de York W, suite 100
Gaspé (QC) G4X 2V7
Tel: 418-368-1803    Fax: 418-368-5478
http://www.cjgaspesielesiles.qc.ca/pages/accueilpag.html

*Language*: French

**Aboriginal Liaison**: There are service agreements between the CJ and the 2 reserves (Gesgapegiag & Listuguj). The youth protection workers in the communities are not employed by the CJ and do not make decisions. Nevertheless, the youth protection director of the region is there to support those workers. As well, revisers go in the communities. The impression is that workers in Gesgapegiag receive more support from the band council than those in Listuguj, which may affect their relationships.
Community Organizations

Mental Health

**Droits et Recours en santé mentale Gaspésie-Les Îles**
60, Perron W, PO Box 258
Caplan (QC) G0C 1H0
Tel: 418-388-2506    Fax: 418-388-2416
Toll free: 1-800-463-6292
Email: droit.rec@globetrotter.net
www.dritsetrecours.org
*Language:* French
*Clientele:* Individuals with mental health issues
*Services:* Individual consultation, support, information, accompaniment, rights advocacy, collective action, prevention and awareness

**Nouveau Regard –Association de parents et amis de la personne atteinte de maladie mentale de la Gaspésie**
108, Cyr Road
New Richmond (QC) G0C 2B0
Tel: 418-392-6414    Fax: 418-392-6421
Email: nouveauregard@globetrotter.net
*Language:* French
*Clientele:* Relatives and friends of individuals with mental health issues
*Services:* Active listening, information, referral, individual and familial consultation, training, social activities, support group, documentation and newsletter

**Espace Gaspésie les îles**
37, Chrétien, suite 30
Gaspé (QC) G4X 1E1
Tel: 418-368-2015    Fax: 418-368-2445
Email: espacegi@gp.cgocable.ca
www.roeq.qc.ca
*Language:* French
*Clientele:* Youth (3-12)
*Services:* Violence prevention, educational program and workshops for youth, parents and school staff
FADOQ - Region Gaspésie/Îles-de-la-Madeleine
189, Jacques-Cartier, suite 3
Gaspé (QC) G4X 2P8
Tel: 418-368-4715    Fax: 418-368-6697
Email: fadoqgim@globetrotter.net
Language: French
Clientele: Seniors
Services: Training, prevention, education, recreational activities and rights advocacy

Suicide
Direction santé publique Gaspésie/Îles-de-la-Madeleine
Tel: 1-877-666-4422 (French) / 1-888-820-3211 (English)
Language: French and English
Clientele: Individuals with suicidal ideations and their close ones (family, relatives, friends, and crisis workers), and individuals bereaved after a loss by suicide
Services: Information, help line and support

Violence & Sexual Abuse
Men
Interface – Groupe de ressources pour conjoints violents
120 René-Lévesque E, PO Box 364
Chandler (QC) G0C 1K0
Tel: 418-689-4914
Email: interface@globetrotter.net
Language: French
Clientele: Men with violence issues
Services: Support group

Women
CALACS La Bôme Gaspésie
PO Box 6160
Gaspé (QC) G4X 2R7
Tel: 418-368-6686    Fax: 418-368-8096
Email: calacs.gaspesie@globetrotter.net
Language: French
Clientele: Adult and adolescent female victims of sexual aggression and rape
Services: Help line, individual consultation, group workshops, support and accompaniment regarding legal or medical actions, referral, prevention activities and social change claims.
Listuguj and Gesgapegiag
 Territory: CSSS de la Baie-des-Chaleurs

Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Bonaventure</th>
<th>Caplan</th>
<th>Gaspé</th>
<th>Gesgapegiag</th>
<th>Listuguj</th>
<th>Maria</th>
<th>Pointe-à-la-Croix</th>
<th>Sainte-Anne-des-Monts</th>
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</thead>
<tbody>
<tr>
<td>Bonaventure</td>
<td>16</td>
<td>199</td>
<td>40</td>
<td>116</td>
<td>46</td>
<td>115</td>
<td>175</td>
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<td>Caplan</td>
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<td>24</td>
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<td>239</td>
<td>315</td>
<td>245</td>
<td>314</td>
<td>208</td>
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</tr>
<tr>
<td>Gesgapegiag</td>
<td>40</td>
<td>24</td>
<td>239</td>
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<td>75</td>
<td>141</td>
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<tr>
<td>Listuguj</td>
<td>116</td>
<td>99</td>
<td>315</td>
<td>76</td>
<td>70</td>
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<td>246</td>
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<tr>
<td>Maria</td>
<td>46</td>
<td>30</td>
<td>245</td>
<td>6</td>
<td>70</td>
<td>69</td>
<td>147</td>
<td></td>
</tr>
<tr>
<td>Pointe-à-la-Croix</td>
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<td>314</td>
<td>75</td>
<td>1</td>
<td>69</td>
<td>247</td>
<td></td>
</tr>
<tr>
<td>Sainte-Anne-des-Monts</td>
<td>175</td>
<td>159</td>
<td>208</td>
<td>141</td>
<td>246</td>
<td>147</td>
<td>247</td>
<td></td>
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</table>
Public Health & Social Services
Health and Social Services Centre

**CSSS de la Baie-des-Chaleurs (CH – Hôpital de Maria)**
419, Perron Boulevard
Maria (QC) G0C 1Y0
Tel: 418-759-3443   Fax: 418-759-5063

**CLSC de Pointe-à-la-Croix**
48, Interprovincial Boulevard, PO Box 389
Pointe-à-la-Croix (QC) G0C 1L0
Tel: 418-788-5454   Fax: 418-788-2510

**CLSC de Caplan**
96, Road132, PO Box 208
Caplan (QC) G0C 1H0
Tel: 418-388-2572   Fax: 418-388-2645

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General psychosocial services and integrated mental</td>
<td>Adults</td>
<td>AEO referral</td>
</tr>
<tr>
<td>health services</td>
<td></td>
<td>Team Composition</td>
</tr>
<tr>
<td>Youth experiencing difficulties</td>
<td>Children and Youth</td>
<td>Social workers; psychologists; case managers</td>
</tr>
<tr>
<td>Adults (if related to family matters)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Second-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric unit</td>
<td>Adults</td>
<td>Hôpital de Maria: 9 beds</td>
</tr>
<tr>
<td>External psychiatric clinic</td>
<td>Adults</td>
<td>Services mainly provided by social workers</td>
</tr>
<tr>
<td>Child psychiatry (external service and hospitalization)</td>
<td>Youth</td>
<td>and psychologists</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Support from 2 paediatricians and 1 psychiatrist with experience with children</td>
</tr>
</tbody>
</table>

**Services accessibility and adaptation for First Nations:**
There are discussions between the Agency and the communities as to who should be responsible for 1st line services. Until very recently, community members were referred to their health centre. At the moment, both first and second-line services are available for community members, but the CSSSs are still working on a MOU concerning service continuity (1st – 2nd line), particularly around the issue of substance abuse. A major difficulty for service access for some community members is the language, as the CSSS is having a hard time hiring bilingual staff.
Rehabilitation Centre

**Centre L’Escale**
107, Road 132 PO Box 10
Saint-Omer (QC) G0C 2Z0
Tel: 418-364-7064
*Language*: French

96, Perron W, PO Box 208
Caplan (QC) G0C 1H0
Tel: 418-388-2572
*Language*: French & English

School Board

**Commission scolaire René-Lévesque**
145, Louisbourg Avenue
Bonaventure (QC) G0C1E0
Tel: 418-534-3003    Fax: 418-534-3220
[http://www.cs-renelevesque.qc.ca](http://www.cs-renelevesque.qc.ca)
*Language*: French

Youth Protection Centre

**Centre jeunesse Gaspésie/Les Îles**
106, Port-Royal Avenue, PO Box 308
Bonaventure (QC) G0C 1E0
Tel: 418-534-2272
*Language*: French
Community Organizations

Mental Health

**Association d’entraide pour la Santé Mentale New-Richmond (La Passerelle)**
198, Perron E
New Richmond (QC) G0C 2B0
Tel: 418-392-4888  Fax: 418-392-4113
Email: lapasserelle@globetrotter.net

*Language:* French  
*Clientele:* Adults with or at risk of having mental health issues  
*Services:* Active listening, individual consultations, support group, accompaniment, prevention, conferences and recreational activities

**Centre Accalmie**
66, Alexandre, PO Box 9  
Pointe-à-la-Croix (QC) G0C 1L0  
Tel: 418-788-2406  Fax: 418-788-2002  
Email: accalmie@globetrotter.net

*Language:* French  
*Clientele:* Adults experiencing difficulties (mental health, substance abuse, family issues)  
*Services:* Temporary shelter (7 beds), support, follow-up, accompaniment, prevention and personal development activities

**Maison de la famille MRC Bonaventure**
105, Grand-Pré Avenue, suite 104  
Bonaventure (QC) G0C 1E0  
Tel: 418-534-4449  
Email: amigobonaventure@navigue.com

*Language:* French  
*Clientele:* Families  
*Services:* Support, active listening and social activities

**Family Ties - Carrefour Famille New Carlisle**
208, Gérard-D.- Lévesque, PO Box 279  
New Carlisle (QC) G0C 1Z0  
Tel: 418-752-7265  Fax: 418-752-6492  
Email: familyties@globetrotter.net

*Language:* English  
*Clientele:* Families  
*Services:* Support, workshops, information, social activities, prevention and daycare
Maison des jeunes La Trèflerie
481, des Chardonnerets, PO Box 1278
Maria (QC) G0C 1Y0
Tel: 418-759-3308    Fax: 418-759-5786
Email: mdjmaria@globetrotter.net
Language: French
Clientele: Youth
Services: Information, help, advice, prevention and active listening

Maison des jeunes de Pointe-à-la-Croix
40, Lasalle
Pointe-à-la-croix (QC) G0C 1L0
Tel: 418-788-5989    Fax: 418-788-5998
Email: mdj-pte-a-la-croix@globetrotter.net
Language: French
Clientele: Youth
Services: Information, help, advice, prevention and active listening

Violence and Sexual Abuse
Women
Maison d’aide et d’hébergement L’Émergence
PO Box 299
Maria (QC) G0C 1Y0
Tel: 418-759-3411    Fax: 418-759-3436
Email: emergenc@globetrotter.net
Language: French
Clientele: Women victim of domestic violence, with or without children
Services: Safe and confidential housing, individual intervention and prevention

