

Mental Health and Counselling Resources

ABLE2 (FORMERLY CITIZEN ADVOCACY)

312 Parkdale Ave. Ottawa, ON K1Y 4X5

613-761-9522

Email: info@able2.org

Website: <https://www.able2.org/>

Sibling Groups Having a brother or sister who is living with a disability can be fun and challenging for children and teens. Our therapeutic groups offer the chance to: meet other children/teens who understand, share experiences, get information, do some fun activities and learn about different disabilities. Participants, between the ages of 6 and 17 years, will be grouped by age in four different groups. The groups meet once a month and are led by trained and experience Program Facilitators.

Matching Program is a one-on-one match with a child, youth, adult or senior with a disability. Through our matching program we see profound differences in the lives of people with a disability. The benefits for those who are matched with an Ally may include: reduced loneliness and isolation, help to achieve hopes and dreams, assistance to develop personal networks and relationships, decreased vulnerability, increased self-confidence and improved mental and physical health

We support all types of disability: those with physical, intellectual, developmental, age-related disabilities or mental health challenges. People need people. We recognize the importance of friends and networks in our lives. Every day, we see evidence of how personal relationships and networks help support and resolve personal and professional matters. We use our networks to help others – whether it's related to getting a job, finding a professional resource or for social and recreational purposes. We rely on these rich personal networks and relationships. Many people with disabilities don't have the benefit of these relationships.

**Free*

ASPERGER COUNSELLING & THERAPY SERVICES (ACTS)

425 McArthur Ave. Suite 2, Ottawa, ON. K1K 1G5 &

225 McClellan Road Nepean, ON K2H 8N5

1-800-417-6966 ext.0

Email: intake1@acts927.ca

Website: <https://www.aspergersservices.ca/>

A full range of counselling and therapy services for individuals at the high functioning end of the autism spectrum and for those whose lives have been affected by autism, perhaps in their couple or family relationships. Our approach in working with Asperger individuals is to use inherent strengths, such as a particular kind of logic or creative expression, in order to help the individual reach their therapeutic goals, whether that is dealing with depression, anxiety, trauma, relationship difficulties, or any other concern. When working with couples or families, we use techniques specifically adapted for situations where one or more members of the couple or family are neurodivergent. In these situations we may apply adapted cognitive behavioural or creative arts interventions in order to help increase understanding, enhance communication and develop more satisfactory connections and interaction patterns within the household or relationship.

**Fee for Service*

BOUNCE BACK

<https://bouncebackontario.ca/bounceback-for-clients/>

ONLINE ONLY

BounceBack® gives you access to materials and resources that can be customized to fit your needs. You will have access to workbooks, activities, videos, and a trained coach who can provide up to six telephone sessions.

BounceBack Coaching: If you like having someone motivate and encourage you to reflect, the coaching program may be right for you. A trained BounceBack® coach will help you learn skills to improve your mental health in up to six telephone sessions over three to six months. Your coach will help keep you on track and offer support as you work through the program materials. You design your own program by selecting materials from 20 different modules. Coaching + workbooks are available in English, French, Arabic, Farsi, Traditional Chinese and Spanish. Smaller format booklets are available in English, French, Punjabi, Traditional and Simplified Chinese. Coaching is also available in many other languages, but you will need to have a basic English reading level to work through the workbooks.

BounceBack Training Videos : If you're not quite ready for the BounceBack® Coaching, or are waiting for your coaching sessions to begin, check out our series of online videos. The videos will provide you with practical tips on managing your mood, sleeping better, building confidence, increasing activity, problem solving and healthy living. Videos are available in English, French, Arabic, Farsi, Cantonese, Mandarin, and Punjabi.

**Free*

BORDERLINE PERSONALITY DISORDER (OTTAWA NETWORK)

Royal Ottawa Hospital
1145 Carling Ave.
Ottawa, K1Z 7K4

AND

The Oasis
Glen Cairn United Church
Kanata, K2L 1H5

<https://www.on-bpd.ca>
intake@on-bpd.ca or info@on-bpd.ca

The main objectives of Ottawa Network for Borderline Personality Disorder (ON-BPD) are to educate and support relatives of people with BPD and to help family members develop skills for coping. This is done primarily through presenting the Family Connections program.

