**Crisis Lines including Telephone, Online and Chat**

Is someone in a crisis? Crisis lines offer free, immediate and confidential one-on-one assistance to callers in need and usually operate 24 hours a day, 7 days a week. They are generally staffed by either paid professionals, or trained volunteers. They will listen, offer support and advice, and if necessary, will try to help the caller get connected to help in his/her community.

All Ages

[Mental Health Crisis Line](https://www.ementalhealth.ca/index.php?m=record&ID=24690)

613-722-6914

1-866-996-0991 (Toll Free)

[crisisline.ca](http://crisisline.ca/)

16 years and up

[Distress Centre of Ottawa and Region](https://www.ementalhealth.ca/index.php?m=record&ID=9218)

613-238-3311

[www.dcottawa.on.ca](http://www.dcottawa.on.ca/)

Up to 18 years

[Youth Services Bureau of Ottawa (YSB)](https://www.ementalhealth.ca/index.php?m=record&ID=8581) : [Child, Youth and Family Crisis Line for Eastern Ontario](https://www.ementalhealth.ca/index.php?m=record&ID=8582)

1-877-377-7775 (Toll Free)

613-260-2360 (Crisis Line)

[www.icrs.ca/en/](http://www.icrs.ca/en/)

All ages

[Sexual Assault Support Centre of Ottawa](https://www.ementalhealth.ca/index.php?m=record&ID=9220)

613-234-2266

TTY: 613-725-1657

[www.sascottawa.com](http://www.sascottawa.com/)

16 years and up

[Ottawa Rape Crisis Centre (ORCC)](https://www.ementalhealth.ca/index.php?m=record&ID=9219)

613-562-2334

613-562-2333 (Crisis Line)

TTY: 613-562-3860

[www.orcc.net](http://www.orcc.net/)

5 - 20 years

[Kids Help Phone](https://www.ementalhealth.ca/index.php?m=record&ID=16389)

416-586-5437

800-668-6868 (Crisis Line)

[www.kidshelpphone.ca](http://www.kidshelpphone.ca/)

All ages

[ConnexOntario](https://www.ementalhealth.ca/index.php?m=record&ID=17670)

1-866-531-2600

1-866-531-2600 (Toll Free)

Fax: 519-439-0455

[www.connexontario.ca](http://www.connexontario.ca/)

All ages

[Tel-Aide Outaouais](https://www.ementalhealth.ca/index.php?m=record&ID=9221)

613-741-6433 x18005679699

[www.tel-aide-outaouais.org](http://www.tel-aide-outaouais.org/)

All ages

[Assaulted Women's Helpline](https://www.ementalhealth.ca/index.php?m=record&ID=9584)

416-863-0511

1-866-863-0511 (Toll Free)

TTY: 1-866-863-7868

[www.awhl.org](http://www.awhl.org/)

All ages

[Distress Centres Ontario](https://www.ementalhealth.ca/index.php?m=record&ID=9403)

416-486-2242

[www.dcontario.org](http://www.dcontario.org/)

16 years and up

[Fem'aide](https://www.ementalhealth.ca/index.php?m=record&ID=13177)

1-877-336-2433

1-877-336-2433 (Toll Free)

1-877-336-2433 (Crisis Line)

TTY: 1-866-860-7082

Fax: 1-613-241-8435

[www.femaide.ca](http://www.femaide.ca/)

16 - 30 years

[Good2Talk Post-Secondary Student Helpline](https://www.ementalhealth.ca/index.php?m=record&ID=23304)

1-866-925-5454

[www.good2talk.ca](http://www.good2talk.ca/)

All ages

[Ontario Poison Centre](https://www.ementalhealth.ca/index.php?m=record&ID=10179)

1-800-268-9017

[www.ontariopoisoncentre.com/onta...](http://www.ontariopoisoncentre.com/ontariopoisoncentre/)

All ages

[Crisis Services Canada](https://www.ementalhealth.ca/index.php?m=record&ID=55840)

437-317-4488

1-833-456-4566 (Crisis Line)

[www.crisisservicescanada.ca](http://www.crisisservicescanada.ca/)

All ages

[First Nations and Inuit Hope for Wellness Help Line](https://www.ementalhealth.ca/index.php?m=record&ID=51915)

1-855-242-3310

1-855-242-3310 (Crisis Line)

[https://www.canada.ca/en/health-...](https://www.canada.ca/en/health-canada/services/first-nations-inuit-health/health-promotion/mental-health-wellness.html)

Up to 30 years

[NEED2 Prevention Education and Support (NEED2)](https://www.ementalhealth.ca/index.php?m=record&ID=10528) : [Youthspace.ca [Online and SMS Text Chat]](https://www.ementalhealth.ca/index.php?m=record&ID=22589)

Unavailable

[youthspace.ca](http://youthspace.ca/)

**Walk-In Counselling**

(Looking for an appointment the same day, or within a few days? Walk-in counselling clinics provide counseling services, without a need to book a long time in advance. They can be helpful for many issues such as family conflict, stress, grief, depression, anxiety, relationship issues, separation, divroce or abuse. Most of the time, no appointment is required, though some clinics may require you to call ahead the same day to book appointments for that day).