Centr’Elles comité d’action des femmes d’Avignon
723, Perron Boulevard
Carleton- Saint-Omer (QC) G0C 1J0
Tel: 418-364-3157    Fax: 418-364-3157
Email: centrell@globetrotter.net
Language: French
Clientele: Women
Services: Information, active listening, support, referral, workshops, prevention and educational activities
Femmes en mouvement
152 A, Grand-Pré
Bonaventure (QC) G0C 1E0
Tel: 418-534-4345 Fax: 418-534-4323
Email: centre-fem.enmuv@globetotter.net

Language: French
(Clientele): Women
Services: Information, active listening, support, referral, workshops, prevention and educational activities

Summary
The members of the Mi’kmaq Nation in Gesgapegiag and Listuguj, located in the Gaspésie-Îles-de-la-Madeleine region, can easily have road access to the services offered in the community, whether public services or community organizations. There appears to be no official constraint in accessing some of the services delivered by the public provincial health and social services system, but the services do not appear to be adapted to the specific needs of the members of the Mi’kmaq Nation. However, some important services are inaccessible, more specifically those addressing substance abuse and pathological gambling. Concerning community organizations, although there is not a large number of resources, the range of services offered appears to meet the most important needs identified (mental health, suicide, substance abuse & gambling, domestic violence and sexual abuse). Some of the services are only available at the regional level (for instance, sexual abuse support), which may represent a difficulty when the distance is great. More importantly, some major resources appear to be lacking altogether in the region, including resources for men with violent behaviours and shelters for youth. Language issues may also arise since the Mi’kmaq mostly use English. Some resources might prove difficult or impossible to provide in that language.
Gespeg
Territory: CSSS de La Côte-de-Gaspé

Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Gaspé</th>
<th>Gespeg (Fontenelle)</th>
<th>Sainte-Anne-des-Monts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gaspé</td>
<td></td>
<td>11</td>
<td>208</td>
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<tr>
<td>Gespeg (Fontenelle)</td>
<td>11</td>
<td></td>
<td>198</td>
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<tr>
<td>Sainte-Anne-des-Monts</td>
<td>208</td>
<td>198</td>
<td></td>
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</tbody>
</table>
Public Health & Social Services
Health and Social Services Centre

**CSSS de La Côte-de-Gaspé (CH Hôpital Hotel-Dieu & Centre d’hébergement Mgr-Ross)**
215, de York W
Gaspé (QC) G4X 2W2
Tel: 418-368-3301    Fax: 418-368-7150
http://www.cssscotedegaspe.ca/

**CLSC de Gaspé**
205, de York Ouest, 2nd floor, PO Box 6397
Gaspé (QC) G4X 2R8
Tel: 418-368-2572    Fax: 418-368-1532

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Psychosocial Services</td>
<td>Adults</td>
<td>AEO referral</td>
</tr>
<tr>
<td>Childhood-Family-Youth</td>
<td>Children and Youth Adults (if related to family matters)</td>
<td>AEO referral</td>
</tr>
<tr>
<td>1st line mental health team</td>
<td>Adults</td>
<td>AEO referral* GASM is in place since October 2009 TeamComposition: Social worker; nurse</td>
</tr>
<tr>
<td>1st line mental health team</td>
<td>Youth</td>
<td>AEO referral 1 psychologist</td>
</tr>
<tr>
<td><strong>Second-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric Unit</td>
<td>Adults</td>
<td>Centre d’hébergement Mgr-Ross: 13 beds</td>
</tr>
<tr>
<td>External psychiatric clinic</td>
<td>Adults</td>
<td>Team Composition 1 social worker; 2 nurses (1 liaison); 3 psychologists; 1 educator; psychiatrist; neuro-psychologist</td>
</tr>
<tr>
<td>Child psychiatry (external service and hospitalization)</td>
<td>Youth</td>
<td>Team Composition 1 psycho-educator; 1 nurse (liaison); 1 psychologist; child psychiatrist</td>
</tr>
</tbody>
</table>

*Services accessibility and adaptation for First Nations:*
First Nations individuals have access to and receive the same services as other residents of this territory, and it is not information that they ask about.
Rehabilitation Centre

**Centre L’Escale**
205, de York W, 2nd floor
Gaspé (QC) G4X 2R8
Tel: 418-368-2572

*Language:* French

School Board

**Commission scolaire des Chis-Chocs**
102, Jacques-Cartier
Gaspé (QC) G4X 2S9
Tel: 418-368-3499    Fax: 418-368-6531
[http://www.cschic-chocs.net](http://www.cschic-chocs.net)

*Language:* French

Youth Protection Centre

**Centre jeunesse Gaspésie/Les Îles**
Pavillon Cantin
205, de York W, suite 1000
Gaspé (QC) G4X 2V7
Tel: 418-368-1803

*Language:* French

Community Organizations

Mental Health

**Le CRRI (Centre de ressourcement, de réinsertion et d’intervention)**
37, Chrétien, #28, PO Box 6147
Gaspé (QC) G4X 2R6
Tel: 418-368-1655    Fax: 418-368-7345
Email: crri@cgocable.ca

*Language:* French & English

*Clientele:* Youth (15-17) and adults suffering from emotional difficulties or mental health issues

*Services:* Active listening, individual consultations, referral, help line, workshops and recreational activities
Accueil Blanche Goulet de Gaspé
184, de la Reine
Gaspé (QC) G4X 1T6
Tel: 418-368-4700  Fax: 418-368-4980
Email: abggape@globetrotter.net
Language: French
Clientele: Individuals with mental health issues
Services: Temporary shelter (max. 3 months), food and clothing assistance, individual interventions, support and referral

Maison de la famille Parenfant Gaspé
12, de la Cathédrale
Gaspé (QC) G4X 1N8
Tel: 418-368-6028  Fax: 418-368-8875
Email: maisonfamilleparenfant@globetrotter.net
http://www.parenfant.com/
Language: French
Clientele: Families
Services: Support, information, workshops, recreational activities, intervention, daycare, clothing and conferences

Maison des jeunes “L’Intermède” de Gaspé
189, Jacques-Cartier, suite 8
Gaspé (QC) G4X 2P8
Tel: 418-368-1714  Fax: 418-368-8947
Email: lintermede@htomail.com
Language: French
Clientele: Youth (12-17)
Services: Information, help, advice, prevention and active listening

Substance Abuse & Pathological Gambling
Mi-Chemin de Gaspé
189, Jacques-Cartier, suite 11
Gaspé (QC) G4X 2P8
Tel: 418-368-6676  Fax: 418-368-6697
Email: ja.assels@hotmail.com
Language: French
Clientele: Individuals with or at risk of developing substance abuse issues
Services: Prevention
14 Lanaudière
Violence and Sexual Abuse

Women

**Maison d’aide et d’hébergement l’Aid’Elle**
PO Box 6183
Gaspé (QC) G4X 2R7
Tel: 418-368-6883   Fax: 418-368-6889
Email: [laidelle@globetrotter.net](mailto:laidelle@globetrotter.net)

**Language:** French

**Clientele:** Women victim of domestic violence, with or without children

**Services:** Safe and confidential housing, individual intervention and prevention

**Regroupement des femmes de La Côte-de-Gaspé**
1-189, Jacques-Cartier
Gaspé (QC) G4X 2P8
Tel: 418-368-1929   Fax: 418-368-6697
Email: [info@femmescotedegaspe.org](mailto:info@femmescotedegaspe.org)

**Language:** French

**Clientele:** Women

**Services:** Information, active listening, support, referral, workshops, prevention and educational activities

**Summary**

The Gespeg community members, of the Mi’kmaq Nation, located in the Gaspésie-Îles-de-la-Madeleine region, can easily have road access to the services offered in the community, whether public services or community organizations. There appears to be no official constraint in accessing the services delivered by the public provincial health and social services system, but the services do not seem to be adapted to the specific needs of the members of the Mi’kmaq Nation. However, some important services are inaccessible, more specifically those addressing substance abuse and pathological gambling. Concerning community organizations, although there is not a large number of resources, the range of services offered appears to meet the most important needs identified (mental health, suicide, substance abuse & gambling, domestic violence and sexual abuse). Some of the services are only available at the regional level (for instance, sexual abuse support), which may represent a difficulty when the distance is great. More importantly, some major resources appear to be lacking altogether in the region, including resources for men with violent behaviours and shelters for youth. Language issues may arise as the Mi’kmaq mostly use English. Some services might prove difficult or impossible to provide in that language.
Regional Services

Health & Social Services Agency

**Agence de la santé et des services sociaux de Lanaudière**

245, du Curé-Majeau
Joliette (QC) J6E 8S8
Tel: 450-759-1157    Fax: 450-759-0023
Toll Free: 1-800-668-9229
[http://www.agencelanaudiere.qc.ca/](http://www.agencelanaudiere.qc.ca/)

**Aboriginal Liaison:** Aboriginal issues are under the responsibility of each relevant department. However, there are links between the CSSS and the community. Representatives of the community have been invited and have attended the sexual abuse regional discussion table.
Rehabilitation Centre

**Le Tremplin**
154, Visitation Street
Saint-Charles-Borromée (QC) J6E 4N3
Tel: 450-755-6655    Fax: 450-755-6766

*Language:* French and English

*Aboriginal Liaison:* None, but Aboriginal clients are accepted as anybody else who has substance abuse or gambling problems. CSSSs have received training regarding Aboriginal issues about 3 years ago. Since then, they pass on the knowledge to the new workers.

Youth Protection Centre

**Centres jeunesse de Lanaudière**
260, Lavaltrie S
Joliette (QC) J6E 5X7
Tel: 450-759-5333    Fax: 450-756-0814

*Language:* French

*Aboriginal Liaison:* First Nations are quite autonomous, although still related to the CJ. A person is designated to visit the communities and take appropriate steps, if required.

