



Mental Health, Addictions and Substance Use Health Resource List

AccessMHA.ca (16 years and older)	1call1click.ca (birth to 21 years)
CounsellingConnect.org provides quick access to a free phone or video counselling session. This service is for everyone: children, youth, adults, and families in Ottawa and the surrounding area.	Walk-in Counselling Clinic 613-755-2277 or walkincounselling.com . They have free counselling in English, French, Arabic, Spanish, Somali, Cantonese and Mandarin.

Crisis Services

Services and Language	Contact Information		Age (years)
Assaulted Women's Helpline Ontario (English, Other) (24 hours a day/7 days a week)	1-866-863-0511 or Text 7233 Senior Safety Line 1-866-299-1011		All
Distress Centre of Ottawa and Region (Bilingual) (24 hours a day/7 days a week)	613-238-3311	Chat & Text 343-306-5550 10 am-11pm	All
Fem'aide (French) (24 hours a day/7 days a week)	1-877-336-2433		16+
Good2talk (Bilingual) (24 hours a day/7 days a week)	1-866-925-5454	Text 686868	Post-secondary Students
Hope for Wellness Help Line (Bilingual, Other) (24 hours a day/7 days a week)	1-855-242-3310	Live Chat	All Indigenous people
Kids Help Phone (Bilingual) (24 hours a day/7 days a week)	1-800-668-6868 or Text 686868	Live Chat 7 p.m. to midnight	Birth to 20
Mental Health Crisis Line (Bilingual) (24 hours a day/7 days a week)	613-722-6914	Outside Ottawa 1-866-966-0991	16+
Ontario Online & Text Crisis Services (English) (2:00 pm to 2:00 am)	Live Chat	Text 258258	All
Ottawa Rape Crisis Centre Crisis Line (English) (24 hours a day/7 days a week)	613-562-2333		All
Talk4Healing for Indigenous Women (English, Other) (24 hours a day/7 days a week)	Call or Text 1-855-554-HEAL (4325)	Live Chat	All
Talk Suicide Canada (Formerly Canada Suicide Prevention Service) (Bilingual) (24 hours a day/7 days a week)	1-833-456-4566 Quebec Residents 1-866-277-3553	Text 45645 4:00 pm to 12:00 am	All
Tel-Aide Outaouais (French) (24 hours a day/7 days a week)	613-741-6433 or 1-800-567-9699	Gatineau residents 819-775-3223	All
Unsafe at Home Ottawa (Bilingual) (7days/week, 8:30 am to midnight)	613-704-5535	Live Chat	All
Youth Services Bureau (Bilingual) (24 hours a day/7 days a week)	613-260-2360 or 1-877-377-7775	Live Chat	12-18

**Contact your local community health or resource centre for support
and services they provide in your area.**

Community Health Centres	Community Resource Centres
Carlington 613-722-4000	Eastern Ottawa 613-741-6025
Centretown 613-233-4443	Hunt Club-Riverside 613-580-2990
Pinecrest-Queensway 613-820-4922	Lowertown 613 789-3930
Sandy Hill 613-789-1500	Nepean, Rideau and Osgoode 613-596-5626
Somerset West 613-238-1220	Orléans-Cumberland 613-830-4357
South-East Ottawa 613-737-5115	Rideau-Rockcliffe 613-745-0073
	Vanier 613-744-2892 Western Ottawa 613-591-3686

Mental Health Resources and Counselling		
Services and Language	Contact Information	Age (years)
A Friendly Voice (Bilingual) 7 days a week, 8 am to 10 pm	“Warm line” to chat (not a crisis line or referral service) 613-692-9992 or 1-855-892-9992	55+
Akausivik Inuit Family Health Team (Inuktitut, English)	613-740-0999	Inuit of all ages
Anorexia and Bulimia Québec (Bilingual) (7 days a week, 8 am-3 am)	Help and referral line 1-800-630-0907	All
Bereaved Families of Ontario (Bilingual)	613-567-4278	All
Canadian Hearing Services Ottawa (Bilingual)	1-866-518-0000	All
Canadian Mental Health Association (Bilingual)	613-737-7791	All
Centre d’aide et de lutte contre les agressions à caractère sexuel (French)	613-789-8096	All
Centre Le Cap (French)	613-789-2240	All
Counselling & Family Service Ottawa (Bilingual)	613-233-8478	All
Counselling and Support Services of Stormont, Dundas & Glengarry (Bilingual)	613-932-4610 1-855-647-8483	All
Crossroads Children’s Mental Health Centre (English)	613-723-1623, extension 232 or CounsellingConnect.org	Birth-12
Elder Abuse Response and Referral Service (Bilingual)	613-596-5626 extension 230	Older adults
Family Services Ottawa (Bilingual)	613-725-3601	All
Geriatric Psychiatry Community of Ottawa (Bilingual)	613-562-9777	65+
Hopewell Eating Disorder Support Centre (English)	613-241-3428	13+
Interligne (Bilingual) (24 hours a day/7 days a week)	Info line, Text & Chat 1 888 505-1010	Anyone concerned with issues of sexual diversity and gender diversity
Inuuqatigiit-Centre for Inuit Children, Youth and Families (English, Other)	343-553-3027	Inuit of all ages

Mental Health Resources and Counselling (continued)