6 years and up

[Counselling and Family Service Ottawa (CFS)](https://www.ementalhealth.ca/index.php?m=record&ID=14304)

613-233-8478

Fax: 613-233-9881

[www.cfsottawa.ca](http://www.cfsottawa.ca/)

Up to 12 years

[Crossroads Children's Centre](https://www.ementalhealth.ca/index.php?m=record&ID=9215) : [Mental Health Walk In Clinic](https://www.ementalhealth.ca/index.php?m=record&ID=18654)

613-723-1623 x333

[www.crossroadschildren.ca/?page\_...](http://www.crossroadschildren.ca/?page_id=24)

All ages

[South-East Ottawa Community Health Centre](https://www.ementalhealth.ca/index.php?m=record&ID=9331)

613-737-5115

Fax: 613-739-8199

[www.seochc.on.ca/](http://www.seochc.on.ca/)

All ages

[The Counselling Group](https://www.ementalhealth.ca/index.php?m=record&ID=24713)

613-722-2225 x352

[www.thecounsellinggroup.com](http://www.thecounsellinggroup.com/)

All ages

[Wabano Centre for Aboriginal Health](https://www.ementalhealth.ca/index.php?m=record&ID=9338) : [Wabano Centre for Aboriginal Health Walk-in Counselling Clinic](https://www.ementalhealth.ca/index.php?m=record&ID=51026)

613-748-0657

[www.wabano.com/mental-health/wal...](http://www.wabano.com/mental-health/walk-in-crisis-counsellor/)

All ages

[Western Ottawa Community Resource Centre (WOCRC)](https://www.ementalhealth.ca/index.php?m=record&ID=9330)

613-591-3686

[www.wocrc.ca](http://www.wocrc.ca/)

12 - 20 years

[Youth Services Bureau of Ottawa (YSB)](https://www.ementalhealth.ca/index.php?m=record&ID=8581) : [Youth Mental Health Walk-in Clinic](https://www.ementalhealth.ca/index.php?m=record&ID=13005)

613-562-3004

613-260-2360 (Crisis Line)

[www.ysb.ca/index.php?page=walk-i...](http://www.ysb.ca/index.php?page=walk-in-mental-health-clinic&hl=eng)

All ages

[The Walk-in Counselling Clinic](https://www.ementalhealth.ca/index.php?m=record&ID=54524)

613-722-2225

Fax: 613-722-2225

[www.walkincounselling.com](http://www.walkincounselling.com/)

**Hospital Emergency Department**

Is there an emergency such as medical or mental health emergency? If less intense options (e.g. calling a crisis line) are not possible or haven't helped, then it may be helpful to visit the local hospital Emergency Department. Typical mental health emergencies include:

\* thoughts of suicide to the point where the person requires emergency help to keep them from ending their life;

\* manic episode or psychosis where a person is behaving in an irrational way with inability to function.

16 years and up

[Hôpital Montfort](https://www.ementalhealth.ca/index.php?m=record&ID=9269)

613-746-4621

[www.hopitalmontfort.com](http://www.hopitalmontfort.com/)

16 years and up

[Ottawa Hospital](https://www.ementalhealth.ca/index.php?m=record&ID=9418)

613-722-7000

TTY: 613-761-4024

[www.ottawahospital.on.ca](http://www.ottawahospital.on.ca/)

All ages

[Queensway Carleton Hospital](https://www.ementalhealth.ca/index.php?m=record&ID=9271)

613-721-2000

[www.qch.on.ca](http://www.qch.on.ca/)

Up to 17 years

[Children's Hospital of Eastern Ontario (CHEO)](https://www.ementalhealth.ca/index.php?m=record&ID=10914)

613-737-7600

[www.cheo.on.ca/en/cheomentalheal...](http://www.cheo.on.ca/en/cheomentalhealth)

**Information and Referral Services**

Are you looking for help, but don't know where to get started?

Consider contacting an Information and Referral (I & R) service, which can help you to 1) Find out about resources (i.e. 'information'), and 2) Connect you to those resources (i.e. 'referral').