Community Organizations

Mental Health

**Centre d’amitié autochtone de Lanaudière**
523, Sainte-Anne Boulevard
Joliette (QC) J6E 5A3
Tel: 450-760-3865    Fax: 450-760-9923
Email: caal@xittel.ca
www.manawan.com/caal.html

*Language:* French

*Clientele:* Aboriginal people living outside Aboriginal communities but in the Lanaudière region

*Services:* Information, help and support for administrative and education tasks, cultural activities for youth, and support services for residential school survivors
**Services de crise de Lanaudière**
3176, 11th Avenue
Rawdon (QC) J0K 1S0
Tel: 1-800-346-0966    Fax: 450-834-8501
Email: administration@crise.lanaudiere.net
http://www.crise.lanaudiere.net/

*Language:* French  
*Clientele:* Adults in a crisis situation  
*Services:* Lodging (9 beds), information, individual and group counselling, referral and follow-up

**Pleins droits de Lanaudière**
3390, Gervais
Rawdon (QC) J0K 1S0
Tel: 450-834-8585   Fax: 450-834-8586
Toll Free: 1-800-665-8585
Email: pdl.lanaudiere@sympatico.ca

*Language:* French  
*Clientele:* Individuals with mental health issues  
*Services:* Rights advocacy, help and accompaniment

**Suicide**

**Centre de Prévention du Suicide de Lanaudière**
PO Box 39
Joliette (QC) J6E 3Z3
Tel: 450-759-6116
Toll Free (24/7): 1-866-277-3553
http://www.cps-lanaudiere.org/

*Language:* French  
*Clientele:* Individuals with suicidal ideations and their close ones (family, relatives, friends, and crisis workers), and individuals bereaved after a loss by suicide  
*Services:* Information, training, help line, referral, prevention and support
Violence & Sexual Abuse
Men
Centre d’Aide pour Hommes de Lanaudière (CAHo)
688, Manseau Boulevard
Joliette (QC) J6E 3E6
Tel: 450-756-4934    Fax: 450-756-2283
Toll Free: 1-800-567-8759
www.caho.ca
Language: French
Clientele: Violent men (mandatory & voluntary clients)
Services: Information, referral and group counselling
Manawan

Territory: CSSS du Nord de Lanaudière

Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Joliette</th>
<th>Manawan</th>
<th>Rawdon</th>
<th>Repentigny</th>
<th>Saint-Charles-Borromée</th>
<th>Saint-Michel-des-Saints</th>
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</thead>
<tbody>
<tr>
<td>Joliette</td>
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<td>182</td>
<td>29</td>
<td>38</td>
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<td>Manawan</td>
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<td>Rawdon</td>
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<td>Repentigny</td>
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<td>Saint-Charles-Borromée</td>
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<td>88</td>
<td>91</td>
<td>131</td>
<td></td>
<td>94</td>
</tr>
</tbody>
</table>
Public Health & Social Services
Health and Social Services Centre

**CSSS du Nord de Lanaudière (CH - Centre hospitalier régional de Lanaudière)**
1000, Sainte-Anne Boulevard
Saint-Charles-Borromée (QC) J6E 6J2
Tel: 450-759-8222
[http://www.csssnl.qc.ca/Pages/default.aspx](http://www.csssnl.qc.ca/Pages/default.aspx)

**CLSC Saint-Michel-des-Saints**
171, Archambault
Saint-Michel-des-Saints (QC) J0K 3B0
Tel: 45-833-6334
**Language:** French
**Business hours:** Monday to Friday 8:30am-4pm
Thursday 6pm-8:30pm
Saturday-Sunday-Holidays 9:30am-4pm

**External psychiatric services for adults**
3570, Church
Rawdon (QC) J0K 1S0
Tel: 450-834-5407
Toll Free: 1-877-604-5704

**Children and youth psychiatric services**
465, Notre-Dame, suite 204
Repentigny (QC) J6A 2T3
Tel: 450-581-5100
<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Psychosocial Services</td>
<td>Adults</td>
<td>AEO referral</td>
</tr>
<tr>
<td>Childhood-Family-Youth</td>
<td>Children and Youth&lt;br&gt;Adults (if related to family matters)</td>
<td>AEO referral</td>
</tr>
<tr>
<td>Mental health team</td>
<td>Adults</td>
<td>GASM referral (adults)&lt;br&gt;Team Composition&lt;br&gt;1 psychosocial worker from the CLSC (1st line);&lt;br&gt;1 nurse (2nd line); 1 psychiatrist</td>
</tr>
<tr>
<td>1st line mental health team</td>
<td>Youth</td>
<td>AEO and medical referral&lt;br&gt;Team Composition&lt;br&gt;Psycho-educators; social workers; psychologists; nurses</td>
</tr>
<tr>
<td><strong>Second-line services</strong></td>
<td></td>
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</tr>
<tr>
<td>External psychiatric clinic</td>
<td>Adults</td>
<td></td>
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<tr>
<td>Psychiatric Unit</td>
<td>Adults</td>
<td>Centre hospitalier régional de Lanaudière 51 beds</td>
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<tr>
<td>Child psychiatry services</td>
<td>Youth</td>
<td></td>
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</tbody>
</table>

**Services accessibility and adaptation for First Nations:**
In the past 3 or 4 years, 1st line services have been available on reserve. Thus, the CSSS mainly provides 2nd line services to people who show up. Finally, they have a crisis team for intervention in the community, if needed.
Rehabilitation Centre

**Le Tremplin**
154, Visitation Street
Saint-Charles-Borromée (QC) J6E 4N3
Tel: 450-755-6655    Fax: 450-755-6766

*Language*: French and English

School Board

**Commission scolaire des Samares**
4671, Principale
Saint-Félix-de-Valois (QC) J0K 2M0
Tel: 450-758-3500
[http://www.cssamares.qc.ca](http://www.cssamares.qc.ca)

*Language*: French

Youth Protection Centre

**Centres jeunesse de Lanaudière**
1170, Ladouceur
Joliette, (QC) J6E 3W7
Tel: 450-759-0755

*Language*: French

Community Organizations

Mental Health

**Bonne Étoile**
517, Archambault
Joliette (QC) J6E 2W6
Tel: 450-759-8853    Fax: 450-759-8333
Email: labonneetoile@videotron.ca

*Language*: French

*Clientele*: Adults suffering from emotional difficulties

*Services*: Active listening, individual counselling, support group, accompaniment and recreational activities
Rescousse Amicale
3689, Albert
Rawdon (QC) J0K 1S0
Tel: 450-834-3151    Fax: 450-834-5557
Email: rescousseamicale@bellnet.ca
Language: French
Clientele: Adults with past or current mental health issues
Services: Active listening, referral, support group, workshops and training

Lueur du Phare de Lanaudière
676, Manseau
Joliette (QC) J6E 3E6
Tel: 450-752-4544  Fax: 450-752-6468
Toll Free: 1-800-465-4544
http://www.csssnl.qc.ca/Pages/default.aspx
Language: French
Clientele: Relatives and friends of individuals with mental health issues
Services: Help line, individual counselling, information, training, workshops, conference, referral and respite

MI-ZE VIE
670, Brassard
Saint-Michel-des-Saints (QC) J0K 3B0
Tel: 450-833-6040 Fax: 450-833-2173
Language: French
Clientele: Individuals with mental health issues
Services: Help, support and social activities

Auberge du cœur Chaumière-Jeunesse
3299, 14th Avenue
Rawdon (QC) J0K 1S0
Tel: 450-834-2517    Fax: 450-834-2517
Email: a.stjean@chaumierejeunesserawdon.ca
Language: French
Clientele: Young adults (18-30)
Services: Internal (9 beds) or external support for youth, to foster autonomy and ease their socio-professional integration
Accueil jeunesse Lanaudière
1094, Manseau Boulevard
Joliette (QC) J6E 3G8
Tel: 450-759-4610    Fax: 450-759-8998
Email: accueil_jeunesse@sympatico.ca
Language: French
Clientele: Youth (12-17)
Services: Internal (9 beds) or external support for youth, to foster autonomy and ease their socio-professional integration

Auberge du coeur Roland-Gauvreau
638, Base-de-Roc Boulevard
Joliette (QC) J6E 3P7
Tel: 450-755-2778    Fax: 450-759-6524
Help Line: 450-759-2114
Email: mhjrg@caramail.com
Language: French
Clientele: Young adults (18-30)
Services: Internal (12 beds) or external support for youth, to foster autonomy and ease their socio-professional integration

Maison des jeunes du Nord
390-A, Matawin
Saint-Michel-des-Saints (QC) J0K 3B0
Tel: 450-833-1245    Fax: 450-833-1245
Email: mdjdn@hotmail.com
Language: French
Clientele: Youth (12-17)
Services: Information, help, advice, prevention and active listening

Club de l'âge d'or de Saint-Michel-des-Saints
390, Matawin
Saint-Michel-des-Saints (QC) J0K 3B0
Tel: 450-833-6746
Language: French
Clientele: Seniors
Services: Information, prevention, recreational activities and exchanges to support continued involvement of these people in the social life of their community
**Club Vivre au 3e âge de Saint-Michel-des-Saints**
15, Bellevue, PO Box 717
Saint-Michel-des-Saints (QC) J0K 3B0
Tel: 450-833-6602
*Language*: French
*Clientele*: Seniors
*Services*: Information, prevention, recreational activities and exchanges to support continued involvement of these people in the social life of their community

**Substance Abuse & Pathological Gambling**

**Réseau communautaire d’aide aux alcooliques et autres toxicomanes**
200, de Salaberry, suite 308
Joliette (QC) J6E 4G1
Tel: 450-759-4545  Fax: 450-759-8749
Email: reseauautox@cepap.ca
http://www.reseautoxicomanie.com/accueil.html
*Language*: French
*Clientele*: Individuals who have or have had substance abuse issues
*Services*: Information, support, referral, evaluation, intervention, training, prevention, support group and post-detoxification support

**Unité Point de Départ**
220 Lajoie S
Joliette (QC) J6E 5L2
Tel: 450-759-6848  Fax: 450-759-6648
http://www.cam.org/~fobast/pointdepart/
*Language*: French
*Clientele*: Individuals (16+) with substance abuse or gambling issues
*Services*: Information, active listening, support, referral, prevention and social activities
15 Laurentides
Violence and Sexual Abuse
Women

**CALACS Coup de Coeur**
PO Box 31
Joliette (QC) J6E 3Z3
Tel: 450-756-4999    Fax: 450-756-0554
Email: calacs@citenet.net

*Language*: French

*Clientele*: Adult and adolescent female victims of sexual aggression and rape

*Services*: Help line, individual consultation, group workshops, support and accompaniment regarding legal or medical actions, referral, prevention activities and social change claims

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**Centre Arc-En-Ci-Elle**
141, Saint-Jacques
Saint-Michel-des-Saints (QC) J0K 3B0
Tel: 450-833-5282    Fax: 450-833-1240
Email: caecei@qc.aira.com

*Language*: French

*Clientele*: Women

*Services*: Information, active listening, support, referral, workshops, prevention and educational activities

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**Maison d’accueil La Traverse**
PO Box 491
Joliette (QC) J6E 3Z9
Tel: 450-759-5882    Fax: 450-753-5315

*Language*: French

*Clientele*: Women victim of domestic violence, with or without children

*Services*: Safe and confidential housing, individual intervention and prevention

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**Summary**

The members of the Atikamekw Nation in Lanaudière have road access to the services provided on the territory. Most services are located a relatively long distance away from the reserve, which makes it difficult to consider them as easily accessible. However, the range of services available in the region covers the entire range of issues designated as important (mental health, suicide, substance abuse & gambling, domestic violence and sexual abuse). In addition, public services have channels of communication with the community and most of their services are to a certain extent adapted to the reality of the members of the Atikamekw Nation.
15 Laurentides

Regional Services
Health & Social Services Agency
Agence de la santé et des services sociaux des Laurentides
1000 Labelle, suite 210
Saint-Jérôme (QC) J7Z 5N6
Tel: 450-436-8622    Fax : 450-432-8712
http://www.rrssss15.gouv.qc.ca/

Aboriginal Liaison: It is the CSSS’s responsibility to build relationships with the reserve. The main points of contact are usually around seniors and home support programs. A person at the Agency (Direction Santé publique) can get involved, if required, with the community’s issues.

