

List of Resources for Gender Diverse Patients

This list was put together October 2021. Please note the information may change. Also, the practice of the doctors mentioned is always subject to change as well. You may have to call multiple places before you are successful. If you encounter difficulty, you can always reach out to a community organization that provides assistance and support (some of them are listed in this document).

In case of an emergency, either go to the Emergency Room, call 911 and/or make use of a crisis line (depending on the situation).

Endocrinologists taking on new patients for Hormone Therapy – Requires a Doctor’s referral

- **La Clinique D’Endocrinologie de Montréal et Associes**

<https://www.endocrinologuesmontreal.ca/>

1029 rue St-Denis, on the 2nd floor, Montreal, QC, H2X 3H9

Telephone: 514-866-3681

Fax: 514-874-4078

- **Clinique Angus** Drs. Bondaz and Dr. Nguyen.

<https://www.cliniqueangus.com/>

Clinique médicale Angus, 2601 Rue William-Tremblay, Montréal, QC, H1Y 0E2

Telephone : 514-807-2333

Fax: 514-596-1821

- **Hôpital St-Luc Centre de rendez-vous** : 514-890-8051; Endocrinology clinic : 514-890-8000 ext 32597
- **Clinique Procrea** 514-345-8535; Dre Hélène Lavoie
- **Ste Justine Endocrinologie (Pediatric)** For appointment: 514 345-2141
General number: 514 345-4735 Fax: 514 345-2171

Primary Care (Including Hormone Therapy) and Multidisciplinary Care

- **Meraki Clinic**– *Gender Variance Program*, Tel : 514-933-3393
For adults, adolescents, and children – referral needed in some cases. There is a waitlist for family medicine for those 18 and older – waitlist may be closed temporarily see website for all the details:
<https://centremeraki.com/programs/gender-variance-program/>
- **Clinique Lagora** – 514-285-5500, Drs Pierre Cote and Antoine Cloutier-Blais taking new patients for hormone therapy (according to Project 10 website, details below)
- **Clinique l’Actuel** - 514-524-1001; not currently taking patients but there is a waitlist that is open

- **Clinique Quorum** - Dr Jonathan Picard - 800 Boul de Maisonneuve E. Montréal - (514) 360-0614 – not currently taking patients, but there is a waitlist
<http://cliniquequorum.com/>
-This clinic also has an urgent care clinic for concerns, symptoms and screening for STIs (sexually transmitted infections)
- **Head & Hands (for ages 12-25 years old):** Tel: 514-481-0277
Can make appointments for general medical concerns, also has information and waitlist for Hormone Therapy (according to website)
Website: <https://headandhands.ca/>
Email: clinic@headandhands.ca
Email for hormone therapy information: hrtcoordinator@headandhands.ca
Waitlist temporarily closed– see website for more information
- **McGill University Sexual Identity Centre – needs doctor’s referral.** Multidisciplinary team, not a family medicine follow-up.
Tel:514.934.1934 ext 43585
Fax: 514.934.8471
- **Dre Gabrielle Landry works in the private medical system,** her care includes Hormone Therapy
For appointment: 438-882-0085
300\$ first consult, 225\$ pour follow-up (information from Project 10 website)
<https://cliniquea.ca/>
- **GRS Clinic** – Montréal clinic that offers gender affirming surgeries. For information on how to start the process, they can be contacted here: <https://www.grsmontreal.com/en/contact-us.html>
Telephone : 514-288-2097
- Professionals mentioned on the website of ***Project 10, Trans Health Network** – it is not clear if these professionals are taking on new patients or not, need to call for more information:

CLSC de la Visitation; Dre Gervais - (514) 527-2361

Force Medic (514) 481-1814; Dr Serge Keverian

Clinique La Licorne (514) 532-0828 (Montréal); Dr. Robert Pilarski

Clinique du 1851 - (514) 524-7564; it is possible this clinic’s doctors are no longer taking new patients

For updated information and more details, consult the list on *Project 10’s website under ‘Services and Programs – Trans Health Network’: <https://p10.qc.ca/trans-health-network/> Last update at time of this handout compilation was October 7 2021. Much of the above information comes from this list.

General:

- **Suicide Action Montréal – Center for suicide prevention**
1 866 277-3553
<https://suicideactionmontreal.org/>
- **La Maison Sous Les Arbres** – not clear if there are English services here
<https://www.la-msla.com/fr/intervention-hebergement-crise-msla>
CRISIS INTERVENTION LINES:
450-699-5935 ou 1-855-450-699-5935
- **Santé Montréal Crisis Centres**
santemontreal.qc.ca
Guide to 24/7 crisis centers in Montréal
- **Tel-Jeunes** – For youth, 24/7 ligne (1 800 263-2266), text, email and chat options as well
<https://www.teljeunes.com/Home>

Specific for Gender Diverse clientele:

- **Aide aux Trans du Québec - 24/7**
1 855 909-9038 #1
ecoute@atq1980.org
<https://atq1980.org/en/>
- **Interligne** – Bilingual 24/7 listening service
<https://interligne.co/service-decoute/>
514 866-0103 (Montréal)
1 888 505-1010 (toll free)
aide@interligne.co
- **Trans LifeLine** – US-based organization, serves Canada as well. Not clear if French services. Offers Spanish services.
<https://translifeline.org/>
Canada (877) 330-6366

Community Organizations offering support and resources

- **Pride Therapy Network of Montréal** – list of many different resources, including mental health and more affordable therapy: <https://pridetherapynetworkmontreal.com/resources/>
- **GRIS Montréal** – list of resources: <https://www.gris.ca/en/lgbt-resources/>
- **Center for Gender Advocacy** (Concordia University) – open to everyone, not necessary to be a Concordia student: <https://genderadvocacy.org/>
- **ASTT(E)Q** – Organization provides support and help to gender diverse clientele, website and facebook page have more info: <http://www.astteq.org/>
Email: info@astteq.org
Tel: 514-847-0067 x207 (general information, support, referrals) // 514-847-0067 x216
- **Project 10 (Ages 14-25 years):** <https://p10.qc.ca/>
Various services and programs
(Lists Montréal professionals who have positive experiences working with 2LGBTQ+ community, found under ‘Services and Programmes – Trans Health Network’)
- **Aide aux Trans du Quebec -**
<https://atq1980.org/en/>
Various resources, includes option for individual appointments, support groups
- **Interligne** – Bilingual. Various services: <https://interligne.co/>
- **Gender Creative Kids** – for trans, non-binary and gender fluid youth and their families, schools and community: <https://gendercreativekids.com/>
- **Trans PULSE** – has a resource guide – general website: <https://transpulseproject.ca/>
Trans PULSE Resource Guide (<https://transpulseproject.ca/resources/resource-guide/>) is a compilation of resources available across Canada
- **Legal Advocacy:** The above organizations can often offer direction and suggestions, as well.
 - Head & Hands** Legal Services (ages 12-25): <https://headandhands.ca/programs-services/>
 - Center for Gender Advocacy** (Concordia – see above)
 - Community legal clinics** (level of safety for gender diverse clients can vary):
<https://boussolejuridique.ca/en/>
<https://www.csj.qc.ca/commission-des-services-juridiques/lang/en>
<https://www.barreau.qc.ca/en/doing-business-with-lawyer/access-justice-resources/>
<https://www.justicedeproximite.qc.ca/en/centers/greater-montreal/>
 - Égale** : <https://egale.ca/about/> (not clear if services in French)
 - JusticeTrans** : <https://justicetrans.org/en/>