All ages

[Community Information Centre of Ottawa (CICO)](https://www.ementalhealth.ca/index.php?m=record&ID=9241)

613-241-4636 x211

1-877-761-9076 (Toll Free)

TTY: 1-866-540-0565

[www.cominfo-ottawa.org](http://www.cominfo-ottawa.org/)

Up to 24 years

[Parents' Lifeline of Eastern Ontario (PLEO)](https://www.ementalhealth.ca/index.php?m=record&ID=9217)

613-321-3211

1-855-775-7005 (Toll Free)

[www.pleo.on.ca](http://www.pleo.on.ca/)

All ages

[Canadian Mental Health Association (CMHA), Ottawa branch](https://www.ementalhealth.ca/index.php?m=record&ID=9272)

613-737-7791

[www.cmhaottawa.ca](http://www.cmhaottawa.ca/)

All ages

[Ottawa Academy of Psychology Referral Service](https://www.ementalhealth.ca/index.php?m=record&ID=9362)

613-235-2529

[www.ottawa-psychologists.org/](http://www.ottawa-psychologists.org/)

5 - 20 years

[Kids Help Phone](https://www.ementalhealth.ca/index.php?m=record&ID=16389)

416-586-5437

800-668-6868 (Crisis Line)

[www.kidshelpphone.ca](http://www.kidshelpphone.ca/)

All ages

[ChamplainHealthLine.ca](https://www.ementalhealth.ca/index.php?m=record&ID=11061)

613-310-2222

[www.champlainhealthline.ca](http://www.champlainhealthline.ca/)

All ages

[Drug and Alcohol Helpline](https://www.ementalhealth.ca/index.php?m=record&ID=9861)

1-800-565-8603

1-800-565-8603 (Toll Free)

1-800-565-8603 (Crisis Line)

[www.drugandalcoholhelpline.ca](http://www.drugandalcoholhelpline.ca/)

All ages

[ConnexOntario](https://www.ementalhealth.ca/index.php?m=record&ID=17670)

1-866-531-2600

1-866-531-2600 (Toll Free)

Fax: 519-439-0455

[www.connexontario.ca](http://www.connexontario.ca/)

All ages

[Carlington Community Chaplaincy](https://www.ementalhealth.ca/index.php?m=record&ID=56520)

613-728-9933

[www.carlingtonchaplaincy.com/](http://www.carlingtonchaplaincy.com/)

All ages

[City of Ottawa](https://www.ementalhealth.ca/index.php?m=record&ID=11552) : [Ottawa Public Health (OPH)](https://www.ementalhealth.ca/index.php?m=record&ID=9641)

613-580-6744

TTY: 613-580-9656

[www.ottawa.ca/residents/health/i...](http://www.ottawa.ca/residents/health/index_en.html)

All ages

[Eastern Ottawa Resource Centre (EORC)](https://www.ementalhealth.ca/index.php?m=record&ID=9326)

613-741-6025

613-745-4818 x6137453665 (Crisis Line)

TTY: 613-741-3556

Fax: 613-741-7029

[www.eorc-creo.ca](http://www.eorc-creo.ca/)

All ages

[Military Family Resource Centre of the National Capital Region (MFRC-NCR)](https://www.ementalhealth.ca/index.php?m=record&ID=9253)

613-998-4888

Fax: 613-998-9585

[https://www.cafconnection.ca/Nat...](https://www.cafconnection.ca/National-Capital-Region/Home.aspx)

All ages

[Nepean, Rideau and Osgoode Community Resource Centre (NROCRC)](https://www.ementalhealth.ca/index.php?m=record&ID=9328)

613-596-5626

TTY: info@nrocrc.org

[www.nrocrc.org](http://www.nrocrc.org/)

All ages

[Olde Forge Community Resource Centre](https://www.ementalhealth.ca/index.php?m=record&ID=9226)

613-829-9777

[www.storm.ca/~forge/](http://www.storm.ca/~forge/)

All ages

[Ottawa Independent Living Resource Centre](https://www.ementalhealth.ca/index.php?m=record&ID=9479)

613-236-2558 x222

[www.oilrc.com](http://www.oilrc.com/)

16 years and up

[Ottawa Rape Crisis Centre (ORCC)](https://www.ementalhealth.ca/index.php?m=record&ID=9219)

613-562-2334

613-562-2333 (Crisis Line)

TTY: 613-562-3860

[www.orcc.net](http://www.orcc.net/)

All ages

[Rainbow Health Ontario (RHO)](https://www.ementalhealth.ca/index.php?m=record&ID=14413)

416-324-4100

[www.rainbowhealthontario.ca/](http://www.rainbowhealthontario.ca/)

All ages

[Service Coordination (SCS)](https://www.ementalhealth.ca/index.php?m=record&ID=9259)

613-748-1788

[www.scsottawa.on.ca](http://www.scsottawa.on.ca/)

All ages

[South-East Ottawa Community Health Centre](https://www.ementalhealth.ca/index.php?m=record&ID=9331)

613-737-5115

Fax: 613-739-8199

[www.seochc.on.ca/](http://www.seochc.on.ca/)

All ages

[The Counselling Group](https://www.ementalhealth.ca/index.php?m=record&ID=24713)

613-722-2225 x352

[www.thecounsellinggroup.com](http://www.thecounsellinggroup.com/)

**Addictions (including Drugs, Alcohol and Gambling)**

"Addictions" refers to problems using drugs or alcohol or other problem behaviours. Gambling can also be addictive and can cause severe financial, emotional, and relationship problems.

