Do you need to talk?

Consider talking to a trusted friend, family member or adult. School Guidance Counsellors can often connect you to supports. You can also speak to others you respect such as teachers, coaches, or faith leaders.

Reach out to one of these helplines. (24/7)

Youth Services Bureau – ysb.ca
-Crisis line 613-260-2360
-Live chat: YSB.ca

Kids Help Line -kidshelfphone.ca
-Call 1-800-668-6868 (multiple languages)
-Text CONNECT to 686868

Distress Centre of Ottawa – dcottawa.on.ca
-Call: 613-238-3311
-Text: 343-306-5550
10am to 11pm

Hope for Wellness Helpline – Available to all Indigenous people across Canada
-chat online – hopeforwellness.ca
-call 1-855-242-3310

Would you like some counselling?

Counselling Connect offers free appointments with professionals. Usually, you can get an appointment within a few days.
To book go to: counsellingconnect.org or call 211

Rideauwood Addiction and Family Services works with youth and their families. Need help? Call 613-724-4481

Children, youth and families, wanting to be connected with mental health and addiction services, are welcome to reach out to 1Call1Click.ca.

Call these support lines to speak with someone who understands what you’re going through.

LGBT Youthline (English only)
-Text: 647-694-4275
-Chat: www.youthline.ca
Sun - Fri 4-9:30

National Eating Disorder Information Centre
Chat: nedic.ca
Call 1-866-633-4220
Mon-Th 9-9, Fri 9-5
Sat-Sun 12-5

Support line for African, Caribbean, and Black Communities (English, interpretation available)
Call 343-571-0097
Mon -Fri 9-4

For additional supports visit OttawaPublicHealth.ca/MentalHealthAndWellness.