12-week program designed to provide the adult family members and spouses of individuals with emotion dysregulation or borderline personality disorder with knowledge and skills for their own well-being and for better understanding their loved one.

**Membership donation \$10.00 per year*

CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)

311 McArthur Ave. 2nd floor, Vanier, ON K1L 8M3

613-737-7791

<http://ottawa.cmha.ca/>

Case Management: Service providers work with individuals and their support networks to address their mental health needs and provide help in reaching their goals. They provide system navigation (information to the person and/or support network about accessible community resources, facilitate linkages with these resources, address barriers to services and advocate for access to service). They provide consultation to the person's support network, providing psychoeducation based on best practice models. Coordinators also promote community development through participation in committees with other agencies with the goal of increasing community capacity. Coordinators typically provide one hour a week of one-on-one support to individuals in the community for approximately six months to one year based on service needs evaluation.

Services provided for referrals received from the community are funded by the Ontario Ministry of Health and Long Term Care (MOHLTC). Please complete a referral form and submit it to the Dual Diagnosis Services. Services provided for referrals received from Developmental Services Ontario are funded by the Ontario Ministry of Children, Community and Social Services (MCCSS). For further information, please visit us at <https://ottawa.cmha.ca/programs-services/dual-diagnosis-services/> , contact Marie Delorme via email mdelorme@cmhaottawa.ca or by calling Marie Delorme at 613-737-7791 ext.169

Justice Case Management: Justice Coordinators work with the client and their support network (which may include lawyers, the court system, probation/parole officers, psychiatrists, doctors, family members and other service providers) to create a collaborative treatment and support plan that aims to resolve their court matters and reduce the risk of recidivism. Depending on the needs of the person, support provided may include consultation, advocacy, navigating between different sectors (i.e. criminal justice, mental health, and developmental services), one-on-one psychoeducation, and intensive case management.

This service is funded by MOHLTC and MCCSS. It is available to individuals who reside in the broader Eastern Ontario region. Referrals are received from the community and clients must be eligible for Developmental Services Ontario and have active involvement in the criminal justice system. For further information, please visit us at <https://ottawa.cmha.ca/programs-services/dual-diagnosis-services/> , contact Marie Delorme via email mdelorme@cmhaottawa.ca or by calling Marie Delorme at 613-737-7791 ext.169

Dual Diagnosis Ottawa Psychiatric Community Clinic (DDOCC): DDOCC operates five community-based psychiatric clinics monthly with Dr. Paula Walsh-Bergin. Four of these clinics are offered to residents/clients from a few developmental services partner agencies and one clinic is offered to CMHA Ottawa clients who have a dual diagnosis. Clients of the DDOCC are followed on a regular basis until their situation stabilizes, at which point full care is shifted back to the primary care physician and the DDOCC team remains available for future consultation and follow up as needed.

The model used is one of Shared Care Service. It involves a comprehensive case review, psychiatric assessment, treatment plan formulation, and expert support for the primary care physician and support persons. The primary care physician remains responsible for prescribing. Key to this model is the ongoing communication between the psychiatrist and primary care physician, inclusive appointments with the individual, family and support network, and educational outreach to all involved at various points in the shared care process. Its biopsychosocial approach improves the well-being of clients and communities and encourages a more effective use of increasingly limited resources while enhancing the skills of family physicians and support networks. For further information, please visit us at <https://ottawa.cmha.ca/programs-services/dual-diagnosis-services/> , contact Marie Delorme via email mdelorme@cmhaottawa.ca or by calling Marie Delorme at 613-737-7791 ext.169

**Free *DSOER Referral required for Case Management program*

CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)

Continued

Canadian Mental Health Association: Services include Court, Hospital and Housing Outreach services, Intensive Case Management services, including the centralized intake point for Mental Health Community Support Services (MHCSS), a Dual Diagnosis service, Community Treatment Order Program (CTO), Concurrent Disorders and Dialectical Behavior Treatment Programs, a Housing Program, and a Learning and Development program (public education).