16 years and up

[Montfort Renaissance](https://www.ementalhealth.ca/index.php?m=record&ID=9396) : [Ottawa Addictions Access and Referral Services (OAARS)](https://www.ementalhealth.ca/index.php?m=record&ID=25643)

613-241-1525

[www.saato.ca/en/](http://www.saato.ca/en/)

All ages

[Drug and Alcohol Helpline](https://www.ementalhealth.ca/index.php?m=record&ID=9861)

1-800-565-8603

1-800-565-8603 (Toll Free)

1-800-565-8603 (Crisis Line)

[www.drugandalcoholhelpline.ca](http://www.drugandalcoholhelpline.ca/)

16 years and up

[Sandy Hill Community Health Centre](https://www.ementalhealth.ca/index.php?m=record&ID=9322) : [Addictions and Mental Health Services](https://www.ementalhealth.ca/index.php?m=record&ID=9423)

613-789-8941

[https://www.shchc.ca/programs/am...](https://www.shchc.ca/programs/amhs)

All ages

[Rideauwood Addiction and Family Services](https://www.ementalhealth.ca/index.php?m=record&ID=9413)

613-724-4881

[www.rideauwood.org](http://www.rideauwood.org/)

13 - 21 years

[Dave Smith Youth Treatment Centre (DSYTC)](https://www.ementalhealth.ca/index.php?m=record&ID=9412)

613-594-8333

[www.davesmithcentre.org](http://www.davesmithcentre.org/)

16 years and up

[Royal Ottawa Mental Health Centre (The Royal)](https://www.ementalhealth.ca/index.php?m=record&ID=9270)

613-722-6521

[www.theroyal.ca](http://www.theroyal.ca/)

18 years and up

[Amethyst Women's Addiction Centre](https://www.ementalhealth.ca/index.php?m=record&ID=9415)

613-563-0363

TTY: 613-563-2995

[www.amethyst-ottawa.org](http://www.amethyst-ottawa.org/)

16 years and up

[Royal Ottawa Mental Health Centre (The Royal)](https://www.ementalhealth.ca/index.php?m=record&ID=9270) : [Substance Use and Concurrent Disorders Program](https://www.ementalhealth.ca/index.php?m=record&ID=9420)

613-722-6521

[theroyal.ca](http://theroyal.ca/)

12 years and up

[Maison Fraternité](https://www.ementalhealth.ca/index.php?m=record&ID=9414)

613-741-2523

1-877-654-0990 (Toll Free)

[www.maisonfraternite.ca](http://www.maisonfraternite.ca/)

15 years and up

[Nar-Anon Family Groups of Ontario, Ottawa Chapter](https://www.ementalhealth.ca/index.php?m=record&ID=9522)

1-877-239-0096 (Toll Free)

[www.naranonontario.com](http://www.naranonontario.com/)

All ages

[Sex Addicts Anonymous (SAA)](https://www.ementalhealth.ca/index.php?m=record&ID=9475)

613-786-1060

[https://saaottawa.org](https://saaottawa.org/)

All ages

[Narcotics Anonymous, Ottawa Chapter](https://www.ementalhealth.ca/index.php?m=record&ID=9523)

1-888-811-3887 (Toll Free)

[www.ottawana.org](http://www.ottawana.org/)

55 years and up

[Lifestyle Enrichment for Senior Adults (LESA)](https://www.ementalhealth.ca/index.php?m=record&ID=9470)

613-233-5430

1-877-795-8442 (Toll Free)

[www.centretownchc.org/?id=15](http://www.centretownchc.org/?id=15)

All ages

[Al Anon Ottawa](https://www.ementalhealth.ca/index.php?m=record&ID=9476)

613-860-3431

[www.al-anon-ottawa.ca](http://www.al-anon-ottawa.ca/)

18 years and up

[Empathy House of Recovery](https://www.ementalhealth.ca/index.php?m=record&ID=9611)

613-730-7319

[www.empathyhouse.com](http://www.empathyhouse.com/)

All ages

[Gamblers Anonymous Hotline](https://www.ementalhealth.ca/index.php?m=record&ID=9477)

613-567-3271

[www.gamblersanonymousottawa.org](http://www.gamblersanonymousottawa.org/)

18 years and up

[Vesta Recovery Program for Women](https://www.ementalhealth.ca/index.php?m=record&ID=9613)

613-233-0353

[www.vestarecoveryprogram.com](http://www.vestarecoveryprogram.com/)