Hôpital Régional de Saint-Jérôme
290, Montigny
Saint-Jérôme (QC) J7Z 5T3
Tel: 450-431-8200
Language: French & English
Rehabilitation Centre  
**Centre André-Boudreau**  
295, De Villemure Street  
Saint-Jérôme (QC) J7Z 5J5  
Tel: 450-432-1395   Fax: 450-530-3020  
**Toll Free:** 1-888-345-1395  
Email: centredoc.cab@ssss.gouv.qc.ca  
**Language:** French & English

**Aboriginal Liaison:** None, but Aboriginal clients are accepted as anybody else who has substance abuse or gambling problems. The counsellor involved would probably receive support from the unit head.

School Board  
**Sir-Wilfrid-Laurier School Board**  
235, Montée Lesage  
Rosemère (QC) J7A 4Y6  
Tel: 450-621-5600   Fax: 450-621-7757  
[http://www.swlauriersb.qc.ca](http://www.swlauriersb.qc.ca)  
**Language:** English

Youth Protection Centre  
**Centre jeunesse des Laurentides**  
500, des Laurentides Boulevard, suite 241  
Saint-Jérôme (QC) J7Z 4M2  
Tel: 450-436-7607   Fax: 450-436-4811  
[http://www.cjlaurentides.qc.ca/](http://www.cjlaurentides.qc.ca/)  
**Language:** French

**Aboriginal Liaison:** None. Youth protection services are provided by the CJ (they have 2 workers from the reserve and 2 non-Aboriginal workers, and have 1 aboriginal secretary on site). The community could take charge of those services in the future, although it is uncertain when at the moment. Important issues for the youth protection workers are related to the pressure and threats from community members with whom they have to deal. The CJ knows that it would be more appropriate for the services to be managed locally, but the band council is not ready to take that responsibility into the reserve. The youth in group homes receive the same services as other youth. They have hired an ethno-psychiatrist once, and would do it again if they felt the youth required such support.
Community Organizations

Mental Health

Suicide

**Centre Prévention Suicide Le Faubourg**

PO Box 1
Saint-Jérôme (QC) J7Z 5T7
Tel: 450-569-0101    Fax: 450-565-2770
Help line (24/7): 1-866-277-3553
Email: administration@cps-le-faubourg.org
http://www.cps-le-faubourg.org/

**Language:** French

**Clientele:** Individuals with suicidal ideations and their close ones (family, relatives, friends, and crisis workers), and individuals bereaved after a loss by suicide

**Services:** Information, training, help line, group work, prevention and support

Substance Abuse & Pathological Gambling

**L’autre moi**

45, Desjardins E, suite 208
Ste-Thérèse (QC) J7E 5W9
Tel: 450-508-3781
Email: info@lautremoi.com
http://www.lautremoi.com/

**Language:** French

**Clientele:** Individuals with substance abuse issues

**Services:** Intensive therapy, counseling, workshops and coaching

Violence & Sexual Abuse

Women

**CALACS Laurentides**

PO Box 202
Saint-Jérôme (QC) J7Z 5T9
Tel: 450-565-6231    Fax: 450-565-8561
Email: info@calacs-laurentides.com

**Language:** French

**Clientele:** Adult and adolescent female victims of sexual aggression and rape

**Services:** Help line, individual consultation, group workshops, support and accompaniment regarding legal or medical actions, referral, prevention activities and social change claims
Maison d’accueil Le Mitan
92, Blainville E
Ste-Thérèse (QC) J7E 1L8
Tel: 450-435-3651    Fax: 450-435-3653
Email: mitan@bellnet.ca
Language: French
Clientele: Women victim of domestic violence, with or without children
Services: Safe and confidential housing, individual intervention and prevention

Men
ACCROC – Accueil collectif des conjoints en relations oppressante et colérique
60, des Hauteurs
Saint-Jérôme (QC) J7Y 1R4
Tel: 450-569-7779    Fax: 450-565-2770
Help Line: 450-569-9966
http://www.accroc.qc.ca/
Language: French
Clientele: Men with violence issues, and youth with violence issues
Services: Group therapy and counselling, workshops, prevention and training
Kanesatake
Territory: CSSS du Lac-des-Deux-Montagnes

Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Deux-Montagnes</th>
<th>Kanesatake</th>
<th>Montréal</th>
<th>Oka</th>
<th>Saint-Eustache</th>
<th>Saint-Jérôme</th>
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<tbody>
<tr>
<td>Deux-Montagnes</td>
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<td>21</td>
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<td>20</td>
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<td>Kanesatake</td>
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<tr>
<td>Montréal</td>
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<tr>
<td>Saint-Jérôme</td>
<td>39</td>
<td>55</td>
<td>46</td>
<td>53</td>
<td></td>
<td>32</td>
</tr>
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</table>
Public Health & Social Services
Health and Social Services Centre

**CSSS du Lac-des-Deux-Montagnes**
520, Arthur-Sauvé Boulevard
Saint-Eustache (QC) J7R 5B1
Tel: 450-473-6811 x2000 Fax: 450-473-6966
http://www.moncsss.com/index.html

**Hôpital de Saint-Eustache**
520, Arthur-Sauvé Boulevard
Saint-Eustache (QC) J7R 5B1
Tel: 450-473-6811 Fax: 450-473-6966

**CLSC Jean-Olivier-Chénier**
29, Oka Road
Saint-Eustache (QC) J7R 1K6
Tel: 450-491-1233 Fax: 450-491-3424 Toll Free: 1-800-491-1233

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td><strong>First-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Psychosocial Services</td>
<td>Adults</td>
<td>AEO referral</td>
</tr>
<tr>
<td>Childhood-Family-Youth</td>
<td>Children and Youth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Adults (if related to family matters)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>AEO referral</td>
</tr>
<tr>
<td><strong>1st line mental health team</strong></td>
<td>Adults</td>
<td>AEO referral (GASM is ready but lack of human resources delays its implementation)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Team composition:1 social worker, 1 nurse, 2 psychologists</td>
</tr>
<tr>
<td><strong>1st line mental health team</strong></td>
<td>Youth</td>
<td>GASM referral (Youth) (composed of the mental health team and 1 nurse)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Team composition: 1 social worker, 1 psycho-educator, 2 psychologists</td>
</tr>
</tbody>
</table>

| **Second-line services**          |                       |                                                                        |
| External Psychiatry clinic        | Adults                | Team composition 2 nurses, 2 part-time social workers                  |
| Child psychiatry clinic           | Youth                 | Team composition 1 child psychiatrist, 1 nurse, 1 social worker, 1 psycho-educator, 1.6 psychologist |
| **Psychiatric and child psychiatry unit** | Adults & Youth | These services are provided by the Hôpital régional de Saint-Jérôme (85 beds) |
Services accessibility and adaptation for First Nations:
The services available at the CSSS are accessible to the community members, although the impression is that they use more second-line services than anything else (possibly due to the presence of the Health Centre in the community).

Rehabilitation Centre
**Centre André-Boudreau**
333, Antonin-Campeau Street, suite 103
Deux-Montagnes (QC) J7R 0A2
Tel: 450-623-3223 x 7231    Fax: 450-623-3112
*Language:* French & English

School Board
**Commission scolaire de la Seigneurie-des-Mille-Îles**
430, Arthur-Sauvé Boulevard
Saint-Eustache (QC) J7R 6V6
Tel: 450-974-7000    Fax: 450-974-6977
[http://www.cssmi.qc.ca](http://www.cssmi.qc.ca)
*Language:* French

Youth Protection Centre
**Centre jeunesse des Laurentides**
118, Notre-Dame
Oka (QC) J0N 1E0
Tel: 450-479-8309    Fax: 450-479-6497
*Language:* French

Community Organizations
Mental Health
**Atelier “Ensemble on se tient”**
185, du Moulin
Saint-Eustache (QC) J7R 2P5
Tel: 450-623-1561    Fax: 450-623-2392
Email: [atelierensemble@videotron.ca](mailto:atelierensemble@videotron.ca)
*Language:* French
*Clientele:* Adults with current or past mental health issues
*Services:* Psychological or emotional support group
Korners Family Resource Center
1906, Oka Road
Deux-Montagnes (QC) J7R 1N3
Tel: 450-974-3940  Fax: 450-974-0174
Toll Free: 1-877-974-3940
Email: info@4kornerscenter.org
http://www.4kornerscenter.org/
Language: French
Clientele: English-speaking individuals (youth, adults, and seniors)
Services: Daycare, information, referral, interpretation, accompaniment, support, early childhood stimulation, parenting workshops, social and recreational activities and support group

Maison de jeunes Saint-Eustache
193, Arthur-Sauvé Boulevard
Saint-Eustache (QC) J7P 2A7
Tel: 450-491-3336  Fax: 450-491-2339
Email: mdjsteustache@videotron.ca
Language: French
Clientele: Youth (12-17)
Services: Information, help, advice, active listening, prevention and social development activities

Maison des jeunes Oka
96, Notre-Dame
Oka (QC) J0N 1E0
Tel: 450-479-1354  Fax: 450-479-1886
Email: mdjoka@videotron.ca
http://www.maisondesjeunesdoka.com/
Language: French
Clientele: Youth (12-17)
Services: Information, help, advice, active listening, referral, prevention and social development activities

