

# 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](http://www.santemc.quebec)

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

Québec

