



Mental Health, Addictions and Substance Use Health Resource List

Help is available if you or someone you know is having a hard time coping, please reach out for help.
 Below are some mental health, addictions and substance use health resources at no cost.

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

If you need to talk to someone right now

Services and Language	Contact Information		Age (years)
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 p.m. to midnight	Birth to 20 and their families
Mental Health Crisis Line (Bilingual)	613-722-6914	Outside Ottawa 1-866-966-0991	16 and older
Ottawa Rape Crisis Centre Crisis Line (English)	613-562-2333	Live Chat 12 p.m. to midnight	All
Suicide Crisis Helpline (Bilingual)	Call or text: 9-8-8		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

Helps connect individuals to mental health, addictions and substance use health support and services.

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
Montfort Renaissance Service Access to Recovery (SAR) (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
Counselling Connect (English, French, other)	CounsellingConnect.org or call 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
Walk In Counselling (English, French, other)	WalkInCounselling.com or 613-755-2277	All

Harm Reduction Services ([StopOverDoseOttawa.ca](#))

Supervised consumption services, Site office, Mobile van hours

OPH Site Mobile Harm Reduction Van (Bilingual)	613-232-3232 (7 days a week, 5:00 pm to 11:30 pm, collect)
Ottawa Inner City Health – ‘The Trailer’ at Shepherds of Good Hope (Bilingual)	613-562-4500 (7 days a week, 24 hours a day)
Drug checking services: Walk-in drug checking services available at Sandy Hill Community Health Centre and for registered clients of Ottawa Inner City Health’s Consumption and Treatment Service (English, services in French is	

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

Other Resources

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