Maison des jeunes Deux-Montagnes
108, 13th Avenue
Deux-Montagnes (QC) J7R 3T8
Tel: 450-491-3958  Fax: 450-491-3958
Email: mdjdm@videotron.ca
http://www.mdjdm.ca/
Language: French
Clientele: Youth (12-17)
Services: Information, help, advice, active listening, prevention and social development activities
Panda Basses Laurentides Sud-Ouest (Parents aptes à négocier avec le déficit d’attention)
29, Oka road
Deux-Montagnes (QC) J7R 1K6
Tel: 450-475-7413
http://www.pandablso.ca/
Language: French
Clientele: Individuals with ADD/ADHD (children, youth, and adults) and their family
Services: Support, information, referral, conferences, support group, social activities, workshops, training and awareness

Petite Maison de Pointe-Calumet
861, de La Chapelle
Pointe-Calumet J0N 1G2
Tel: 450-974-7556 Fax: 450-974-1960
Email: petitemaison@qcca.biz
Language: French
Clientele: Families with young children
Services: Support, information, referral and workshops

C.E.S.A.M.E. Deux-Montagnes (Centre pour l’Enfance en Santé Mentale)
328, de la Grande-Côte
Saint-Eustache (QC) J7P 1E7
Tel: 450-623-5677 Fax: 450-623-6488
Email: cesame@qc.aira.com
http://www.cesamedeuxmontagnes.com
Language: French
Clientele: Families with children aged 0-5
Services: Workshops, support groups, conferences, home visits and social activities
**Accueil Communautaire Jeunesse des Basses-Laurentides**

400, Boileau  
Saint-Eustache (QC) J7R 4R7  
Tel: 450-974-1510    Fax: 450-974-9140  
Email: info@acjbl.org  
http://acjbl.org/  

**Language:** French  
**Clientele:** Youth experiencing difficulties (12-30)  
**Services:** Lodging, support, active listening, actions to help the youth gain autonomy, individual and family counselling, help line, follow-up and accompaniment.  
Emergency – 1 night, 18-30 years old: 6 beds  
Temporary - 3 months, 12-17 years old & 16-25 years old: 9 beds  
Long term – 1 to 2 years, 17-25 years old: 9 beds *To access the longer term lodging, one must have been in the temporary lodging resources or through referral

**Club de l’Âge d’Or**

96, Saint-Jean-Baptiste  
Oka (QC) J J0N 1E0  
Tel: 450-479-6419  

**Language:** French  
**Clientele:** Seniors  
**Services:** Information, prevention, recreational activities and exchanges to support continued involvement of these people in the social life of their community

**Prévention téléphonique écoute aux aînés**

Tel: 450-472-7161    Fax: 450-472-5686  
Email: dauphine48@hotmail.com  

**Language:** French  
**Clientele:** Seniors  
**Services:** Psychological and emotional support, help line

**Club social des citoyens sénior (Deux-Montagnes)**

Tel: 450-472-4167/450-473-5429
Club du 3e âge de Deux-Montagnes
Tel: 450-623-7179
**Language:** French
**Clientele:** Seniors
**Services:** Information, prevention, recreational activities and exchanges to support continued involvement of these people in the social life of their community

Deux-Montagnes Golden Age Club
Tel: 450-623-5603
**Language:** English
**Clientele:** Seniors
**Services:** Information, prevention, recreational activities and exchanges to support continued involvement of these people in the social life of their community

Club Cœurs Joyeux Saint-Eustache
Tel: 450-491-6860

Club des Loisirs de l’âge d’or Saint-Eustache
Tel: 450-473-5164

Comité de Loisirs Le Bel Âge
Tel: 450-473-6104

Comité de Loisirs Le Châtelain de Saint-Eustache
Tel: 450-473-6637
**Language:** French
**Clientele:** Seniors
**Services:** Information, prevention, recreational activities and exchanges to support continued involvement of these people in the social life of their community.
16 Montérégie
Substance Abuse & Pathological Gambling

**Regroupement en toxicomanie Prisme**
147, Saint-Laurent  
Saint-Eustache (QC) J7P 5H6  
Tel: 450-491-3670  
Email: pitherrien@videotron.ca  
**Language:** French  
**Clientele:** Youth  
**Services:** Prevention and support

Violence and Sexual Abuse

Women

**Centre de femmes la Mouvance**
103, De Bellefeuille  
Saint-Eustache (QC) J7R 2K5  
Tel: 450-472-7245  
Fax: 450-472-0110  
Email: femmes.steustache@bellnet.ca  
**Language:** French  
**Clientele:** Women  
**Services:** Information, support, referral, prevention and social activities

Summary

The members of the Mohawk Nation in the Laurentides region have road access to the services provided on the territory, which cover in a comprehensive manner the needs identified (mental health, suicide, substance abuse & gambling, domestic violence and sexual abuse). There appears to be no official constraint in accessing the services delivered by the public provincial health and social services system. Most resources seem to have an interest in further adapting their services to the reality of the Mohawk Nation, as their current adaptation appears to be in its early stages. In addition, let it be noted that the community members mainly speak English, which might create difficulties in accessing some services which are primarily provided in French. Nevertheless, the proximity of the Laval and Montreal region is such that it is possible that some individuals receive services from those two major urban centres.
Regional Services

Health & Social Services Agency

**Agence de la santé et des services sociaux de la Montérégie**

1255, Beauregard
Longueuil (QC) J4K 2M3
Tel: 450-928-6777    Fax: 450-679-6443
http://www.santemonteregie.qc.ca/

**Aboriginal Liaison:** Yes, responsible for English services and both communities. This person is involved in political and jurisdictional issues concerning Akwesasne. This person mainly ensures contacts between the community and the CSSS, which have increased over the past 2 years, especially concerning collaboration with the Kateri Memorial Hospital.

**CSSS/Hôpital du Suroît**

150, Saint-Thomas

*Language:* French

Sallaberry-de-Valleyfield (QC) J6T 6C1
Tel: 450-371-9920
Hôpital Charles-LeMoyne
3120, Taschereau Boulevard
Greenfield Park (QC) J4V 2H1
Tel: 450-466-5000
Language: French

Rehabilitation Centre

Centre Le Virage
5110, Cousineau, 4th floor
Saint-Hubert (QC) J3Y 7G5
Tel: 450-443-2100    Fax: 450-443-0522
Toll Free: 1-800-363-9434
http://www.levirage.qc.ca
Language: French

Aboriginal Liaison: None, but Aboriginal clients are accepted as anybody else who has substance abuse or gambling problems.

Pavillon Foster
6, Foucreault
Saint-Philippe-de-Laprairie (QC) J0L 2K0
Tel: 450-659-8911    Fax: 450-659-7173
Toll Free: 1-866-851-2255
www.pavillonfoster.org/
Language: English

Aboriginal Liaison: None, but Aboriginal clients are accepted as anybody else who has substance abuse or gambling problems.

School Board

New Frontiers School Board
214, McLeod
Châteauguay (QC) J6J 2H4
Tel: 450-691-1440    Fax: 450-691-0643
http://www.csnewfrontiers.qc.ca/
Language: English
Youth Protection Centre

**Centre jeunesse de la Montérégie**
25, La Fayette Boulevard
Longueuil (Q) J4K 5C8
Tel: 450-679-0140    Fax: 450-679-3731
http://www.centrejeunessemonteregie.qc.ca/
Language: French

*Aboriginal Liaison:* Yes, the person responsible has been working with the community for the past 25 years. Although the community has its own local youth protection services, she supervises the decision-makers and ensures liaison with the Provincial director of DPJ. She also works at renewing the MOUs when needed. The main issues related to her work with the reserves concern the lack of English support for documentation and training, and jurisdiction issues with Akwesasne.

Community Organizations
Mental Health

**Collectif de défense des droits de la Montérégie**
150, Grant, suite 315
Longueuil (QC) J4H 3H6
Tel: 450-674-2410    Fax: 450-674-3019
Email: collectif@videotron.ca
www.cddm.qc.ca
Language: French
*Clientele:* Individuals with mental health issues
*Services:* Support, information, accompaniment, collective action, training and socio-cultural activities

**Maison d’intervention Vivre**
1807, Duke
Saint-Hubert (QC) J4T 2A5
Tel: 450-465-0264    Fax: 450-465-0266
Email: mdiv@rocler.qc.ca
Language: French
*Clientele:* Adults (18-50) with mental health issues
*Services:* Intensive therapy (4 ½ days – 15 beds), help line, individual and group counselling, active listening, creative workshops and crisis intervention
Abri de la Rive-Sud
885, Ste-Hélène
Longueuil (QC) J4K 3R7
Tel: 450-646-7809    Fax: 450-646-4522
Email: abi_admin@videotron.ca
http://www.abri-rive-sud.org/
Language: French
Clientele: Adults in difficulty
Services: Temporary shelter, referral, prevention, support, and educative and recreational activities

Auberge sous mon toit inc.
317, Chapais
Granby (QC) J2G 7E7
Tel: 450-378-4269    Fax: 450-378-5659
Email: auberge@aubergesousmontoit.com
Language: French
Clientele: Young male adults (18-30)
Services: Support, temporary lodging (15 beds), socio-professional re-integration, accompaniment and follow-up

Hébergement Maison de la Paix
1617, Ste-Hélène
Longueuil (QC) J4K 3S8
Tel: 450-674-0059   Fax: 450-674-5511
Email: maisondelapaix@videotron.ca
http://www.maisondelapaix.org/
Language: French
Clientele: Youth (14-17); women experiencing difficulties with or without children
Services: Youth: 3 places (+ 8 for the Centre Jeunesse de la Montérégie) - active listening, support, referral, accompaniment, follow-up, social activities, workshops, social reintegration, life skills training, job search help and recreational activities; women: 40 apartments – active listening, support, referral, accompaniment, follow-up, social activities, parenting abilities development and workshops
**Antre-temps Longueuil**
950, Roland-Therrien
Longueuil (QC) J4J 5H3
Tel: 450-651-0125   Fax: 450-651-0126
Email: admin@antre-temps.org
http://www.antre-temps.org/accueil.html

**Language:** French

**Clientele:** Youth and young adults (16-25)

**Services:** Support, temporary lodging (14 beds; 16-21), supervised apartments (15 places; 18-25) socio-professional reintegration, accompaniment and follow-up

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**Auberge du Coeur Le Baluchon**
PO Box 653
Saint-Hyacinthe (QC) J2S 7P5
Tel: 450-773-8818   Fax: 450-773-7145
Email: info@maisonlebaluchon.org
http://www.maisonlebaluchon.org/

**Language:** French

**Clientele:** Youth and young adults (12-23)

**Services:** Support, temporary lodging (9 beds; 12-17), supervised apartments (15 places; 16-23) socio-professional reintegration, accompaniment and follow-up

