

Putting Mom First

TAKING TIME FOR YOURSELF IS A GIFT TO THEM TOO

ANXIETY AND DEPRESSION RESOURCES (CANADA)

Click the names of the organizations to follow the link to their site

[AMI Quebec](#)

[Bell - Let's Talk](#)

[Depression Hurts](#)

[Your Life Counts](#)

[SuicidePrevention.ca](#)

[Mental Health Support - Canada.ca](#)

[Kid's Help Phone - 1-800-668-6868](#)

[Quebec National Crisis Line \(Suicide Prevention\) - 1-866-APPELLE \(277-3553\)](#)