



## Support resources after a stroke

### WHAT YOU NEED TO KNOW

**Have you recently had a stroke or are you caring for someone who has?**

After a stroke, it is normal to experience difficult emotions or mood changes. About 1 in 3 people experience depressive symptoms during recovery. These resources can support you during this time and help you care for your well being.

### **Association des traumatisés cranio-cérébraux de la Montérégie (ATCCM)\***

*Montérégie Association for Individuals with Traumatic Brain Injuries\**

ATCCM offers personalized psychosocial and community support services throughout the Montérégie region. Services include psychosocial support, maintaining and developing skills, awareness and education, respite, and housing support.

**450-446-1111 or 1-877-661-2822 (toll-free)**

[atccmonteregie.qc.ca](http://atccmonteregie.qc.ca) | [atcc@atccmonteregie.qc.ca](mailto:atcc@atccmonteregie.qc.ca)

### **Appui proches aidants\***

*Support for caregivers\**

Appui works to improve the quality of life for caregivers. They can connect caregivers with services that meet their needs, including support groups, respite services, and home care assistance.

**514-789-2460**

[lappui.org](http://lappui.org) | [info@lappui.org](mailto:info@lappui.org)

### **Info-Social 811**

This service is available at all times. Professionals provide advice and respond to psychosocial questions. They can refer to appropriate resources when needed. Individuals with hearing impairments can use a relay service.

### **811, option 2**

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\* Primarily French-speaking organizations. English support may be available upon request.

## Community and Social Services Directory: 211

211 helps you find community services based on your needs.  
This service is available at all times.

**211 or 1-844-387-3598**

[211qc.ca/repertoire](http://211qc.ca/repertoire)

### Local community services centers (CLSC)

CLSCs provide free, accessible health and social services, including prevention, treatment, rehabilitation, and reintegration. They are the first point of contact for everyday health needs.

#### Centre multiservices de santé et de services sociaux de Vaudreuil-Dorion

3031, boulevard de la Gare  
Vaudreuil-Dorion  
**450-455-6171**

#### CHSLD et CLSC de Coteau-du-Lac

341, chemin du Fleuve  
Coteau-du-Lac  
**450-763-5951**

#### CLSC de Beauharnois

142, rue Saint-Laurent  
Beauharnois  
**450-429-6455**

#### CLSC de Châteauguay

95, avenue de la Verdure  
Châteauguay  
**450-699-3333**

#### CLSC de Huntingdon

10, rue King, suite 200  
Huntingdon  
**450-829-2321**

#### CLSC de Napierville

509, rue Saint-Jacques  
Napierville  
**450-245-3336**

#### CLSC de Rigaud

59, rue Saint-Viateur  
Rigaud  
**450-451-6609**

#### CLSC de Saint-Chrysostome

21, rang Sainte-Anne  
Saint-Chrysostome  
**450-829-2321**

#### CLSC de Saint-Rémi

2, rue Sainte-Famille  
Saint-Rémi  
**450-454-4671**

#### CLSC de Salaberry-de-Valleyfield

71, rue Maden  
Salaberry-de-Valleyfield  
**450-371-0143**

#### CLSC et groupe de médecine de famille universitaire de Saint-Polycarpe

11, chemin de la Cité des jeunes  
Saint-Polycarpe  
**450-265-3771**

#### CLSC Kateri

90, boulevard Marie-Victorin  
Candiac  
**450-659-7661**

### Personal notes