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**FADOQ Rive-Sud-Sûroit**
6A, du Grand Bernier S
Saint-Jean-sur-Richelieu (QC) J3B 4P8
Tel: 450-3470910   Fax: 450-347-6385
Email: denise.charest@fodoqrrss.org

**Language:** French

**Clientele:** Seniors

**Services:** Information, prevention, recreational activities and exchanges to support continued involvement of these people in the social life of their community
Suicide

**Centre de prévention du suicide du Haut-Richelieu**
PO Box 95
Saint-Jean-sur-Richelieu (QC) J3B 6Z1
Tel: 450-348-7524    Fax: 450-348-1557
Help line: 450-348-6300 Toll free: 1-866-277-3553
Email: cpshr.dir@qc.aira.com
www.cpshr.qc.ca/

**Language:** French

**Clientele:** Individuals with suicidal ideations and their close ones (family, relatives, friends, and crisis workers), and individuals bereaved after a loss by suicide

**Services:** Information, training, help line, group counselling, prevention and support

Substance Abuse & Pathological Gambling

**Centre sur l’Autre-Rive inc.**
6800, Hébert Boulevard
Salaberry-de-Valleyfield (QC) J6S 6G4
Tel: 450-371-5177    Fax: 450-377-2253
Email: autrerive@bellnet.ca
www.cam.org/fobast/autrerive

**Language:** French

**Clientele:** Adult men (aged 20 and over) with substance abuse issues

**Services:** Evaluation, referral, support, treatment (5 to 8 months, including individual and group counselling)

**Liberté de choisir**
52, Larocque Road
Salaberry-de-Valleyfield (QC) J6T 4A2
Tel: 450-370-3444     Fax: 450-377-4394
Email: libertedechoisir@qc.aira.com

**Language:** French

**Clientele:** Students (primary and high schools)

**Services:** School-based substance abuse prevention
**Maison La Margelle inc.**
1905, Marie-Victorin
Sorel-Tracy (QC) J3R 1M8
Tel: 450-746-2788    Fax: 450-746-8514
Email: maisonlamargelle@hotmail.com
http://www.maisonlamargelle.com
**Language:** French
**Clientele:** Adults with substance abuse or gambling issues
**Services:** Internal treatment (18 beds; 20 days), follow-up and support group for former residents

**Maison l’Alcôve inc.**
5000, Laurier W, PO Box 730
Saint-Hyacinthe (QC) J2S 7P5
Tel: 450-773-7333    Fax: 450-771-2487
Email: info@maisonlalcove.com
www.maisonlalcove.com
**Language:** French
**Clientele:** Adults with substance abuse or gambling issues
**Services:** Internal and external therapy, smoking cessation support, family consultation, support for relatives and workshops

**Partage du Haut-Richelieu**
**Regroupement en prévention des toxicomanies et promotion de la santé**
27 Saint-Charles, PO Box 721
Saint-Jean-sur-Richelieu (QC J3B 2B6
Tel: 450-346-6472    Fax: 450-346-9076
Email: partageduhautrichelieu@bellnet.ca
**Language:** French
**Clientele:** Individuals with or at risk of developing substance abuse issues
**Services:** Prevention and support

Community Organizations – Violence & Sexual Abuse

**Centre d’intervention en violence et agressions sexuelles de la Montérégie**
5100, Cousineau, suite 300
Saint-Hubert (QC) J3Y 7G5
Tel: 450-656-6524    Fax: 450-656-8075
Email: civas.m@bellnet.ca
**Language:** French
**Clientele:** Sexual delinquents, adults and youth, male and female
**Services:** Individual and group intervention, and evaluation
Inform’elle
3757, Mackay
Saint-Hubert (QC) J4T 2P6
Tel: 450-443-3442  Fax: 450-443-3442
Email: droitpourelle@informelle.osbl.ca
www.informelle.osbl.ca
Language: French
Clientele: Individuals with family law and rights concerns
Services: Help line, workshops, conference, training and mediation

Après-coup
300, Churchill, suite 100
Greenfield Park (QC) J4V 2N2
Tel: 450-672-6461    Fax: 450-672-6742
Email: service@apres-coup.com
Language: French
Clientele: Individuals with violence issues, male and female
Services: Information, awareness, prevention and group therapy

La Traversée – Prévention de la violence et Philosophie pour enfants
10, Hickson
Saint-Lambert (QC) J4R 2N3
Tel: 450-465-5263 Fax: 450-465-1990
Email: administration@latraversee.qc.ca
www.latraversee-pvphie.com
Language: French
Clientele: Youth
Services: School-based violence prevention.

Men
AVIF (Action sur la violence et intervention familiale)
330, Pierre-Boursier, suite 1200
Châteauguay (QC) J6J 4Z2
Tel: 450-692-7313   Fax: 450-692-9356
Youth services: 450-692-8746
Email: avif@bellnet.ca & avifjeunesse@hotmail.com
http://avif.weebly.com/
Language: French
Clientele: Men and youth with violence issues
Services: Therapeutic support, group counselling, individual consultations, workshops and school-based prevention
## Kahnawake

**Territory:** CSSS Jardins-Roussillon

![Map of Kahnawake Territory](image)

### Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Châteauguay</th>
<th>Kahnawake</th>
<th>La Prairie</th>
<th>Longueuil</th>
<th>Saint-Jean-sur-Richelieu</th>
<th>Saint-Hubert</th>
<th>Saint-Philippe-de-La Prairie</th>
</tr>
</thead>
<tbody>
<tr>
<td>Châteauguay</td>
<td>10</td>
<td></td>
<td>28</td>
<td>32</td>
<td>58</td>
<td>43</td>
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<tr>
<td>Kahnawake</td>
<td>10</td>
<td></td>
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<td>25</td>
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<td>La Prairie</td>
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<td>17</td>
<td>27</td>
<td>14</td>
<td>11</td>
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<tr>
<td>Longueuil</td>
<td>32</td>
<td>25</td>
<td>17</td>
<td></td>
<td>40</td>
<td>12</td>
<td>29</td>
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<td>Saint-Jean-sur-Richelieu</td>
<td>58</td>
<td>51</td>
<td>27</td>
<td>40</td>
<td>33</td>
<td>26</td>
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<tr>
<td>Saint-Hubert</td>
<td>43</td>
<td>30</td>
<td>14</td>
<td>12</td>
<td>33</td>
<td></td>
<td>22</td>
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<td>Saint-Philippe-de-La Prairie</td>
<td>29</td>
<td>20</td>
<td>11</td>
<td>29</td>
<td>26</td>
<td>22</td>
<td></td>
</tr>
</tbody>
</table>

*Note:* Distances are approximate and may vary depending on specific travel routes.
Public Health & Social Services
Health and Social Services Centre

**CSSS Jardins-Roussillon**
90, Marie-Victorin Boulevard
Candiac (QC) J5R 1C1
Tel: 450-659-7661

**Hôpital Anna-Laberge**
200, Brisebois Boulevard
Châteauguay (QC) J6K 4W8
Tel: 450-699-2425

**CLSC Châteauguay**
101, Lauzon
Châteauguay (QC) J6K 1C7
Tel: 450699-3333

**External Mental Health Clinic (both adults & youth services)**

**Intensive community follow-up**
237, Saint-Jean-Baptiste, suite 200
Châteauguay (QC) J6K 3C3
Tel: 450-692-0002

**Day centre**
26, Saint-Pierre
Saint-Constant (QC) J5A 1B8
Tel: 450-635-8807
<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Psychosocial Services</td>
<td>Adults</td>
<td>AEO referral</td>
</tr>
<tr>
<td>Childhood-Family-Youth</td>
<td>Children and Youth Adults (if related to family matters)</td>
<td>AEO referral</td>
</tr>
<tr>
<td>CAFE – Crise-Ado-Famille-Enfance [Crisis-Teen-Family-Childhood]</td>
<td>Families with children aged 5 to 17 in crisis situations</td>
<td>Home or school-based intervention</td>
</tr>
<tr>
<td>1st line mental health team</td>
<td>Adults</td>
<td>GASM (liaison nurse) referral Treatment, counselling, and community follow-up Team composition: Nurses, social workers, psychologists, general practitioner and educators</td>
</tr>
<tr>
<td>1st line mental health team</td>
<td>Youth</td>
<td>GASM (psychologist) referral Team composition: Psychologists, social workers and psycho-educators</td>
</tr>
<tr>
<td><strong>Second-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>External Psychiatric Clinic</td>
<td>Adults</td>
<td></td>
</tr>
<tr>
<td>Psychiatric Unit</td>
<td>Adults</td>
<td>Hôpital Anna-Laberge: 24 beds</td>
</tr>
<tr>
<td>Child psychiatry clinic</td>
<td>Youth</td>
<td></td>
</tr>
<tr>
<td>Child psychiatry unit</td>
<td>Youth</td>
<td>This service is provided by the Hôpital Charles-Lemoyne</td>
</tr>
</tbody>
</table>

**Services accessibility and adaptation for First Nations:**
The services offered at the CSSS are not especially publicized within the community, although the members will be served if they show up. They often deal with cases on a one-on-one basis. They have been using the services from some of Montreal’s hospitals in the past, but now have turned more to the regional resources for specialized care.
Rehabilitation Centre

**Le Virage**
201, de l’Industrie, 3rd floor
Candiac (QC) J5R 6A6
Tel: 450-619-6009
Toll Free: 1-800-916-6009
[http://www.levirage.qc.ca](http://www.levirage.qc.ca)
*Language*: French

**Pavillon Foster**
6, Foucreault
Saint-Philippe-de-Laprairie (QC) J0L 2K0
Tel: 450-659-8911 Fax: 450-659-7173
Toll Free: 1-866-851-2255
[www.pavillonfoster.org/](http://www.pavillonfoster.org/)
*Language*: English

School Board

**Commission scolaire des Grandes-Seigneuries**
50, Taschereau Boulevard
La Prairie (QC) J5R4V3
Tel: 514-380-8899 Fax: 514-380-8345
Email: directiongenerale@csdgs.qc.ca
[http://www.csdgs.qc.ca](http://www.csdgs.qc.ca)
*Language*: French

Youth Protection Centre

**Centre jeunesse de la Montérégie**
278, Saint-Jean-Baptiste, suite 200
Châteauguay (QC) J6K 3C2
Tel: 450-692-6741 Fax: 450-692-4811
Toll Free: 1-800-640-3915
[http://www.centrejeunessemonteregie.qc.ca/](http://www.centrejeunessemonteregie.qc.ca/)
*Language*: French
Community Organizations

