

### Actions you can take if you are struggling with a substance:



#### Book an Appointment with Your Family Doctor

Contact your family doctor to discuss concerns and explore treatment options for addiction.



#### Contact Your Local CLSC

Local CLSCs offer a range of support services for individuals facing addiction. Below are contact details for specific CLSCs:

CLSC de Dorval-Lachine	514-639-0660 (Extensions 80308 & 80227)	Monday to Wednesday, 9 a.m. – 5 p.m. Thursday to Friday, 8 a.m. – 8 p.m.
CLSC de LaSalle	514-364-2572 (Extensions 22232 & 22233)	Monday to Wednesday, 8 a.m. – 8 p.m. Thursday to Friday, 9 a.m. – 5 p.m. Saturday, 1 p.m. – 4 p.m.
CLSC de Pierrefonds	514-626-2572 (Extension 3956)	Monday to Friday, 8 a.m. – 8 p.m. Saturday, 1 p.m. – 4 p.m.
CLSC du Lac-Saint-Louis	514-697-4110 (Extension 1559)	Monday to Friday, 9 a.m. – 5 p.m.



#### If you are in a crisis and distress situation because you've been using drugs, alcohol or gambling, call Urgence-dépendance at 514 288-1515, or go directly to 110 Prince-Arthur Street West.

Professionals (e.g., nurses, social workers) are on hand 24 hours a day, 7 days a week. They offer the support and care needed to help you deal with your situation.

### Other Resources:

#### Drugs: Help and Referral (Aide Drogue)

24/7 free and confidential support for individuals and families dealing with substance use and addiction.

514-527-2626

[www.aidedrogue.ca](http://www.aidedrogue.ca)

#### Alcoholics Anonymous (AA) Montreal

Peer-led support groups for individuals recovering from alcohol addiction.

514-376-9230

[www.m.aa87.org/meetings/](http://www.m.aa87.org/meetings/)

#### Gamblers Anonymous (GA) Montreal

Support groups for individuals seeking help with gambling addiction.

514-484-6666

[www.gamontreal.ca](http://www.gamontreal.ca)

#### Cocaine Anonymous (CA) Montreal

Peer support meetings for individuals seeking recovery from cocaine addiction and other mind-altering substances.

514-527-9999

[www.caquebec.org/](http://www.caquebec.org/)

#### Narcotics Anonymous (NA)

Support groups for individuals seeking help with addiction.

1 855 LIGNE-NA (1 855 544-6362)

[www.naquebec.org/a-propos-de-na/](http://www.naquebec.org/a-propos-de-na/)

#### Tel-jeunes

Support for youth struggling with addiction, mental health issues, or other challenges.

1-800-263-2266

[www.teljeunes.com](http://www.teljeunes.com)

## Support Services for Friends and Family of Individuals with Addiction:

### Psychosocial Counselling at Your CLSC

Make an appointment with a psychosocial counsellor. Services are free, confidential, and tailored to support those living with someone experiencing addiction.

### AL-ANON

Fellowship and support groups for families and friends of alcoholics.

514-866-9803 (10 a.m. to 10 p.m., 7 days a week)  
[www.al-anon-montreal.org](http://www.al-anon-montreal.org)

### L'Appui

Caregiver support helpline offering counselling, information, and referrals.  
1-855-852-7784 (8 a.m. to 8 p.m., every day)  
[www.lappui.org/en/](http://www.lappui.org/en/)

### Friends for Mental Health

Provides support, resources, and tools for the entourage of individuals living with mental health challenges, including addiction  
514-636-6885  
[www.asmfmh.org/en/](http://www.asmfmh.org/en/)

## Key National Addiction Treatment Helplines in Canada:

### Helpline for Mental Health and Addiction

1-866-531-2600

### Addiction Helpline (Canada)

1-800-663-1441

### National Alcohol and Drug Helpline

1-888-232-2211

### First Nations and Inuit Helpline

1-855-242-3310

### Kids Help Phone

1-800-668-6868

### For additional information and referrals contact:

The West Island Community Resource Centre (CRC) to receive guidance in accessing local resources

514-694-6404 / [www.crcinfo.ca](http://www.crcinfo.ca)

LI-BER-T House to speak to an addictions specialist

514-662-2047