Learning Centre: The Canadian Mental Health Association Ottawa branch offers training programs and workshops for professionals, employers, educational institutions and the general public who work with or care for persons living with a mental illness. We offer programs in both English and French by qualified and certified instructors. Our training season runs from September to June each year for general public programs and workshops.

We also offer on-demand sessions of many of our programs throughout the year based on your group or organizational needs. For more information on how to request an on-demand training session, please visit our training request page. For additional questions or information please contact our Learning & Development team at education@cmhaottawa.ca call us at 613-737-7791 ext 217, or visit us at <https://ottawa.cmha.ca/learning-centre/>

**Free*

CAREGIVER PEER SUPPORT (ONTARIO)

<https://ontariocaregiver.ca/find-support/peer-support/>

As caregivers, we understand that the caregiving journey is filled with ups and downs. We know that this journey is equal parts rewarding and taxing. Finding balance and support to navigate this journey can seem difficult in between medical appointments, work and family commitments. That's precisely why the Ontario Caregiver Organization created the 1:1 Peer Support Program.

Experienced caregivers know best just how challenging being a caregiver can be which is why connecting with another, an experienced caregiver who you can share in your experiences within a supportive environment that suits both of your schedules, is "just what the doctor ordered." Mentoring is one method of passing on lived experiences to support another caregiver in an empowering and meaningful way.

It's easy to sign up, connect with a caregiver by phone or online and feel supported and understood as you navigate this journey together.

**Free*

COUNSELLING CONNECT

<https://www.counsellingconnect.org/>

Counselling Connect provides quick access to a free phone or video counselling session, available in English and French. You choose a convenient date and time. This service is for everyone: children, youth, adults and families in Ottawa and the surrounding area. There is no waiting list. You, your partner or your children may be concerned about:

- ✓ Sleep issues
- ✓ Anxiety and depression
- ✓ Bullying
- ✓ Behavioural issues
- ✓ Separation
- ✓ Relationships
- ✓ Grief and loss
- ✓ Drugs and alcohol
- ✓ Gender and sexuality
- ✓ Adjusting to life in Canada
- ✓ Problem gambling
- ✓ Isolation and loneliness

**Free*

CRISIS LINE

613-722-6914

Outside Ottawa 1-866-996-0991

<http://www.crisisline.ca/english/>

The Crisis Line services are for people experiencing:

- Situational crisis
- Psychosis or suicidal behaviour
- Severe depression, anxiety, or suicidal behaviour

Individuals, families or concerned friends may call the Crisis Line where our Crisis Line Responders will assess each situation, offer support and (if required), connect you with the appropriate Crisis Team in your area.

**Free*

DISTRESS LINE

613-238-3311

Text 343-306-5550 (between 10am-11pm)

<http://www.dcottawa.on.ca>

The Distress Line / Help Line services provide:

- Emotional support and encouragement
- Crisis management and intervention
- Suicide risk assessment and prevention
- Community resource / referral information

People call for many different reasons. Whatever is affecting your day, your life, we are here to provide you with support and be there at any time of day or night 24/7.

**Free*

Centretown Community Health Centre

420 Cooper Street, Ottawa, ON K2P 0H2

<https://www.centretownchc.org/adult-programs//>

613-233-4443

We are proud to be an inclusive, diverse organization. Our programs and services are open to all, but some may have specific eligibility criteria.

Programs are available virtually or in person (please see website on how your program is offered); some include 2SLGBTQIA+ Counselling, Diabetes Education, Harm Reduction: Needle Exchange & Safer Inhalation Program, Counselling, Overcoming Anxiety & Depression Group, Nutrition, and more. Please refer to the additional information on the program page on our website to learn more.