Services and Language	Contact Information		Age (years)
Jewish Family Services of Ottawa (Bilingual, other)	613-722-2225		All
Kind Space (Formerly PTS) (English)	613-563-4818		All
LGBT Youthline (English)	1-800-268-9688 Monday & Tuesday 4 pm- 9:30 pm	Chat & Text 647-694-4275 Sunday to Friday 4pm- 9:30 pm	For youth up to age 29
Minwaashin Lodge (Bilingual, other)	613-741-5590		All First Nations, Inuit & Métis peoples
Montfort Renaissance (Bilingual)	613-742-0988		16+
Mood Disorders Ottawa (English)	613-526-5406		18+
Mothercraft Ottawa Postpartum Support Virtual Drop-in (English)	613-728-1839		Postpartum families
National Eating Disorder Information Centre (NEDIC) (English)	Chat and helpline 1-866-633-4220 Monday to Thursday 9 am- 9 pm Friday 9 am- 5 pm		All
North Renfrew Family Services (English)	613-584-3358		All
Operation Come Home (Bilingual)	613-230-4663		16-29
Ottawa Chinese Community Service Centre (English, Other)	613-235-4875		All
Ottawa Community Immigrant Services Organization (OCISO) (Bilingual, other)	613-725-0202		All Newcomers & diverse populations
Parent's Lifelines of Eastern Ontario (PLEO) (Bilingual)	613-321-3211	1-855-775-7005	Parents/caregivers
Psychiatric Survivors of Ottawa (English)	613-567-4379	1-877-550-4379	16+
Roberts Smart Centre (Bilingual)	613-728-1946	1-800-279-9941	12-17
Sexual Assault Support Centre (English)	613-234-2266		All
Somali Centre for Family Services (Bilingual, Other)	613-526-2075		All
Support Line for African, Caribbean, and Black (ACB) Communities (Bilingual, other)	ACB: 343-571-0097	General info: 613-238-8210	Anyone that identifies as African, Caribbean or Black
2SLGBTQ+ & Trans Health Program	613-233-4443 extension 2109		Trans and gender diverse folks 17+
The Children's Aid Society of Ottawa (Bilingual) (24 hours a day/7 days a week)	613-747-7800		Birth to 18
Togetherall (Bilingual) (24 hours a day/7 days a week)	Peer to Peer online mental health support Sign up here: Wellness Together Canada		16+
Trans Lifeline (English) (24 hours a day/7 days a week)	Peer support line 1-877-330-6366		All trans and questioning people
Tungasuvvingat Inuit (English, Other)	613-565-5885		Inuit of all ages
Upstream Ottawa Mental Health Community Support (English)	613-248-3330		16+
Wabano Centre for Aboriginal Health (English, Other)	613-748-0657		All First Nations, Inuit & Métis peoples
Youth Net (Bilingual)	613-286-0019		13-20
Youth Services Bureau (Bilingual)	Head Office: 613-729-1000 Mental Health Hub: 613-562-3004		12-18

Addiction and Substance Use Health Resources and Counselling

Services and Language	Contact Information	Age (years)
Alcoholics Anonymous (Bilingual)	613-237-6000	All
All People All Pathways (APAP™) (Bilingual)	Online facilitated peer group meetings	All
Amethyst Women's Addiction Centre (Bilingual)	613-563-0363	18+
Breaking Free Online (BFO) (Bilingual)	1-833-325-1338 (Online platform) To sign up, use your Ontario postal code or code ottawaph21	16+
Canadian Addiction Counsellors Certification Federation (CACCF) (Bilingual, other)	Fill the online form and then chat with an addiction's counsellor via video, phone message	All
Centre Le Cap (French)	613-789-2240	All
Community Addictions Peer Support Association (CAPSA) (Bilingual)	613-686-6657	All
Connex Ontario (24 hours a day/7 days a week) (Bilingual, other)	1-866-531-2600 Text 247247 (English)	Live Chat (English)
Dave Smith Youth Treatment Centre (Bilingual)	1-866-380-3213 extension 2205	System Navigation & Information
Families for Addiction Recovery (FAR) (Bilingual)	1-855-377-6677 peer support	13-21
Grief Recovery After Substance Passing (GRASP) (English)	613-795-2593	All
LESA Program: Substance Use & Problem Gambling Supports (Bilingual, other)	613-233-4443 extension 2109	18+
Mental Health & Addiction Services of Ottawa (English)	613-225-7272	55+
Narcotics Anonymous (Bilingual, other)	613-862-2433	1-888-811-3887
National Overdose Response Service (NORS) (24 hours a day/7 days a week) (Bilingual)	Peer-led overdose prevention hotline 1-888-688-6677	All
Recovery Care (Bilingual)	Vanier 613-763-6882	Bells Corners 613-903-6006
	Byward Market 613-454-0321	Ottawa South 613-425-9525
Rideauwood Addiction and Family Services (English)	613-724-4881	13+
Royal's Rapid Access Addiction Medicine (RAAM) Clinic (Bilingual, other)	613-722-6521 extension 6508	16+
Serenity Renewal for Families (English)	613-523-5143	12+
Service Access to Recovery (SAR) (Bilingual)	613-241-5202	16+

Hospitals

CHEO 613-737-7600
Montfort 613-746-4621
Ottawa Hospital 613-722-7000
The Royal (Emergency department not available) 613-722-6521
Queensway Carleton 613-721-2000