

Mental Health and Substance Use Resource List

| | Crisis Support | Counselling | Family Counselling | Walk-in Counselling Clinic | Support/Activity Group | Assessment | Age Range | Telephone |
|---|-------------------|-------------|--------------------|----------------------------|------------------------|------------|-----------|---|
| Community Health and Resource Centers | | | | | | | | |
| Carlington (B) | ● | ● | ● | | | | All | 613-722-4000 |
| Centretown (B) | ● | ● | ● | ● | ● | ● | All | 613-233-4443 |
| Eastern Ottawa (B)* | ● | ● | | | ● | | All | 613-741-6025 |
| Hunt Club-Riverside (B) | ● | ● | ● | | | | All | 613-247-1600 |
| Lowertown (B) | ● | ● | ● | | ● | ● | All | 613-789-3930 |
| Nepean, Rideau and Osgoode (E,O) | ● | ● | ● | ● | ● | ● | All | 613-596-5626 |
| Orléans-Cumberland CRC (B) | ● | ● | ● | | ● | | All | 613-830-4357 |
| Rideau-Rockcliffe (B) | ● | ● | ● | | | | All | 613-745-0073 |
| Pinecrest-Queensway (B) | System Navigation | | | | | | All | 613-820-4922 |
| Sandy Hill (B) | ● | ● | ● | | | | All | 613-789-1500 |
| Somerset West (B, O) | ● | ● | | ● | ● | | All | 613-238-8210 |
| South-East Ottawa (B) | ● | ● | ● | ● | | ● | All | 613-737-5115 |
| Vanier (B) | | ● | ● | | | | All | 613-744-2892 |
| Western Ottawa (B) | ● | ● | ● | | | | All | 613-591-3686 |
| Substance Use Services | | | | | | | | |
| Service Access to Recovery (B) | | | | | | ● | 16+ | 613-241-5202 |
| Dave Smith Youth Treatment (B)** | | ● | ● | | ● | | 13-21 | 613-594-8333 |
| Maison Fraternité (F) | | ● | ● | | ● | ● | All | 613-741-2523 |
| Rideauwood Addiction Services (E) | | ● | ● | | ● | ● | 13+ | 613-724-4881 |
| Amethyst Women's Addiction Centre (B) | | ● | ● | | ● | ● | 18+ | 613-563-0363 |
| Serenity Renewal for Families (E) | | ● | ● | | ● | ● | 12+ | 613-523-5143 |
| Recovery Care (E, F) | | ● | ● | | ● | ● | 13+ | Vanier 613-763-6882 Bells Corners 613-903-6006 |
| Crisis Lines | | | | | | | | |
| Kids Help Phone (B) | ● | | | | | | 0-20 | 1-800-668-6868 |
| Distress Centre Ottawa 24/7 (E) | ● | | | | | | All | 613-238-3311 |
| Mental Health Crisis Line 24/7 (B) | ● | | | | | | 16+ | 613-722-6914 |
| Ottawa Rape Crisis Centre 24/7 (E) | ● | ● | | | | | All | 613-562-2333 |
| Tel-aide Outaouais (F) | ● | | | | | | All | 613-741-6433 |
| Fem'aide 24/7 (F) | ● | | | | | | 16+ | 1-877-336-2433 |
| YSB 24/7 Crisis Line (B) | ● | | | | | | All | 613-260-2360 |
| First Nations and Inuit Hope for Wellness Help Line 24/7 (B, O) | ● | | | | | | All | 1-855-242-3310 |
| Hospitals | | | | | | | | |
| CHEO (B)** | ● | ● | ● | | | ● | 0-18 | 613-737-2496 |
| Montfort Hospital (F)** | ● | ● | | | | ● | 16+ | 613-746-4621 |
| Ottawa Hospital (B)** | ● | ● | | | ● | ● | 16+ | 613-798-5555 |
| The Royal (B)** | | ● | | | | ● | 16+ | 613-722-6521 |
| The Queensway Carlton Hospital (E)** | ● | ● | | | | ● | 16+ | 613-721-2000 |