**Free*

HEALTH CARE ACCESS RESEARCH AND DEVELOPMENTAL DISABILITIES (H-CARDD)

1001 Queen Street West, Unit 4-3 Toronto, ON M6J 1H4

[Tiziana Volpe: Tiziana.Volpe@camh.ca](mailto:Tiziana.Volpe@camh.ca)

hcardd@camh.ca

Website: <https://www.porticonetwork.ca/web/hcardd/about/mission>

H-CARDD is a research program focused on health care and developmental disabilities across Canada. Please visit our [COVID HCARDD](#) website to subscribe to the H-CARDD [newsletter](#). This site also has easy read information about COVID-19 and managing stress & mental health.

**Free*

Adult Neurodevelopment Services

3rd Floor of McCain Complex Care & Recovery Building

1025 Queen Street West

416-535-8501 ex.37800

ANSinfo@camh.ca

<https://www.camh.ca/en/your-care/programs-and-services/adult-neurodevelopmental-services>

This service provides short-term, inter-professional goal-oriented assessment and treatment to adults diagnosed with Intellectual Disabilities or Autism. ANS also offers Autism diagnostic assessments.

It is intended for

- Adults 16 years and older with a documented diagnosis of an intellectual disability and/or autism presenting with mental health concerns or behaviors that challenge such as severe aggression, self-injurious behaviours (SIB) or severe persistent repetitive behaviours.
- Adults seeking diagnostic clarification for autism

**Free through OHIP (referral needed, please see website for referral form)*

HEALTHFUL CHAT ROOMS/PEER SUPPORT

<https://www.healthfulchat.org/health-chat-rooms.html>

Many topics to choose from: Anxiety, ADHD, Autism, Bereavement and Grief, Fitness, Gender Identity, Sports, Technology, Trivia, etc.

**Free*

MOOD DISORDERS OTTAWA (MDO)

613-526-5406

Email: info@mooddisordersottawa.ca

Website: <https://www.mooddisordersottawa.ca/>

A peer-run volunteer organization. Members engage in mutual support to improve the quality of our lives and work at creating opportunities to reconnect with self and others. Programs include;

- Support Group/Virtual Peer Support
- Pathways to Recovery
- Overcoming Isolation
- Creative Journaling Workshop
- Writer's Collective
- Mugs Up
- Wellness recovery action plan

**Free – Membership is available for a fee to access more services*

Mental Health & Addiction Services of Ottawa

1489 Merivale Rd., Unit 200

Ottawa, K2E 5P3

613-225-7272

info@mhaso.ca

<https://www.mhaso.ca/services>

It is our mission to provide individuals and families with assessments, counselling, and therapies to gain knowledge, understanding, and treatment for mental health and addiction issues. We endeavour to collaborate with all agencies, individuals, and service providers necessary to enable the best outcomes for our clients to reach their personal goals.

The services at Mental Health & Addiction Services of Ottawa are provided by skilled clinicians who regularly participate in ongoing training.

**Fee for Service*

OBSESSIVE COMPULSIVE DISORDER (OCD) OTTAWA

Email: info@ocdottawa.com

Website: <https://www.ocdottawa.com/>

A volunteer-run peer-based support network offering a support group for individuals 16+ living with OCD. To learn more, please contact info@ocdottawa.com for general support and guidance with treatment and support resources.

**Free*

(THE) OTTAWA HOSPITAL

Civic Campus
1053 Carling Avenue
Ottawa, Ontario K1Y 4E9

General Campus
501 Smyth Road
Ottawa, Ontario K1H 8L6

Riverside Campus
1967 Riverside Dr.
Ottawa, Ontario K1H 7W9

613-722-7000

<https://www.ottawahospital.on.ca/en/>

Mobile Crisis Team: Toll Free 1-866-996-0991

<https://www.ottawahospital.on.ca/en/clinical-services/deptpgrmcs/departments/mental-health/our-services/mobile-crisis-team-mct/>

- An outreach team that is designed to provide rapid assessment of and stabilization for individuals in the community who are in crisis. They consist of Registered Nurses and Crisis Counsellors who provide services to clients with mental health issues aged 16 and over.
- MCT has a working relationship with the Mental Health Unit with the Ottawa Police Services.
- Operates 10 Community Crisis Beds located at 2 different locations in Ottawa for clients who are not stable enough to stay at home but do not require hospitalization. MCT completes the assessment and intake.
- The MCT offers crisis assessment, intervention, referral, and short term follow up.
- Operates 7 days a week from 9am-9pm.

