

COMMUNITY ORGANIZATIONS

La Grande Porte



Youth centre serving those 12-17 in the St. Michel area

L'Escale



Youth centre serving those 12-17 in Montreal North



L'interligne

Sexual diversity and gender plurality awareness and support

Maison Jean Lapointe



Activities developed according to best practices used to inform, raise awareness and provide tools. Also offer addiction treatment and support programs



Maison D'hati

Supporting individuals to achieve autonomy through a citizen-centered approach that emphasizes critical thinking and societal intervention.

Pacte de rue



We work with both young people and adults in social distress. We are present on a regular basis in parks, bars, apartments, schools, in resources, as well as on the street



Mental health is just as important as physical health



Project 10



Promote the personal, social, sexual and mental well being of lesbian, gay, bisexual, transgender, transsexual, two-spirit, intersex and questioning (2LGBTQ+) youth 14-25



Portage

Helps those suffering from substance abuse-related problems to overcome their dependencies and live healthy, happy, and productive lives.



For positive romantic and intimate relationships

SPARX UQAM

This project aims to implement best practices in terms of dating violence prevention and healthy romantic relationships promotion



Y4Y

Committed to addressing the issues facing English-speaking youth (ages 16-30) across Québec.



Commission scolaire English-Montréal
English Montreal School Board



EMSB Mental Health Fair



Centre intégré universitaire de santé et de services sociaux du Centre-Sud-de-l'Île-de-Montréal

PLUS FORT AVEC VOUS





WHAT IS MENTAL HEALTH?

Mental health refers to our overall psychological well-being and encompasses a range of aspects such as our emotional, cognitive, and behavioral functioning.

Think of it like this: Just as we take care of our bodies by eating well and exercising, we also need to take care of our minds. Mental health encompasses how we think, feel, and behave, and it influences how we handle stress, relate to others, and make choices.

It's normal for everyone to experience ups and downs in their mental health from time to time. Taking care of your mental health involves self-care practices, seeking support when needed and being understanding and compassionate towards yourself and others. Remember, it's okay not to be okay sometimes and reach out for help is a sign of strength.



You are doing GREAT!

Aire-Ouverete Est

Health and mental health services for youth aged 12-25



Aire-Ouverete Nord

Health and mental health services for youth aged 12-25



Al-Anon

Support for family members living with a loved one who has addiction




Ami-Quebec

Helps families manage the effects of mental illness through support, education, guidance, and advocacy



Big Brother/Big Sisters of Greater Montreal

Offers positive mentoring programs for children and youth to help them build the confidence to achieve more

Carrefour Jeunesse Emploi 
Services for youth related to youth employment services, job finding and resume building



COMMUNITY ORGANIZATIONS



Centre Lassalien

A socio-educational center dedicated to the development of young people with an inclusive approach that prioritizes the most vulnerable



CIUSSS de L'est de L'île de Montreal

Health and social services for those living on the East-end of the island of Montreal



Desta

Supports Black youth aged 18 to 35 in reaching their educational, employability, and entrepreneurial goals



DOD Basketball

Teaching life skills through basketball

Don Bosco Youth Leadership Centre



A variety of youth activities and events that foster education, prevention, and leadership

Forum Jeunesse St. Michel



An initiative "by and for young people" that aims to give them a voice, and to promote the civic involvement of young people to enable them to contribute positively to the community



GRIS

2SLGBTQ+ awareness raising and education as well as support services for youth

