



## Mental Health and Addictions Resource List

	Crisis Support	Counselling	Family Counselling	Support/Activity Group	Assessment	Age Range	Telephone	Website
<b>Community Health and Resource Centres.</b>								
Carlington (B)	●	●	●			All	613-722-4000	carlington.ochc.org
Centretown (B)	●	●	●	●	●	All	613-233-4443	centretownchc.org
Eastern Ottawa (B)*		●	●			All	613-741-6025	eorc-creo.ca
Hunt Club-Riverside (B)	●	●	●			All	613-247-1600	seochc.on.ca
Lowertown (B)	●	●	●	●	●	All	613-789-3930	crcbv.ca
Nepean, Rideau and Osgoode (E)		●			●	All	613-596-5626	nrocrc.org
Orléans-Cumberland CRC (B)	●	●	●	●		All	613-830-4357	crococ.ca
Rideau-Rockcliffe (B)	●	●	●			All	613-745-0073	crcrr.org
Pinecrest-Queensway (B)	●	●	●			All	613-820-4922	pqchc.com
Sandy Hill (B)	●	●	●			All	613-789-1500	sandyhillchc.on.ca
Somerset West (B)	●	●	●	●		All	613-238-8210	swchc.on.ca
South-East Ottawa (B)	●	●	●		●	All	613-737-5115	seochc.on.ca
Vanier (B)		●	●			All	613-744-2892	cscvanier.com
Western Ottawa (B)	●	●	●			All	613-591-3686	wocrc.ca
<b>Addiction Support</b>								
Ottawa Addictions Access & Referral (B)					●	16+	1-800-565-8603	saato.ca/en
Dave Smith Youth Treatment (B)**		●		●		13-21	613-594-8333	davesmithcentre.org
Maison Fraternité (F)		●	●	●	●	12-18	613-741-2523	maisonfraternite.ca
Rideauwood Addiction Services (E)		●	●	●	●	13+	613-724-4881	rideauwood.org
Amethyst Women's Addiction Centre (B)		●	●	●	●	18+	613-563-0363	amethyst-ottawa.org
<b>Crisis Lines</b>								
Centre d'Aide 24/7 (F)	●					All	819-595-9999	centredaide247.com
Distress Centre Ottawa 24/7 (B)	●					All	613-238-3311	dcottawa.on.ca
Mental Health Crisis Line 24/7 (B)	●					16+	613-722-6914	crisisline.ca
Ottawa Rape Crisis Centre 24/7 (E)	●	●				All	613-562-2333	orcc.net
Tel-aide Outaouais (F)	●					All	613-741-6433	tel-aide-outaouais.org
YSB 24/7 Crisis Line (B)	●					All	613-260-2360	ysb.ca
<b>Hospitals</b>								
CHEO (B)**	●	●	●		●	0-18	613-737-2496	cheo.on.ca
Montfort Hospital (F)**	●	●			●	16+	613-746-4621	hospitalmontfort.com/en/mental-health
Ottawa Hospital (B)**	●	●		●	●	16+	613-798-5555	ottawahospital.on.ca
The Royal (B)**		●			●	16+	613-722-6521	theroyal.ca

\* 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 [ottawa.ca/mentalhealthresources](http://ottawa.ca/mentalhealthresources)

For more information please call 2-1-1 or visit [ementalhealth.ca](http://ementalhealth.ca) and for parents visit [parentinginottawa.com/mentalhealth](http://parentinginottawa.com/mentalhealth) 10/2015

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<b>Community Agencies</b>								
Bereaved Families of Ontario (B)				•		3+	613-567-4278	bfo-ottawa.org
Canadian Hearing Society Ottawa (E)		•	•			All	613-521-0509	chs.ca
CMHA (B)**		•		•	•	All	613-737-7791	cmhaottawa.ca
Centre Psychosocial (F)	•	•	•	•	•	0-18	613-789-2240	centrepyschosocial.ca
Crossroads Children Centre (E)*		•	•	•	•	0-12	613-723-1623	crossroadschildren.ca
Family Services Ottawa (B)* **		•	•	•	•	All	613-725-3601	familyservicesottawa.org
Geriatric Psychiatry of Ottawa (B)		•	•	•	•	55+	613-562-9777	bruyere.org
LGBTQT Counselling (B)		•	•			12-25	613-233-4443	centretownchc.org
Hopewell Eating Disorders (E)*				•		13+	613-241-3428	hopewell.ca
Kind (Formerly PTS)*		•		•		All	613-563-4818	ptsottawa.org
Minwaashin Lodge (E)	•	•	•	•		All	613-741-5590	minlodge.com
Montfort Renaissance (F)**		•		•		16+	613-742-0988	montfortrenaissance.ca
Operation Come Home (E)	•	•		•		16+	613-230-4663	operationcomehome.ca
Ottawa Inuit Children's Centre		•	•	•	•	0-13	613-744-3233	ottawainuitchildrens.com
Ottawa Public Health (OPHL) (B,O)		•			•	0-6+	613-580-6744	ottawa.ca/health
Parent Lifelines (PLEO) (B)*				•		16+	613-321-3211	pleo.on.ca
Project Upstream (E)**		•			•	16+	613-248-3329	upstreamottawa.ca
Psychiatric Survivors of Ottawa (E)*				•		All	613-567-4379	pso-ottawa.ca
Roberts Smart Centre (B)**		•			•	12-17	613-728-1946	robertssmartcentre.com
Sexual Assault Support Centre (E)	•			•		All	613-234-2266	sascottawa.com
Tungasuvvingat Inuit (E)	•	•	•	•	•	All	613-565-5885	tungasuvvingatinuit.ca
Youth Net (B)		•		•		12+	613-738-3915	youthnet.on.ca
<b>Community Agencies that offer Walk-In Counselling</b>								
Catholic Family Services Ottawa (B)*	•	•	•	•	•	All	613-233-8478	cfsottawa.ca
Counselling and Support Services of Stormont, Dundas & Glengarry (B)*	•	•	•	•	•	All	613-932-4610	css-sdg.ca
Family Services Ottawa (B)	•	•	•		•	All	613-725-3601	familyservicesottawa.org
Jewish Family Services of Ottawa (E)*	•	•	•	•	•	All	613-722-2225 ext. 352	jfsottawa.com
North Renfrew Family Services (E)**	•	•	•		•	All	613-584-3358	drdh.org/nrfs.html
Ottawa Chinese Community Service Center (OCCSC) (E,O)	•	•	•		•	All	613-235-4875	ocsc.org
Ottawa Community Immigrant Services Organization (OCISO) (B,O)	•	•	•	•	•	13+	613-725-5671 ext. 322	ociso.org
Somali Centre for Family Services (E,O)	•	•	•		•	All	613-526-2075	scfsottawa.org
Youth Services Bureau (B)	•	•	•		•	13+	613-562-3004	ysb.ca
Wabano Centre for Aboriginal Health (E)		•	•	•	•	All	613-748-0657 ext. 247	wabano.com

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