Mental Health Crisis Line: Available 24/7 613-722-6914 or 1-866-0991

<https://crisisline.ca/>

Our professionally trained Crisis Line Responders are there to answer your call 24 hours a day, seven days a week.

A crisis can include difficulty dealing with stress, overwhelming feelings, symptoms of depression, anxiety or psychosis, suicidal thoughts, or any concerns regarding your mental health or that of your loved ones.

We provide service to people living in the City of Ottawa, Renfrew County, the United Counties of Prescott & Russell, the United Counties of Stormont, Dundas and Glengarry, and Akwesasne.

On-Track: First Episode Psychosis Program: 613-737-8069

1355 Bank Street, Suite 208, Ottawa, ON K1H 8K7

ontrack@toh.ca

<https://www.ottawahospital.on.ca/en/clinical-services/deptpgrmcs/departments/mental-health/our-services/on-track-first-episode-psychosis-program/>

On Track is a voluntary rehabilitative program that provides care for people ages 16 to 35 years, who are experiencing symptoms of psychosis or early symptoms of a possible psychotic illness. Working with both patients and their families, we provide diagnostic clarifications and recommendations, mental health assessment and treatment, case management, family and patient education, and support. Working according to a recovery model, our goals of treatment are remission of symptoms, community re-integration, and relapse prevention. Our individualized care plan may follow patients for up to three years.

Inclusion Criteria : Aged 16-35, patient agrees to referral, symptoms of psychosis, six months or less of antipsychotic treatment, resides within Champlain Region

Exclusion Criteria (NOT ELIGIBLE IF): Psychosis secondary to mood disorder, psychosis due to substance use disorder, extensive forensics involvement, developmental delay.

*Free

PARENTS LIFELINE OF EASTERN ONTARIO (PLEO)

1755 Courtwood Crescent, Ottawa, ON K2C 3J2

613-321-3211

<https://www.pleo.on.ca>

info@pleo.on.ca

PLEO was created by parents, for parents. The parents we support have children, youth, or young adults up to age 25 who are struggling with their mental health. The range of challenges is broad – ADHD, addiction, depression, anxiety, schizophrenia, autism as there is often overlap or dual diagnosis, eating disorders, and many others. Their child may or may not have a diagnosis, and can be at any stage of their journey.

- Parents' Helpline (613-321-3211)
- Parent Support Groups
- One-on-One Mobile Service

**Free*

PSYCHIATRIC SURVIVORS OTTAWA (PSO)

211 Bronson Avenue, Suite 313/314 Ottawa, ON K1R 6H5

613-567-4379

Email: info@pso-ottawa.ca

Website: <http://www.pso-ottawa.ca/>

We are a community of peers using our lived experiences with the mental health system to support one another in moving towards our full potential.

We offer a safe and non-judgmental environment for consumer/survivors and their families to come together, support one another and build upon our skills. PSO is a non-profit member-driven organization founded in 1991 by a handful of consumer/survivors of the mental health system.

PSO provides an effective alternative and adjunct to traditional mental health programs. Membership is free to self-identified psychiatric survivors. For more information, please visit our website, email us, or call us at 613-567-4379.

**Free*

(THE) ROYAL OTTAWA MENTAL HEALTH CENTRE

1145 Carling Avenue Ottawa, Ontario K1Z 7K4
613-722-6521

[HTTPS://WWW.THEROYAL.CA/PATIENT-CARE-INFORMATION/CLINICS-SERVICES-PROGRAMS/COMMUNITY-MENTAL-HEALTH](https://www.theroyal.ca/patient-care-information/clinics-services-programs/community-mental-health)

Assertive Community Treatment Teams (ACTT):

The 2 Ottawa based ACT teams are comprised of interdisciplinary mental health professionals working in partnership with clients living with serious and persistent mental illness. The team works with clients to develop recovery goals - they help clients with housing, school or jobs, life skills, relationships and integration into their communities. The team also provides treatment and medication monitoring and ongoing assessment of mental health concerns.

