



## Mental Health and Substance Use Resource List

	Crisis Support	Counselling	Family Counselling	Walk-in Counselling Clinic	Support/Activity Group	Assessment	Age Range	Telephone	Website
<b>Community Health and Resource Centers</b>									
Carlington (B)	●	●	●				All	613-722-4000	carlington.ochc.org
Centretown (B)	●	●	●		●	●	All	613-233-4443	centretownchc.org
Eastern Ottawa (B)*	●	●			●		All	613-741-6025	eorc-creo.ca
Hunt Club-Riverside (B)	●	●	●				All	613-247-1600	seochc.on.ca
Lowertown (B)	●	●	●		●	●	All	613-789-3930	crcbv.ca
Nepean, Rideau and Osgoode (E)	●	●	●		●	●	All	613-596-5626	nrocrc.o
Orléans-Cumberland CRC (B)	●	●	●		●		All	613-830-4357	crcoc.ca
Rideau-Rockcliffe (B)	●	●	●				All	613-745-0073	crcrr.org
Pinecrest-Queensway (B)	System Navigation						All	613-820-4922	pqchc.c
Sandy Hill (B)	●	●	●				All	613-789-1500	sandyhillchc.ca
Somerset West (B, O)	●	●		●	●		All	613-238-8210	swchc.on.ca
South-East Ottawa (B)	●	●	●	●		●	All	613-737-5115	seochc.on.ca
Vanier (B)		●	●				All	613-744-2892	cscvanier.com
Western Ottawa (B)	●	●	●				All	613-591-3686	wocrc.c
<b>Substance Use Services</b>									
Service Access to Recovery (B)						●	16+	613-241-5202	montfortrenaissance.ca
Dave Smith Youth Treatment (B)**		●	●		●		13-21	613-594-8333	davesmithcentre.org
Maison Fraternité (F)		●	●		●	●	All	613-741-2523	maisonfraternite.ca
Rideauwood Addiction Services (E)		●	●		●	●	13+	613-724-4881	rideauwood.org
Amethyst Women's Addiction Centre		●	●		●	●	18+	613-563-0363	amethyst-ottawa.org
Serenity Renewal for Families (E)		●	●		●	●	12+	613-523-5143	serenityrenewal.ca
<b>Crisis Lines</b>									
Kids Help Phone (B)	●						0-20	1-800-668-6868	kidshelpphone.ca
Distress Centre Ottawa 24/7 (E)	●						All	613-238-3311	dcottawa.on.ca
Mental Health Crisis Line 24/7 (B)	●						16+	613-722-6914	crisisline.ca
Ottawa Rape Crisis Centre 24/7 (E)	●	●					All	613-562-2333	orcc.net
Tel-aide Outaouais (F)	●						All	613-741-6433	tel-aide-outaouais.org
YSB 24/7 Crisis Line (B)	●						All	613-260-2360	ysb.ca
First Nations and Inuit Hope for Wellness Help Line 24/7 (B, O)	●						All	1-855-242-3310	hopeforwellness.ca
<b>Hospitals</b>									
CHEO (B)**	●	●	●			●	0-18	613-737-2496	cheo.on.ca
Montfort Hospital (F)**	●	●				●	16+	613-746-4621	hopitalmontfort.com/en/mental-health
Ottawa Hospital (B)**	●	●			●	●	16+	613-798-5555	ottawahospital.on.ca
The Royal (B)**		●				●	16+	613-722-6521	theroyal.ca
The Queensway Carlton Hospital (E)**	●	●				●	16+	613-721-2000	qch.on.ca/mentalhealth



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<b>Community Agencies</b>									
Bereaved Families of Ontario (B)					•		3+	613-567-4278	bfo-ottawa.org
Canadian Hearing Society Ottawa (B)		•	•				All	1-866-518-0000	chs.ca
Counselling & Family Service Ottawa (B)*	•	•	•	•	•	•	All	613-233-8478	cfsottawa.ca
CMHA (B)**		•			•	•	All	613-737-7791	cmhaottawa.ca
Centre Psychosocial (F)	•	•	•		•	•	0-18	613-789-2240	centrepyschosocial.ca
Counselling and Support Services of Stormont, Dundas & Glengarry (B)*	•	•	•	•	•	•	All	613-932-4610	css-sdg.ca
Crossroads Children's Mental Health Centre (E)*		•	•	•	•	•	0-12	613-723-1623	crossroadschildren.ca
Family Services Ottawa (B)* **		•	•	•	•	•	All	613-725-3601	familyservicesottawa.org
Geriatric Psychiatry Community Ottawa (B)		•	•		•	•	55+	613-562-9777	gpcso.org
Jewish Family Services of Ottawa (B, O)*	•	•	•	•	•	•	All	613-722-2225	jfsottawa.com
LGBTQ Counselling (B)		•	•				12-25	613-233-4443	centretownchc.org
Hopewell Eating Disorders (E)*					•		13+	613-241-3428	hopewell.ca
Kind (Formerly PTS)*		•			•		All	613-563-4818	kindspace.ca
Minwaashin Lodge (E)	•	•	•		•		All	613-741-5590	minlodge.com
Montfort Renaissance (F)**		•			•		16+	613-742-0988	montfortrenaissance.ca
North Renfrew Family Services (E)**	•	•	•	•		•	All	613-584-3358	drdh.org/nrfs.html
Operation Come Home (E)	•	•			•		16+	613-230-4663	operationcomehome.ca
Ottawa Chinese Community Service Center (E,O)	•	•	•			•	All	613-235-4875	occsc.org
Ottawa Community Immigrant Services Organization (B,O)	•	•	•	•	•	•	13+	613-725-5671 ext. 322	ociso.org
Inuuqatigiit-Centre For Inuit Children, Youth and Families (E, O)		•	•		•	•	0-13	613-744-3133	inuuqatigiit.ca
Ottawa Public Health (B,O)		•				•	0-6	613-580-6744	OttawaPublicHealth.ca
Parent Lifelines (PLEO) (B)*					•		16+	613-321-3211	pleo.on.ca
Project Upstream (E)**		•				•	16+	613-248-3329	upstreamottawa.ca
Psychiatric Survivors of Ottawa (E)*					•		All	613-567-4379	pso-ottawa.ca
Roberts Smart Centre (B)**		•				•	12-17	613-728-1946	robertssmartcentre.com
Sexual Assault Support Centre (E)	•				•		All	613-234-2266	sascottawa.com
Somali Centre for Family Services (E,O)	•	•	•			•	All	613-526-2075	scfsottawa.org
Tungasuvvingat Inuit (E,O)	•	•	•		•	•	All	613-565-5885	tungasuvvingatinuit.ca
Youth Net (B)		•			•		12+	613-738-3915	youthnet.on.ca
Youth Services Bureau (B)		•	•	•	•	•	13+	613-562-3004	ysb.ca
Wabano Centre for Aboriginal Health (E,O)	•	•	•	•		•	All	613-748-0657 ext. 253	wabano.com

\* Fees may apply for certain services \*\* Referral may be required for certain services **B**=Bilingual, **E**=English, **F**=French, **O**=Other

For an accessible version of this resource please visit [ottawapublichealth.ca/mentalhealthresources](http://ottawapublichealth.ca/mentalhealthresources)

For more information please call 2-1-1 or visit [mentalhealth.ca](http://mentalhealth.ca) and for parents visit [parentinginottawa.com/mentalhealth](http://parentinginottawa.com/mentalhealth)

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