16 years and up

[Montfort Renaissance](https://www.ementalhealth.ca/index.php?m=record&ID=9396) : [Ottawa Withdrawal Management Centre (OWMC)](https://www.ementalhealth.ca/index.php?m=record&ID=9618)

613-241-1525

[www.cgso.ca](http://www.cgso.ca/)

All ages

[Alateen Canada](https://www.ementalhealth.ca/index.php?m=record&ID=10360)

613-723-8484

[www.al-anon.alateen.org/](http://www.al-anon.alateen.org/)

All ages

[Alcoholics Anonymous (AA)](https://www.ementalhealth.ca/index.php?m=record&ID=10359)

613-237-6000

[www.aa.org](http://www.aa.org/)

**Self-help, Mutual Aid and Support Groups**

Self-help, mutual aid and support groups are non-profit, voluntary organizations which provide support to individuals who share a common experience.

As defined by the International Network of Mutual Help centres, self-help groups are non-profit; open to members of the general public who share a common experience; meet face-to-face on a regular, ongoing basis, and are open to new members; provide mutual support through discussion and sharing of information and experiences. Members use their individual strengths to support each other, and can use their collective strengths to promote social change; Run by and for group members. Although professional (health care) providers may participate at the request of the group, their role stays that of a consultant.

**Mental Health in General**

All ages

[Canadian Centre for Men and Families (CCMF)](https://www.ementalhealth.ca/index.php?m=record&ID=49617)

647-479-9611

1-844-900-2263 (Toll Free)

[www.menandfamilies.org/](http://www.menandfamilies.org/)

All ages

[Carlington Community Chaplaincy](https://www.ementalhealth.ca/index.php?m=record&ID=56520)

613-728-9933

[www.carlingtonchaplaincy.com/](http://www.carlingtonchaplaincy.com/)

13 years and up

[Catholic Mental Health Support Group (CMHSG)](https://www.ementalhealth.ca/index.php?m=record&ID=22742)

613-745-7774

[annunciation-ottawa.com/catholic...](http://annunciation-ottawa.com/catholic-mental-health-support-group)

All ages

[Centretown Community Health Centre](https://www.ementalhealth.ca/index.php?m=record&ID=9224) : [GLBTTQ Services](https://www.ementalhealth.ca/index.php?m=record&ID=14560)

Unavailable

[www.centretownchc.org/en/program...](http://www.centretownchc.org/en/programs-and-services/services-for-you/glbttq.aspx)

All ages

[Centretown Community Health Centre](https://www.ementalhealth.ca/index.php?m=record&ID=9224) : [GLBTTQ Youth Program](https://www.ementalhealth.ca/index.php?m=record&ID=14418)

Unavailable

[www.centretownchc.org/en/program...](http://www.centretownchc.org/en/programs-and-services/services-for-you/glbttq.aspx)

All ages

[Centretown Community Health Centre](https://www.ementalhealth.ca/index.php?m=record&ID=9224) : [Gay Zone](https://www.ementalhealth.ca/index.php?m=record&ID=14327)

613-580-2610

[gayzonegaie.ca](http://gayzonegaie.ca/)

12 - 17 years

[Elizabeth Fry Society](https://www.ementalhealth.ca/index.php?m=record&ID=9268) : [Decision-Making Workshop](https://www.ementalhealth.ca/index.php?m=record&ID=11496)

613-237-7427 x154

[www.efryottawa.com](http://www.efryottawa.com/)

All ages

[Kind (PTS)](https://www.ementalhealth.ca/index.php?m=record&ID=9342)

613-563-4818

[kindspace.ca](http://kindspace.ca/)

All ages

[Military Family Resource Centre of the National Capital Region (MFRC-NCR)](https://www.ementalhealth.ca/index.php?m=record&ID=9253)

613-998-4888

Fax: 613-998-9585

[https://www.cafconnection.ca/Nat...](https://www.cafconnection.ca/National-Capital-Region/Home.aspx)

16 years and up

[Montfort Renaissance](https://www.ementalhealth.ca/index.php?m=record&ID=9396) : [Les Ateliers de L'Élan](https://www.ementalhealth.ca/index.php?m=record&ID=19543)

613-744-2244

[www.montfortrenaissance.ca/en](http://www.montfortrenaissance.ca/en)

18 years and up

[Mood Disorders Ottawa (MDO)](https://www.ementalhealth.ca/index.php?m=record&ID=9287)

613-526-5406

[www.mooddisordersottawa.ca/](http://www.mooddisordersottawa.ca/)

All ages

[PFLAG Canada](https://www.ementalhealth.ca/index.php?m=record&ID=9344) : [PFLAG Ottawa Chapter](https://www.ementalhealth.ca/index.php?m=record&ID=14561)

1-888-530-6777 (Toll Free)

[www.pflagottawa.ca](http://www.pflagottawa.ca/)

Up to 24 years

[Parents' Lifeline of Eastern Ontario (PLEO)](https://www.ementalhealth.ca/index.php?m=record&ID=9217)