ACT teams work closely with other care providers including family physicians, drop-ins, staff from supportive housing, and inpatient teams to provide the best possible care to their clients. ACT teams are available days, evenings and weekends and have an emergency after hours on-call system for their active clients. The ACT teams do not accept emergency admissions.

Flexible Assertive Community Treatment Team for Persons Dually Diagnosed (FACTT-DD):

This specialized team provides a continuum of treatment from very intensive service during periods of crisis and acute illness to less intense service during periods of stability.

One can refer people with an Intellectual Disability (DSOER eligible) over the age of 18 who are experiencing symptoms of mental illness and who may experience the following:

1. significant behavioural challenges;
2. extended hospital stays and frequent use of emergency services; and
3. involvement in the criminal justice system.

For further information, please contact +1 (613) 722-6521 ext. 7141.

Regional Dual Diagnosis Consultation Team (RDDCT):

This specialized consultation team provides clinical assessments, education and treatment recommendations for the care of dually diagnosed (intellectual disability + mental illness) individuals who are over age 18. The team is based in Ottawa and serves individuals in the Champlain LHIN. ***Referrals are made by family physicians or other caregivers at +1 (613) 722-6521 ext. 7141***

Homes for Special Care:

The Homes for Special Care program provides residential care to individuals with a mental illness who no longer require hospitalization. Administered by the Brockville Mental Health Centre, the program is funded and residences are licensed by the Ontario Ministry of Health and Long Term Care. There are currently 181 HSC beds in Champlain and South East.

Most of the homes are privately owned however the HSC program has begun work with transfer payment agencies to develop new models of supportive housing. Referrals can be made through the HSC office at +1 (613) 345-1461 ext. 1600.

**Free/Referrals*

(THE) ROYAL OTTAWA MENTAL HEALTH CENTRE

Continued

Psychiatric Outreach Team:

This is an Ottawa based team of mental health professionals that work in the community with adults who are homeless or vulnerably housed) and who are experiencing serious and persistent mental illness. The team provides assessment, short term intervention and links to other services. They also provide service to clients of Renfrew Mental Health located in Arnprior, Renfrew and Pembroke.

The Psychiatric Outreach Team works collaboratively with community partners including shelters, drop-ins and supportive housing to provide care to our mutual clients. The team's role is also to provide support and education on mental illness and intervention to staff of these agencies. ***Clients are referred through community partner agencies.***

Community Treatment Order Coordination:

A Community Treatment Order (CTO) is a doctor's order for a person to receive treatment or care and supervision in the community. People who have difficulty engaging in treatment and meet the appropriate criteria may be considered for a CTO.

The CTO Coordinator works with physicians, patients, families and care providers to set-up community treatment plans. The Royal's CTO Coordinator works in partnership with The Ottawa Hospital and The Montfort Hospital to provide regional CTO services to the Champlain LHIN. Referrals are usually made through a person's physician. ***For CTO referrals in the Champlain area, contact Montfort Hospital's CTO Coordinator at +1 (613) 746-4621 ext. 3959.***

**Free/Referrals*

SALUS

2000 Scott Street Ottawa, Ontario K1Z 6T2

613-729-0123 ext.2513

www.salusottawa.org

Provides Supportive Housing and Mental Health Services including;

- Case Management
- Community Development
- Transitional Rehabilitation Programs
- Occupational Therapy
- Recreation and Wellness
- Supportive Housing

**To obtain housing please complete application for The Social Housing Registry of Ottawa, visit <http://www.housingregistry.ca/> or call 613-526-2088 for more information*

**Free*

SAINT PAUL UNIVERSITY

223 Main St. Ottawa, ON K1S 1C4

613-782-3022

counselling@ustpaul.ca

The Counselling and Psychotherapy Centre offers bilingual counselling and psychotherapy.

Services are provided by counselling interns at the Master of Arts and Doctoral level in Counselling and Spirituality at Saint Paul University. The counselling interns are supervised by counsellors, psychotherapists and/or psychologists who are certified and accredited by a recognized professional association.

