



Prioritizing your Mental Wellness

At Heritage, we foster growth and guidance when it comes to youth mental health. Everyone struggles with personal difficulties from time to time and it's okay to ask and seek for help.

Here are various resources within your community that you can reach out to. Remember HRHS staff is here to guide you, do not hesitate to find an adult.

CLSC

CLSCs provide common health and social services including: routine health and physical services (blood tests, vaccinations, morning-after contraception, etc.), preventive or medical services (medical consultations with or without an appointment), and basic mental health services for people with mental health issues. To find your local CLSC, click [HERE](#).

AIRE OUVERTE

Aire ouverte offers a range of services geared to the reality of young people aged 12 to 25. These include mental and physical health services. Services are free and confidential, many are offered with or without an appointment and are available on days, evenings and some weekends. Aire ouverte centers are located in places that are easy to reach by foot or by public transport. Visit the Aire Ouverte website, [HERE](#).

SAM

Thinking about suicide? Worried about someone? Grieving? SAM is here for you. They provide professional and confidential services 24 hours a day, 7 days a week. Reach out to a counsellor by text message, chat, or by phone. Visit the SAM website, [HERE](#).

KID'S HELP PHONE

KHP offers information, tools, tips and resources to help build skills and improve wellness in the way that feels best for you. You can text a trained, volunteer crisis responder about anything you're going through. No issue is too big or too small. You are never alone ❤️ Visit the Kid's Help Phone website, [HERE](#).

211

- 211 is an information and referral service that helps citizens find community organizations, public and private services and programs near them.
- 811 INFO SANTÉ is a free and confidential telephone consultation service which puts you in contact with a nurse in case of a non-urgent health or psychosocial issue or question.
- Call 911 for emergencies Visit the 211 website, [HERE](#).

AMI QUEBEC

AMI-Quebec helps families manage the effects of mental illness through support, education, guidance, and advocacy. They offer education, programs and services including workshops, support groups, family counselling, family peer support, outreach, online learning, resources, special events, and more. Visit the Ami Quebec website, [HERE](#).

APAMM

APAMM brings together the members of a mentally ill person's social circle to provide them with a wide range of support services such as individual, couple and/or family interventions and activities geared towards youth (aged 5-24 years old) who are living with a person (parent, guardian, sibling, etc.) who is suffering from a mental health problem(s). View the APAMM website, [HERE](#).

LE JAG

Le JAG offers services for anyone in the Montérégie West, Centre and East regions who is affected in any way by emotional, sexual or gender diversity, or who is questioning the issue.

Its services are divided into three parts: individual meetings, group meetings and workshops and training adapted to the school and professional environments. Visit LE JAG, [HERE](#).

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MIND YOUR MIND

Mind your mind exists in the space where mental health, wellness, engagement and technology meet. They work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.

Learn about wellness & illness, self-care and skill building through tools, poetry, blogs and artwork shared by youth.

Visit the Mind Your Mind website, [HERE](#).

PORTAGE

Portage fosters the strengths and skills of substance-dependent persons to enable them, through comprehensive and cost-effective interventions based on the therapeutic community approach, to live lives of sobriety, filled with dignity, self-respect, and accomplishment.

Addiction treatment programs are offered to youth and adults.

Visit the Portage website, [HERE](#).

S SCPN

A community network that supports and promotes activities for the South Shore English-Speaking community, including art classes, theatre, educational, and social activities. It can also assist in referring individuals to health services and support programs in the area. Contact South Shore Community Partners Network at **450-466-1325**

Haven't Found what you're looking for?

Be sure to speak to a staff member you feel safe and comfortable with. They will be happy to guide you in the best direction - or perhaps just lend an ear!

LOVE

LOVE supports youth between the ages of 13-19 who have experienced or witnessed emotional difficulties, discrimination, or other challenges.

Addressed to youth who are interested in expressing themselves in creative ways and who are ready to take the time required to learn about self and others and are willing to work towards LOVE's leadership goals.

Visit the Love Organization website, [HERE](#).

YOUTH PROTECTION

This applies to youth who are, or who may be, in danger.

Youth Protection addresses situations of neglect, psychological, sexual or physical abuse.

Anyone having concerns for self or another may call to signal a situation. A person may also call to ask questions confidentially.

•1-800-361-5310

To learn more about Youth Protection, click [HERE](#).

CISSS

Centre intégré de santé et services sociaux (CISSS) are a point of reference in case of health or psychosocial problems. Receive appropriate services or be directed to another resource of the territorial services network. Visit CISSS Montérégie-East's website, [HERE](#).

Need more support at Heritage?

Click the link below to view the Heritage brochure for all essential location and services within the building:
[HRHS Brochure](#)

This initiative was made possible through funding from and in collaboration with :

Secrétariat
à la jeunesse

Québec



Fondation Lucie
et André Chagnon

CHSSN

Mepec

Partenariat de l'est de la Montérégie pour
la communauté d'expression anglaise
Monteregie East Partnership
for the English-Speaking Community