613-321-3211

1-855-775-7005 (Toll Free)

[www.pleo.on.ca](http://www.pleo.on.ca/)

All ages

[Partners for Mental Health](https://www.ementalhealth.ca/index.php?m=record&ID=48985)

613-798-5862

[www.partnersformh.ca](http://www.partnersformh.ca/)

18 years and up

[Psychiatric Survivors of Ottawa (PSO)](https://www.ementalhealth.ca/index.php?m=record&ID=9397)

613-567-4379

1-877-550-4879 (Toll Free)

[www.pso-ottawa.ca](http://www.pso-ottawa.ca/)

18 years and up

[Recovery Canada (RI)](https://www.ementalhealth.ca/index.php?m=record&ID=55224)

Unavailable

[www.recoverycanada.org](http://www.recoverycanada.org/)

All ages

[South-East Ottawa Community Health Centre](https://www.ementalhealth.ca/index.php?m=record&ID=9331)

613-737-5115

Fax: 613-739-8199

[www.seochc.on.ca/](http://www.seochc.on.ca/)

Up to 24 years

[St. Mary's Home](https://www.ementalhealth.ca/index.php?m=record&ID=10549)

613-749-2491

[www.stmaryshome.com](http://www.stmaryshome.com/)

All ages

[Ten Oaks Project](https://www.ementalhealth.ca/index.php?m=record&ID=14450)

613-321-2825

[www.tenoaksproject.org](http://www.tenoaksproject.org/)

**Anxiety**

All ages

[Canadian Centre for Men and Families (CCMF)](https://www.ementalhealth.ca/index.php?m=record&ID=49617)

647-479-9611

1-844-900-2263 (Toll Free)

[www.menandfamilies.org/](http://www.menandfamilies.org/)

All ages

[Carlington Community Chaplaincy](https://www.ementalhealth.ca/index.php?m=record&ID=56520)

613-728-9933

[www.carlingtonchaplaincy.com/](http://www.carlingtonchaplaincy.com/)

13 years and up

[Catholic Mental Health Support Group (CMHSG)](https://www.ementalhealth.ca/index.php?m=record&ID=22742)

613-745-7774

[annunciation-ottawa.com/catholic...](http://annunciation-ottawa.com/catholic-mental-health-support-group)

16 years and up

[Montfort Renaissance](https://www.ementalhealth.ca/index.php?m=record&ID=9396) : [Les Ateliers de L'Élan](https://www.ementalhealth.ca/index.php?m=record&ID=19543)

613-744-2244

[www.montfortrenaissance.ca/en](http://www.montfortrenaissance.ca/en)

18 years and up

[Mood Disorders Ottawa (MDO)](https://www.ementalhealth.ca/index.php?m=record&ID=9287)

613-526-5406

[www.mooddisordersottawa.ca/](http://www.mooddisordersottawa.ca/)

18 years and up

[Mood Disorders Ottawa (MDO)](https://www.ementalhealth.ca/index.php?m=record&ID=9287) : [Bi-monthly support group](https://www.ementalhealth.ca/index.php?m=record&ID=16117)

612-526-5406

[www.mooddisordersottawa.ca](http://www.mooddisordersottawa.ca/)

All ages

[Mood Disorders Ottawa (MDO)](https://www.ementalhealth.ca/index.php?m=record&ID=9287) : [Orleans Family Support Group](https://www.ementalhealth.ca/index.php?m=record&ID=16119)

613-526-5406

[www.mooddisordersottawa.ca](http://www.mooddisordersottawa.ca/)

All ages

[Mood Disorders Ottawa (MDO)](https://www.ementalhealth.ca/index.php?m=record&ID=9287) : [Wellness Recovery Action Plan (WRAP)](https://www.ementalhealth.ca/index.php?m=record&ID=16120)

613-526-5406

[www.mooddisordersottawa.ca](http://www.mooddisordersottawa.ca/)

Up to 24 years

[Parents' Lifeline of Eastern Ontario (PLEO)](https://www.ementalhealth.ca/index.php?m=record&ID=9217)

613-321-3211

1-855-775-7005 (Toll Free)

[www.pleo.on.ca](http://www.pleo.on.ca/)

All ages

[Partners for Mental Health](https://www.ementalhealth.ca/index.php?m=record&ID=48985)

613-798-5862

[www.partnersformh.ca](http://www.partnersformh.ca/)

18 years and up

[Psychiatric Survivors of Ottawa (PSO)](https://www.ementalhealth.ca/index.php?m=record&ID=9397)

613-567-4379

1-877-550-4879 (Toll Free)

[www.pso-ottawa.ca](http://www.pso-ottawa.ca/)

18 years and up

[Recovery Canada (RI)](https://www.ementalhealth.ca/index.php?m=record&ID=55224)