**Fee for service*

TOGETHERALL

<https://togetherall.com/en-ca/>

ONLINE ONLY

Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing. Joining Togetherall provides something that has always been important for good mental health and wellbeing: a community for shared experiences and mutual support. The platform promotes a sense of belonging and connection through community. We're accessible anywhere, anytime, 24/7.

**Free*

(THE) WALK-IN COUNSELLING CLINIC

<http://walkincounselling.com/>

613-755-2277

Provides immediate counselling services to individuals, couples, and families. The walk-in sessions are free to all members of the community, with no restrictions based on age or location/address and no need for an appointment. Focusing on your strengths, we offer professional counselling services to assist with a wide variety of issues that may include:

- Depression
- Anxiety
- Relationship Issues
- Mental Health Concerns
- Alcohol and Drug Use
- Personal or Job-Related Stress
- Anger Management
- Trauma
- Separation and Loss
- Family Conflict /Transitions
- Sexuality/Intimacy
- Gender Identity and Gender Expression
- Intimate Partner Violence or Domestic Violence
- Sexual Abuse
- Adjusting to Life in Canada
- Self-Esteem/Self-Image
- Parenting
- Other Life Challenges/Concerns

North Renfrew Family Services

109 Banting Drive, Deep River, ON K0J 1P0

613-584-3358

<http://bright-ideas-software.com/nrfs/>

Somerset West Community Health Centre

55 Eccles Street, Ottawa, ON K1R 6S3

613-238-8210

www.swchc.on.ca

South-East Ottawa Community Health Centre

1355 Bank Street, 6th Floor, Ottawa, ON K1H 8K7

613-737-5115

www.seochc.on.ca

Family Services Ottawa

312 Parkdale Avenue, Ottawa, ON K1Y 4X9

613-725-3601

<http://familyservicesottawa.org>

Jewish Family Services of Ottawa

See information above

Centretown Community Health Centre

See information above

Renfrew County

1-844-441-0981

<https://www.facebook.com/RenfrewCountyWalkInCounselling>

CFS / SFC Ottawa

310 Olmstead Street, Ottawa, ON K1L 7K3

613-233-8478

www.cfsottawa.ca

SWCHC Rosemount Branch – African, Caribbean, & Black Community

30 Rosemount Avenue, Ottawa, ON K2C 2B5

www.swchc.on.ca

Nepean, Rideau, & Osgoode Community Resource Centre (NROCRC)

1547 Merivale Road, Unit 240 (Emerald Plaza), Ottawa, ON K2G 4V3

613-596-5626

www.nrocrc.org

*Free

WABANO CENTRE FOR ABORIGINAL HEALTH

299 Montreal Rd, Ottawa, ON K1L 6B8

613-748-0657

<http://wabano.com/>

Provides mental health walk-in counselling services for individuals and families as well as family therapy.

**Free*

YOUTH SERVICES BUREAU (YSB)

YOUTH MENTAL HEALTH

2675 Queensview Dr., Ottawa, ON K2B 8K2

613-562-3004

<https://www.ysb.ca/services/ysb-mental-health/info@ysb.ca>

There is no fixed definition of a mental health emergency. If you feel that your situation is a crisis, we urge you to call the 24/7 Crisis Line. YSB's trained professionals will provide immediate assistance and can also help you make a plan to get further support from our other services and programs. YSB offers a range of mental health services for youth (see individual programs for age ranges) and their families. YSB uses the Choice and Partnership Approach (CAPA) to deliver our mental health services. This approach ensures that our clients get the service that best meets their needs, without internal wait lists. Some of their services include:

- Youth Mental Health Walk-In Clinic (ages 12-20, please see <https://www.ysb.ca/services/ysb-mental-health/youth-mental-health-walk-in-clinic/> for address and dates)
- Mental Health Resources for Parents (up to age 24)
- Suicide Prevention Ottawa
- Wraparound Ottawa

**YSB's 24/7 Crisis Line
613-260-2360**

**Free*