Mental Health

**Accolade Santé Mentale**
127, Saint-Jean-Baptiste, suite 12
Châteauguay (QC) J6K 3B1
Tel: 450-699-7059    Fax: 450-699-7059
Email: dianestamour@laccoladechateauguay.org
http://www.accoladesantementale.org/

*Language*: French and some services are available in English

*Clientele*: Relatives and friends of individuals with mental health issues

*Services*: Help line, information, referral, individual and family consultation, accompaniment, support group, thematic workshops, training, educational activities, prevention and respite care

**La Maison du Goéland**
250, Lavoie
La Prairie (QC) J5R 2Z3
Tel: 450-659-0054    Fax: 450-659-9323
Email: lise.campeau@maisongoeland.com
http://www.maisongoeland.com

*Language*: French

*Clientele*: Individuals with mental health issues

*Services*: temporary shelter, lodging, support, information, referral and follow-up

**Avant-Garde en santé mentale**
462, Saint-Paul
La Prairie (QC) J5R 2R5
Tel: 450-444-9661    Fax: 450-444-7021
Email: agsm@bellnet.ca
http://agsmlaprairie.org/

*Language*: French

*Clientele*: Individuals with mental health issues

*Services*: Support group and counselling
Les Toits d’Émile
127, Saint-Jean-Baptiste Boulevard, suite 14
Châteauguay (QC) J6K 3B1
Tel: 450-699-9292    Fax: 450-699-1562
Email: emileorganisme@yahoo.ca
Language: French
Clientele: Individuals with mental health issues
Services: Supervised apartments and support

Espace Châteauguay
71, Principale
Châteauguay (QC) J6K 1G1
Tel: 450-692-5757   Fax: 450-692-2267
Email: espace.chateauguay@bellnet.ca
Language: French
Clientele: Youth (3-12)
Services: Violence prevention, educational program and workshops for youth, parents and school staff

Maison des jeunes Châtelois
180, Mercier, PO Box 80049
Châteauguay (QC) J6J 5X2
Tel: 450-698-3343    Fax: 450-698-3344
Email: info@mdjchateauguay.ca
Language: French
Clientele: Youth
Services: Information, help, advice, active listening, referral, prevention and social development activities

Maison des aînés (es) de La Prairie
160, Taschereau Boulevard
La Prairie (QC) J5R 1V1
Tel: 450-659-8787    Fax: 450-659-8787
Email: maisondesaineslaprairie@bellnet.ca
Language: French
Clientele: Seniors
Services: Information, prevention, recreational activities and exchanges to support continued involvement of these people in the social life of their community
Suicide

**Maison sous les arbres**
2, d’Anjou Boulevard
Châteauguay (QC) J6K 1B7
Tel: 450-691-8882    Fax: 450-691-6813
Help line (24/7): 450-699-5935
**Toll Free: 1-866-277-3553**
Email: msla@qc.aira.com
[www.la-msla.com](http://www.la-msla.com)
**Language**: French
**Clientele**: Individuals with mental health issues, individuals with suicidal ideations and their close ones (family, relatives, friends, and crisis workers), and individuals bereaved after a loss by suicide
**Services**: Crisis intervention and lodging, help line, individual consultation, follow-up, support, information, referral, training, social reintegration and therapeutic workshops

Violence and Sexual Abuse

Women

**Centre d’aide et de lutte contre les agressions à caractère sexuel (CALACS) Châteauguay**
PO Box 47030
Châteauguay (QC) J6K 5B7
Tel: 450-699-8258    Fax: 450-699-7295
Email: calacs.chateauguay@bellnet.ca
**Language**: French
**Clientele**: Adult and adolescent female victims of sexual aggression and rape
**Services**: Help line, individual consultation, group workshops, support and accompaniment regarding legal or medical actions, referral, prevention activities and social change claims

**Maison d’hébergement et de transition l’Égide**
PO Box 34, Succ. La Prairie
La Prairie (QC) J5R 3Y1
Tel: 450-619-9000    Fax: 450-619-0482
Email: egidetransition@bellnet.ca
**Language**: French
**Clientele**: Women victim of domestic violence, with or without children
**Services**: Safe and confidential housing, individual intervention and prevention
Maison d’aide et d’hébergement La Re-source de Châteauguay
PO Box 66017
Châteauguay (QC) J6K 5B7
Tel: 450-699-0908   Fax: 450-699-1698
Courriel: laresource@ bellnet.ca
Language: French
Clientele: Women victim of domestic violence, with or without children
Services: Safe and confidential housing, individual intervention and prevention

Centre de femmes l’Éclaircie
597, Saint-Jean Road
La Prairie (QC) J5R 2L2
Tel: 450-444-3131   Fax: 450-444-4748
Email: info@ eclaircie.org
Language: French
Clientele: Women
Services: Information, support, referral, prevention and social activities

Summary
The members of the Mohawk Nation in Kahnawake, located in the Montérégie region, have road access to the services provided on the territory, which cover in a comprehensive manner the needs identified (mental health, suicide, substance abuse & gambling, domestic violence and sexual abuse). There appears to be no official constraint in accessing the services delivered by the public provincial health and social services system, and most CSSSs seem to have an interest in further adapting their services to the reality of the Mohawk Nation, as their current adaptation is not always well-established. In addition, let it be noted that the community members mainly speak English, which might create difficulties in accessing some services which are primarily provided in French. Nevertheless, the proximity of the Montreal region is such that it is possible that some individuals receive services from this major urban centre.
Akwesasne

Territory: CSSS du Haut-Saint-Laurent

Distance Chart

<table>
<thead>
<tr>
<th></th>
<th>Akwesasne</th>
<th>Huntingdon</th>
<th>Longueuil</th>
<th>Ormstown</th>
<th>Saint-Hubert</th>
<th>Salaberry-de-Valleyfield</th>
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</thead>
<tbody>
<tr>
<td>Akwesasne</td>
<td></td>
<td>54</td>
<td>143</td>
<td>70</td>
<td>150</td>
<td>78</td>
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<tr>
<td>Huntingdon</td>
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<td>89</td>
<td>25</td>
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<td>Longueuil</td>
<td>143</td>
<td>90</td>
<td></td>
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<td>Saint-Hubert</td>
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<td></td>
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<td>Salaberry-de-Valleyfield</td>
<td>78</td>
<td>25</td>
<td>75</td>
<td>21</td>
<td>80</td>
<td></td>
</tr>
</tbody>
</table>

Map showing the territory and distance chart with distances between towns.
Public Health & Social Services
Health and Social Services Centre

**CSSS du Haut-Saint-Laurent**
28, Gale
Ormstown (QC) J0S 1K0
Tel: 450-829-2321    Fax: 450-829-3582

**Hôpital Barrie Memorial**
28, Gale
Ormstown (QC) J0S 1K0
Tel: 450-829-2321   Fax: 450-829-3582

**CLSC Huntingdon**
10, King
Huntingdon (QC) J0S 1H0
Tel: 450-264-6108    Fax: 450-264-6801

<table>
<thead>
<tr>
<th>Services</th>
<th>Target Population</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First-line services</strong></td>
<td></td>
<td></td>
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<tr>
<td>General Psychosocial Services</td>
<td>Adults</td>
<td>AEO referral</td>
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<tr>
<td>Childhood-Family-Youth</td>
<td>Children and Youth</td>
<td>AEO referral</td>
</tr>
<tr>
<td></td>
<td>Adults (if related to family matters)</td>
<td></td>
</tr>
<tr>
<td>CAFE – Crise-Ado-Famille-Enfance</td>
<td>Families with children aged 5 to 17 in crisis situations</td>
<td>Home or school-based intervention</td>
</tr>
<tr>
<td>[Crisis-Teen-Family-Childhood]</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>1st line mental health team</strong></td>
<td>Adults</td>
<td></td>
</tr>
<tr>
<td><strong>1st line mental health team</strong></td>
<td>Youth</td>
<td>Multi-disciplinary team</td>
</tr>
<tr>
<td><strong>Second-line services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric unit and services</td>
<td>Adults and Youth</td>
<td>Services provided by the CSSS du Suroît, including Hôpital du Suroît: 39 beds</td>
</tr>
<tr>
<td>and child psychiatry services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child psychiatry unit</td>
<td>Youth</td>
<td>This service is provided by the Hôpital Charles-Lemoyne</td>
</tr>
</tbody>
</table>
Services accessibility and adaptation for First Nations:
This CSSS does not serve First Nations individuals, as they have their own services on reserves and are covered by Health Canada.

Rehabilitation Centre
Le Virage
30, du Centenaire, suite 202
Salaberry-de-Valleyfield (QC) J6S 3L6
Tel: 450-373-5934
http://www.levirage.qc.ca
Language: French

School Board
Commission scolaire de la Vallée-des-Tisserands
630, Ellice
Beauharnois (QC) J6N3S1
Tel: 450-225-2788 Fax: 450-225-0691
Email: info@csvt.qc.ca
http://www.csvt.qc.ca
Language: French

Youth Protection Centre
Centre jeunesse de la Montérégie
301, Jacques-Cartier
Valleyfield (QC) J6T 5H3
Tel: 450-373-0281 Fax: 450-370-5060
Toll Free: 1-800-340-6359
http://wwwcentrejeunessemonteregie.qc.ca/
Language: French
Community Organizations

Mental Health

Ancre et Ailes du Haut Saint-Laurent
10, Bridge, PO Box 102
Ormstown (QC) J0S 1K0
Tel: 450-829-3491    Fax: 450-829-2239
Email: ancreetailes@bellnet.ca
www.rocler.qc.ca/ancre
Language: French
Clientele: Adults with mental health issues
Services: Information, help line, referral, support, accompaniment, support group, prevention, rights advocacy and social activities

Pont du Suroît
88, Alexandre
Salaberry-de-Valleyfield (QC) J6S 3J9
Tel: 450-377-3126    Fax: 450-377-4571
Email: info@lepont.com
www.lepont.com
Language: French
Clientele: Relatives and friends of individuals with mental health issues
Services: Information, support, referral, active listening, counselling, respite care, awareness, support group and accompaniment

Centre de transition en itinérance du Suroît
107, Jacques-Cartier, suite 22
Salaberry-de-Valleyfield (Québec) J6T 4R8
Tel: 450-373-0500
Email: cti.v@rocler.qc.ca
Language: French
Clientele: Adults experiencing difficulties
Services: Temporary shelter, referral, prevention, support, and educative and recreational activities
Maison des jeunes de Huntingdon inc. (La)
107, Châteauguay
Huntingdon (QC) J0S 1H0
Tel: 450-264-4207    Fax: 450-264-7028
Email: mcaza.maisondesjeunes@bellnet.ca
Language: French
Clientele: Youth
Services: Information, help, advice, active listening, referral, prevention and social development activities

