

African, Caribbean, Black (ACB) Mental Health and Substance Use Resource List

This resource list was compiled by SWCHC & OPH in consultation with agencies and organization providing **free** services to ACB communities in Ottawa.

AccessMHA.ca and 1Call1Click.ca are not ACB specific. Both serve as the centralized access to multiple mental health and addiction resources in Ottawa.

	Crisis Support	Counselling	Family Counselling	Support/Activity Group	Mental Health Assessment	Age Range	Telephone	Website
Community Health and Resource Centers								
Somerset West (B,O,L)	•	•		•		All ages	ACB-343-571-0097 613-238-8210 (General)	swchc.on.ca
Substance Use Support								
Le Cap (F)	•	•	•		•	All ages	613-789-2240 ext. 0	centrelecap.ca
Accessmha.ca (B) ⁽¹⁾					•	16+	AccessMHA Contact	AccessMHA.ca
1call1click (B) ⁽¹⁾					•	0-21	613-260-2360 or 1-877-377-7775	1call1click.ca
Support Lines & Counseling Services								
Black Racialized Individuals Support Channel (BRISC) (B,O)	•	•	•	•		All ages	613- 596-3299	britanniawoods.com
ACB Support Line (E,O,L)				•		18+	343-571-0097	swchc.on.ca
Call me! Let's Chat (E)				•		Seniors	613-741-6433	jakukonbit.com
Counselling Connect ACB HUB (B,O)		•				16+	counsellingconnect.org	
The Walk in Counselling Clinic (ACB) (E) Thursdays	•	•	•			All ages	613-755-2277	walkincounselling.com
REPFO Crisis Line (F,O,L)	•					All ages	1-855-201-4655	repfo.ca
Community Agencies								
Britannia Woods (B,O)	•	•	•	•		All ages	613-820-0853	britanniawoods.com
Centre for Resilience and Social Development (E,O)		•	•	•		12+	613-686-6333	thecrsd.org
Jaku Konbit (E,O,L)		•		•		12+	613-741-6433	jakukonbit.com
REPFO (F,O,L)	•	•	•	•		All ages	613-741-9441 or 613-804-2449	repfo.ca
Somali Centre for Family Services (E,O)	•	•	•	•		All ages	613-526-2075 ext.255	scfsottawa.org
Somali Youth Support Project (O)				•		Somali 12+	613-820-4922	pqchc.com
Together We Can Youth Mentorship Program (O)				•		14-18	613-820-4922 ext. 3431	pqchc.com
FAMHAS (B,O)		•	•			All ages	famhas.ca	
ACB Peer Support Group (E)				•		18+	Register here	
Muslim Family Services of Ottawa (E,O)		•	•	•		All ages	613-562-2273	mfso.ca
Upstream Ottawa (E)		•	•		•	12-29	613-248-3330	Upstreamottawa.ca

* The services reflected on this list are available as of March 2023. Services are subject to change. This list will be reviewed and updated annually. **Referral may be required for certain services.

B=Bilingual, E=English, F=French, O=Other, L=Language interpretation available. For more resources and supports please visit OttawaPublicHealth.ca/mentalhealthandwellness.