

Looking for a mental health appointment?

Submit a request in just a few minutes and let the professionals come to you.

1

Describe your needs

Fill out a short, anonymous request online.

2

Professionals reach out

Available professionals contact you directly.

3

You choose

Pick the person who's right for you.

In person

Online

At home

Anywhere in Quebec



psypsy.ca

Fees apply when submitting a request.
Every request stays active for 30 days and is renewable.

PsyPsy is not an emergency service. Immediate help: **811 option 2 · 988 · 911**

Current rate shown on psypsy.ca, subject to change without notice.

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