Unavailable

[www.recoverycanada.org](http://www.recoverycanada.org/)

6 - 11 years

[SNAP (Stop Now And Plan) Program (SNAP)](https://www.ementalhealth.ca/index.php?m=record&ID=60201)

613-733-5478 x225

[www.scfsottawa.org/snap.php](http://www.scfsottawa.org/snap.php)

All ages

[South-East Ottawa Community Health Centre](https://www.ementalhealth.ca/index.php?m=record&ID=9331)

613-737-5115

Fax: 613-739-8199

[www.seochc.on.ca/](http://www.seochc.on.ca/)

All ages

[Western Ottawa Community Resource Centre (WOCRC)](https://www.ementalhealth.ca/index.php?m=record&ID=9330)

613-591-3686

[www.wocrc.ca](http://www.wocrc.ca/)

All ages

[Anxiety Disorder Association of Ontario (ADAO)](https://www.ementalhealth.ca/index.php?m=record&ID=9487)

613-729-6761

TTY: 1-877-308-3843

[www.anxietydisordersontario.ca](http://www.anxietydisordersontario.ca/)

All ages

[Children's Mental Health Ontario](https://www.ementalhealth.ca/index.php?m=record&ID=9305)

416-921-2109

1-888-234-7054 (Toll Free)

[www.cmho.org](http://www.cmho.org/)

All ages

[Parents for Children's Mental Health (PCMH)](https://www.ementalhealth.ca/index.php?m=record&ID=10501)

416-220-0742

[www.pcmh.ca](http://www.pcmh.ca/)

18 years and up

[Trafalgar Addiction Treatment Centres](https://www.ementalhealth.ca/index.php?m=record&ID=61044)

855-972-9760

855-972-9760 (Toll Free)

<https://trafalgarresidence.com/>

All ages

[Anxiety Disorders Association of Canada](https://www.ementalhealth.ca/index.php?m=record&ID=10496)

514-484-0504

[www.anxietycanada.ca](http://www.anxietycanada.ca/)

**Depression**

All ages

[Canadian Centre for Men and Families (CCMF)](https://www.ementalhealth.ca/index.php?m=record&ID=49617)

647-479-9611

1-844-900-2263 (Toll Free)

[www.menandfamilies.org/](http://www.menandfamilies.org/)

All ages

[Carlington Community Chaplaincy](https://www.ementalhealth.ca/index.php?m=record&ID=56520)

613-728-9933

[www.carlingtonchaplaincy.com/](http://www.carlingtonchaplaincy.com/)

13 years and up

[Catholic Mental Health Support Group (CMHSG)](https://www.ementalhealth.ca/index.php?m=record&ID=22742)

613-745-7774

[annunciation-ottawa.com/catholic...](http://annunciation-ottawa.com/catholic-mental-health-support-group)

16 years and up

[Montfort Renaissance](https://www.ementalhealth.ca/index.php?m=record&ID=9396) : [Les Ateliers de L'Élan](https://www.ementalhealth.ca/index.php?m=record&ID=19543)

613-744-2244

[www.montfortrenaissance.ca/en](http://www.montfortrenaissance.ca/en)

18 years and up

[Mood Disorders Ottawa (MDO)](https://www.ementalhealth.ca/index.php?m=record&ID=9287)

613-526-5406

[www.mooddisordersottawa.ca/](http://www.mooddisordersottawa.ca/)

18 years and up

[Mood Disorders Ottawa (MDO)](https://www.ementalhealth.ca/index.php?m=record&ID=9287) : [Bi-monthly support group](https://www.ementalhealth.ca/index.php?m=record&ID=16117)

612-526-5406

[www.mooddisordersottawa.ca](http://www.mooddisordersottawa.ca/)

All ages

[Mood Disorders Ottawa (MDO)](https://www.ementalhealth.ca/index.php?m=record&ID=9287) : [Orleans Family Support Group](https://www.ementalhealth.ca/index.php?m=record&ID=16119)

613-526-5406

[www.mooddisordersottawa.ca](http://www.mooddisordersottawa.ca/)

All ages

[Mood Disorders Ottawa (MDO)](https://www.ementalhealth.ca/index.php?m=record&ID=9287) : [Wellness Recovery Action Plan (WRAP)](https://www.ementalhealth.ca/index.php?m=record&ID=16120)

613-526-5406

[www.mooddisordersottawa.ca](http://www.mooddisordersottawa.ca/)

Up to 24 years

[Parents' Lifeline of Eastern Ontario (PLEO)](https://www.ementalhealth.ca/index.php?m=record&ID=9217)

613-321-3211

1-855-775-7005 (Toll Free)

[www.pleo.on.ca](http://www.pleo.on.ca/)

All ages

[Partners for Mental Health](https://www.ementalhealth.ca/index.php?m=record&ID=48985)

