



Resource List

Mental Health, Addictions and Substance Use Health

Help is available if you or someone you know is having a hard time coping. Please reach out for help using the below no cost mental health, addictions and substance use health resources.

Crisis Lines (24 hours a day/ 7 days a week), chat or text

Services and Language	Contact Information		Age (years)
9-8-8 Suicide Crisis Helpline (Bilingual)	Call or text 9-8-8		All
Assaulted Women's Helpline Ontario (English, Other)	1-866-863-0511 or Text 7233 Senior Safety Line 1-866-299-1011		All
Distress Centre of Ottawa and Region (Bilingual)	613-238-3311		All
Good2talk (Bilingual)	1-866-925-5454	Live chat or text	Post-Secondary Students
Hope for Wellness Help Line (Bilingual, Other)	1-855-242-3310	Live Chat	All Indigenous people
Kids Help Phone (Bilingual)	1-800-668-6868 or Text 686868	Live Chat 7 pm to midnight	Birth to 20 and their families
Mental Health Crisis Line (Bilingual)	613-722-6914	Outside Ottawa 1-866-996-0991	16 and older
Ottawa Rape Crisis Centre Crisis Line (English)	613-562-2333	Live Chat 12 pm to midnight	All
Tel-Aide Outaouais (French only)	613-741-6433 or 1-800-567-9699	Gatineau residents 819-775-3223	All
Youth Services Bureau (Bilingual)	613-260-2360 or 1-877-377-7775	Live Chat	12 – 17 and their families

System Navigation

Services and Language	Contact Information	Age (years)
1call1click.ca (Bilingual)	1call1click.ca or 613-260-2360 / 1-877-377-7775	Birth to 21 years
AccessMHA.ca (Bilingual)	AccessMHA.ca	16 and older
Monfort Renaissance (Bilingual)	613-241-5202	16 and older

Mental Health, Addictions and Substance Use Health Support and Services

Services and Language	Contact Information	Age (years)
All People All Pathways (APAP™) (Bilingual)	Online facilitated peer group meetings	All
Walk-in Counselling Clinic and Counselling Connect (English, French, other)	WalkInCounselling.com or call 613-755-2277 or 2-1-1	All
Families for Addiction Recovery (FAR) (Bilingual)	1-855-377-6677 (peer support)	All
Le Cap (French)	613-789-2240	All
Rideauwood Addiction and Family Services (English)	613-724-4881	13 and older

Harm Reduction Services ([StopOverdoseOttawa.ca](#)): Site office and Mobile van hours

OPH Site Mobile Harm Reduction Van (Bilingual)	613-232-3232, collect calls accepted Monday – Friday 9:00 am – 3:30 pm 7 days a week, 5:00 – 11:30 pm
Drug checking services : Walk-in drug checking services available at Sandy Hill Community Health Centre	
National Overdose Response Service (Bilingual)	Virtual safer consumption 24/7 Call or text 1-888-688-6677 StopOverdoseOttawa.ca Avoid using alone

Contact your local community health or resource centre for support and services 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

Additional Resources

Confidential health advice: Call 8-1-1 or visit Health811.ontario.ca	Community programs and resources navigation: Call 2-1-1 or visit 211ontario.ca
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For more support and information:
[OttawaPublicHealth.ca/MentalHealthandWellness](#)