Espace Suroît
202-394, Dufferin
Salaberry-de-Valleyfield (QC) J6S 2A8
Tel: 450-371-8096    Fax: 450-371-3263
Email: espacesuroit@bellnet.ca
Language: French
Clientele: Youth (3-12)
Services: Violence prevention, educational program and workshops for youth, parents and school staff

Suicide
Ressource de transition le Tournant
414, Salaberry
Salaberry-de-Valleyfield (QC) J6T 2K3
Tel: 450-371-2820    Fax: 450-371-2681
Email: letournant@letournant.qc.ca
Language: French
Clientele: Individuals with mental health issues, individuals with suicidal ideations and their close ones (family, relatives, friends, and crisis workers), and individuals bereaved after a loss by suicide
Services: Crisis intervention and lodging, help line, individual consultation, follow-up, support, information, referral, training, social reintegration and therapeutic workshops
Violence & Sexual Abuse

Women

**Résidence Elle du Haut Saint-Laurent**
PO Box 1922
Huntingdon (QC) J0S 1H0
Tel: 450-264-2999    Fax: 450-264-6574
Email: residence-elle@bellnet.ca

*Language:* French  
*Clientele:* Women victim of domestic violence, with or without children  
*Services:* Safe and confidential housing, individual intervention and prevention

**Accueil pour elle**
PO Box 644
Salaberry-de-Valleyfield (QC) J6S 5N6
Tel: 450-371-4618    Fax: 450-371-9656
Email: accueil.pourelle@cgocable.ca

*Language:* French  
*Clientele:* Women victim of domestic violence, with or without children  
*Services:* Safe and confidential housing, individual intervention, prevention and second stage housing

**Hébergement d’urgence violence conjugale Vaudreuil-Soulanges (La Passerelle)**
PO Box 115
Vaudreuil-Dorion (QC) J7V 5W1
Tel: 450-424-6077    Fax: 450-424-1371
Email: jo-ann@hebergementlapasserelle.com

*Language:* French  
*Clientele:* Women victim of domestic violence, with or without children  
*Services:* Safe and confidential housing, individual intervention and prevention

**Centre d’aide et de lutte contre les agressions à caractère sexuel (C.A.L.A.C.S.) La Vigie**
PO Box 22
Salaberry-de-Valleyfield (QC) J6S 4V5
Tel: 450-371-4222    Fax: 450-371-9590
Email: calacslavigie@rocler.qc.ca

*Language:* French  
*Clientele:* Adult and adolescent female victims of sexual aggression and rape  
*Services:* Help line, individual consultation, group workshops, support and accompaniment regarding legal or medical actions, referral, prevention activities and social change claims
Provincial Resources &
Super-Specialized Care
Men

**Via L’Anse**
340, du Havre Boulevard, suite 103
Salaberry-de-Valleyfield (QC) J6S 1S6
Tel: 450-370-3200    Fax: 450-370-0143
Email: vialanse@rocler.qc.ca

*Language:* French

*Clientele:* Men with violence issues

*Services:* Information, referral, and individual and group counselling

**Summary**
The members of the Mohawk Nation in Akwesasne can fall under three different jurisdictions, namely Quebec, Ontario, and New York. Thus, those who are, according to Canadian law, located in the Montérégie region, have road access to the services provided in that region, which cover in a comprehensive manner the needs identified (mental health, suicide, substance abuse & gambling, domestic violence and sexual abuse). However, they have to transit through the United States to reach those services which greatly limits accessibility. The proximity of Ontario, and the ease of access due to the language used (English), is such that people of Akwesasne rarely use the services provided in the region (the distance is greater to reach those services and the language used is more often French). Thus, some services of the public system may appear inaccessible and unavailable to them.
Provincial Resources

Public Health & Social Services

Info-Social

**Help-line (24/7): 811**

*Language:* French and English  
*Clientele:* Everybody  
*Services:* Information, referral and intervention regarding social issues.

Info-Crime

Tel (24/7): 1-800-711-1800  
http://www.infocrime.org/  
*Language:* French and English  
*Clientele:* Crime witnesses  
*Services:* Anonymously receiving information on criminality and crimes

Community Organizations

Mental Health

**Fédération québécoise des personnes vivant un trouble de santé mentale**

165, Carillon, suite 316  
Québec (QC) G1K 9E9  
Tel: 418-634-0248  
Fax: 418-634-0231  
Email: lesporte-voix@hotmail.com  
*Language:* French and English  
*Clientele:* Individuals with mental health issues  
*Services:* Information, rights advocacy, empowerment, support for similar associations, national representation of individuals with current or past mental health issues, promoting the involvement of their target population in mental health service planning and organization, and research

**Association québécoise pour la réadaptation psychosociale (AQRP)**

184, Racine, 2nd floor, B-307  
Québec (QC) G2B 1E3  
Tel: 418-842-4004  
Fax: 418-842-4334  
Email: aqrp@qc.aira.com  
www.aqrp-sm.org  
*Language:* French  
*Clientele:* Individual or organizations concerned by rehabilitation of people with mental health problems  
*Services:* Promotion, prevention and rights advocacy
Association canadienne pour la santé mentale (Québec division)
911, Jean-Talon E, suite 326
Montréal (QC) H2R 1V5
Tel: 514-849-3291    Fax: 514-849-8372
Email: info@acsm.qc.ca
www.acsm.qc.ca
Language: French and English
Clientele: Individual and organization concerned with mental health issues
Services: Information, referral, promotion, prevention and rights advocacy

Tel-Jeunes
Help-line (24/7): 1-800-263-2266
http://teljeunes.com/accueil
Language: French and English
Clientele: Youth
Services: Information and referral.

Jeunesse, J’écoute
Help-line (24/7): 1-800-668-6868
http://www.jeunessejecoute.ca/
Language: French and English
Clientele: Youth
Services: Information and referral

Ligne Assistance Parents
Help-line (24/7): 1-800-603-9100
http://www.parenthelpline.ca/index.html
Language: French and English
Clientele: Parents
Services: Information and referral

Suicide
Suicide Prevention
Help-line (24/7): 1-866-277-3553
http://www.aqps.info
Language: French and English
Clientele: Any person affected by suicide-related issues
Services: Information, referral and intervention
Substance Abuse & Pathological Gambling

**Alcoholics Anonymous**

http://aa-quebec.org/AA_Quebec/Templates/english.htm

*Language:* French and English  
*Clientele:* Any person affected by alcohol-related issues  
*Services:* Information and support.

**Al-Anon/ Alateen Quebec West**

Tel: 514-866-9803  
http://www.al-anon-alateen-qc.ca/  
*Language:* French and English  
*Clientele:* Family and relatives of individuals with alcohol-related issues and youth with alcohol-related issues  
*Services:* Information and support

**Al-Anon/ Alateen Québec-Est et Nouveau-Brunswick francophone**

Tel: 1-888-425-2666  
http://www.al-anon-quebec-est.org/  
*Language:* French and English  
*Clientele:* Family and relatives of individuals with alcohol-related issues and youth with alcohol-related issues  
*Services:* Information and support

**Narcotics Anonymous**

Tel: 1-800-879-0333  
http://www.naquebec.org/  
*Language:* French and English  
*Clientele:* Any person with drug-related issues  
*Services:* Information and support

**Gamblers Anonymous**

Tel: 1-866-484-6664  
http://www.gamblersanonymous.org/  
*Language:* French and English  
*Clientele:* Any person with gambling-related issues  
*Services:* Information and support
Drugs: Help and referral
Help-line (24/7): 1-800-265-2626
http://www.droge-aidereference.qc.ca
Language: French and English
Clientele: Any person with alcohol or drug-related issues
Services: Information and referral.

Gambling: Help and Referral
Help-line (24/7): 1-866-461-0140
http://www.jeu-aidereference
Language: French and English
Clientele: Any person with gambling-related issues
Services: Information and referral

Violence & Sexual Abuse
Après-Coup
Help-line (24/7): 1-800-330-6461
Language: French and English
Clientele: Youth with violent behaviors, adults with violence issues, sexual abusers, and children abuse victims
Services: Information and referral

Sexual Assault Helpline
Help-line (24/7): 1-800-933-9007
Language: French and English
Clientele: Sexual assault/abuse victims and their relatives, as well as concerned professionals
Services: Information, support, and referral

Women
SOS Violence Conjugale
Help-line (24/7): 1-800-363-9010
http://www.sosviolenceconjugale.ca/
Language: French and English
Clientele: Women victim of domestic violence
Services: Information, evaluation and referral
Super-Specialized Care

The province of Quebec is divided into 4 RUIS, in order for the population to access super-specialized care when needed. The divisions are as follows:

RUIS Université McGill

07 Outaouais
   CSSS de la Vallée-de-la-Gatineau

08 Abitibi-Témiscamingue
   CSSS de la Vallée-de-l’Or
   CSSS Les Eskers de l’Abitibi
   CSSS du Lac-Témiscamingue
   CSSS de Témiscaming-et-de-Kipawa

16 Montérégie
   CSSS Jardins-Roussillon
   CSSS du Haut-Saint-Laurent

RUIS Université de Montréal

04 Mauricie–Bois-Francs
   CSSS du Haut-Saint-Maurice

14 Lanaudière
   CSSS du Nord de Lanaudière

15 Laurentides
   CSSS du Lac-des-Deux-Montagnes
RUIS Université Sherbrooke
04 Mauricie–Bois-Francs
    CSSS Bécancour-Nicolet-Yamaska

RUIS Université Laval
01 Bas-Saint-Laurent
    CSSS Rivière-du-Loup
02 Saguenay–Lac-Saint-Jean
    CSSS Domaine-du-Roy

03 Québec
    CSSS de Québec-Nord

09 Côte-Nord
    CSSS de la Haute-Côte-Nord
    CSSS de Manicouagan
    CSSS de Sept-Îles
    CSSS de la Minganie
    CSSS de la Basse-Côte-Nord
    CSSS de l’Hématite

11 Gaspésie–Îles-de-la-Madeleine
    CSSS de la Baie-des-Chaleurs
    CSSS de La Côte-de-Gaspé

D = Available, but important distance limits the accessibility;
L= Available, but not necessarily in a language mastered by the community members;
N = NO;
T = Available, but not accessible due to transportation, and thus distance, issues;
Y = YES
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<th>Substance Abuse &amp; Gambling</th>
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