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| Community Agencies | | | | | | | | |
| Bereaved Families of Ontario (B) | | | | | ● | | All | 613-567-4278 |
| Canadian Hearing Society Ottawa (B) | | ● | ● | | | | All | 1-866-518-0000 |
| Counselling & Family Service Ottawa (B)* | ● | ● | ● | ● | ● | ● | All | 613-233-8478 |
| CMHA (B)** | | ● | | | ● | ● | All | 613-737-7791 |
| Centre Psychosocial (F) | ● | ● | ● | | ● | ● | 0-18 | 613-789-2240 |
| Counselling and Support Services of Stormont, Dundas & Glengarry (B)* | ● | ● | ● | ● | ● | ● | All | 613-932-4610 |
| Crossroads Children's Mental Health Centre (E)* | | ● | ● | ● | ● | ● | 0-12 | 613-723-1623 |
| Family Services Ottawa (B)* ** | | ● | ● | ● | ● | ● | All | 613-725-3601 |
| Geriatric Psychiatry Community Ottawa (B) | | ● | ● | | ● | ● | 55+ | 613-562-9777 |
| Jewish Family Services of Ottawa (B, O)* | ● | ● | ● | ● | ● | ● | All | 613-722-2225 |
| LGBTQ Counselling (B) | | ● | ● | | | | 12-25 | 613-233-4443 |
| Hopewell Eating Disorders (E)* | | | | | ● | | 13+ | 613-241-3428 |
| Kind (Formerly PTS)* | | ● | | | ● | | All | 613-563-4818 |
| Minwaashin Lodge (E) | ● | ● | ● | | ● | | All | 613-741-5590 |
| Montfort Renaissance (F)** | | ● | | | ● | | 16+ | 613-742-0988 |
| North Renfrew Family Services (E)** | ● | ● | ● | ● | | ● | All | 613-584-3358 |
| Operation Come Home (E) | ● | ● | | | ● | | 16+ | 613-230-4663 |
| Ottawa Chinese Community Service Center (E, O) | ● | ● | ● | | | ● | All | 613-235-4875 |
| Ottawa Community Immigrant Services Organization (B, O) | ● | ● | ● | | ● | ● | 13+ | 613-725-5671 ext. 322 |
| Inuuqatiguit-Centre For Inuit Children, Youth and Families (E, O) | | ● | ● | | ● | ● | 0-13 | 613-744-3133 |
| Ottawa Public Health (B, O) | | ● | | | | ● | 0-6 | 613-580-6744 |
| Parent Lifelines (PLEO) (B)* | | | | | ● | | 16+ | 613-321-3211 |
| Upstream Ottawa Mental Health Community Support** (E) | | ● | | | | ● | 16+ | 613-248-3329 |
| Psychiatric Survivors of Ottawa (E)* | | | | | ● | | All | 613-567-4379 |
| Roberts Smart Centre (B)** | | ● | | | | ● | 12-17 | 613-728-1946 |
| Sexual Assault Support Centre (E) | ● | | | | ● | | All | 613-234-2266 |
| Somali Centre for Family Services (E, O) | ● | ● | ● | | | ● | All | 613-526-2075 |
| Tungasuvvingat Inuit (E, O) | ● | ● | ● | | ● | ● | All | 613-565-5885 |
| Youth Net (B) | | ● | | | ● | | 12+ | 613-738-3915 |
| Youth Services Bureau (B) | | ● | ● | ● | ● | ● | 13+ | 613-562-3004 |
| Wabano Centre for Aboriginal Health (E, O) | ● | ● | ● | ● | | ● | All | 613-748-0657 ext. 253 |
| Mood Disorders Ottawa (E) | | | | | ● | | 18+ | 613-526-5406 |

* Fees may apply for certain services ** Referral may be required for certain services B=Bilingual, E=English, F=French, O=Other

For an accessible version of this resource please visit ottawapublichealth.ca/mentalhealthresources
 For more information please call 2-1-1 or visit mentalhealth.ca and for parents visit parentinginottawa.com/mentalhealth

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