

PSYCHOSOCIAL AND MENTAL HEALTH SERVICES OFFERED AT THE CLSC

Psychosocial services are offered to youth, adults, couples, families and anyone who is going through a difficult period related to specific stressful events or challenging situations such as:



- Situations involving a crisis, violence or abuse
- Difficult job or family situations
- Problematic couple or parent-child relationships
- Problems with social or academic integration
- Autism spectrum disorder (ASD)
- Intellectual or physical disability
- Depression and Burnout
- Socioeconomic challenges
- Stress, anxiety
- Concerns about alcohol or drug use or gambling
- Caring for a loved one who is sick and at the end of life
- Suicidal thoughts
- Or any other challenging situations.

Don't hesitate to ask for help by contacting your CLSC. Just ask to be transferred to psychosocial services, where they'll be able to help you and guide you.

Mental health services may also be available to you if, following an assessment, such services are considered necessary to help you with your situation.

PSYCHOSOCIAL SERVICES

CLSC Samuel-de-Champlain . . .	450 445-4452, extension 612666
CLSC Saint-Hubert	450 443-7400, extension 7318
CLSC de la Vallée-des-Forts . . .	450 358-2572, extension 4510
CLSC du Richelieu	450 658-7561, extension 4510

RESOURCES FOR HELP



Québec Poison Control Centre 1 800 463-5060

Suicide Prevention Centre 1 866 277-3553

**Direction de la protection de la
jeunesse de la Montérégie** 1 800 361-5310

Drugs: help and referrals 1 800 265-2626

Interligne (LGBTQ+) 1 888 505-1010

Gambling: help and referrals 1 800 461-0140

Kids Help Phone 1 800 668-6868

Senior Abuse help line 1 888 489-2287

LigneParents 1 800 361-5085

Tel-Jeunes 1 800 263-2266

SOS Violence conjugale 1 800 363-9010

INFO-SANTÉ : 811, option 1

INFO-SOCIAL : 811, option 2

www.santemc.quebec

*Centre intégré
de santé et de
services sociaux de
la Montérégie-Centre*

Québec 