613-798-5862

[www.partnersformh.ca](http://www.partnersformh.ca/)

18 years and up

[Psychiatric Survivors of Ottawa (PSO)](https://www.ementalhealth.ca/index.php?m=record&ID=9397)

613-567-4379

1-877-550-4879 (Toll Free)

[www.pso-ottawa.ca](http://www.pso-ottawa.ca/)

All ages

[South-East Ottawa Community Health Centre](https://www.ementalhealth.ca/index.php?m=record&ID=9331)

613-737-5115

Fax: 613-739-8199

[www.seochc.on.ca/](http://www.seochc.on.ca/)

All ages

[Western Ottawa Community Resource Centre (WOCRC)](https://www.ementalhealth.ca/index.php?m=record&ID=9330)

613-591-3686

[www.wocrc.ca](http://www.wocrc.ca/)

All ages

[Parkinson Canada (PSO)](https://www.ementalhealth.ca/index.php?m=record&ID=10386)

613-722-9238

1-800-565-3000 (Toll Free)

[www.parkinson.ca](http://www.parkinson.ca/)

All ages

[Children's Mental Health Ontario](https://www.ementalhealth.ca/index.php?m=record&ID=9305)

416-921-2109

1-888-234-7054 (Toll Free)

[www.cmho.org](http://www.cmho.org/)

All ages

[Mood Disorders Association of Ontario (MDAO)](https://www.ementalhealth.ca/index.php?m=record&ID=9288)

416-486-8046

1-888-486-8236 (Toll Free)

Fax: 416-486-8127

[www.mooddisorders.ca](https://www.mooddisorders.ca/)

All ages

[Parents for Children's Mental Health (PCMH)](https://www.ementalhealth.ca/index.php?m=record&ID=10501)

416-220-0742

[www.pcmh.ca](http://www.pcmh.ca/)

All ages

[Canadian Mental Health Association, National Office (CMHA)](https://www.ementalhealth.ca/index.php?m=record&ID=9870)

613-745-7750

[www.cmha.ca/bins/index.asp?lang=...](http://www.cmha.ca/bins/index.asp?lang=1)

All ages

[Co-Dependents Anonymous (CoDA)](https://www.ementalhealth.ca/index.php?m=record&ID=13105)

604-239-1042

[www.codacanada.ca](http://www.codacanada.ca/)

All ages

[Mood Disorders Society of Canada](https://www.ementalhealth.ca/index.php?m=record&ID=9289)

519-824-5565

[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca/)

**Schizophrenia and Psychosis**

13 years and up

[Catholic Mental Health Support Group (CMHSG)](https://www.ementalhealth.ca/index.php?m=record&ID=22742)

613-745-7774

[annunciation-ottawa.com/catholic...](http://annunciation-ottawa.com/catholic-mental-health-support-group)

16 years and up

[Montfort Renaissance](https://www.ementalhealth.ca/index.php?m=record&ID=9396) : [Les Ateliers de L'Élan](https://www.ementalhealth.ca/index.php?m=record&ID=19543)

613-744-2244

[www.montfortrenaissance.ca/en](http://www.montfortrenaissance.ca/en)

Up to 24 years

[Parents' Lifeline of Eastern Ontario (PLEO)](https://www.ementalhealth.ca/index.php?m=record&ID=9217)

613-321-3211

1-855-775-7005 (Toll Free)

[www.pleo.on.ca](http://www.pleo.on.ca/)

18 years and up

[Psychiatric Survivors of Ottawa (PSO)](https://www.ementalhealth.ca/index.php?m=record&ID=9397)

613-567-4379

1-877-550-4879 (Toll Free)

[www.pso-ottawa.ca](http://www.pso-ottawa.ca/)

18 years and up

[Recovery Canada (RI)](https://www.ementalhealth.ca/index.php?m=record&ID=55224)

Unavailable

[www.recoverycanada.org](http://www.recoverycanada.org/)

All ages

[Schizophrenia Society of Ontario, Ottawa Region (SSO)](https://www.ementalhealth.ca/index.php?m=record&ID=9294)

613-722-6521 x7775

[www.schizophrenia.on.ca](http://www.schizophrenia.on.ca/)

All ages

[Children's Mental Health Ontario](https://www.ementalhealth.ca/index.php?m=record&ID=9305)

416-921-2109

1-888-234-7054 (Toll Free)

[www.cmho.org](http://www.cmho.org/)

All ages

[Parents for Children's Mental Health (PCMH)](https://www.ementalhealth.ca/index.php?m=record&ID=10501)

416-220-0742

[www.pcmh.ca](http://www.pcmh.ca/)

All ages

[Schizophrenia Society of Ontario](https://www.ementalhealth.ca/index.php?m=record&ID=9864)

1-800-499-6367 x4164496830

[www.schizophrenia.on.ca](http://www.schizophrenia.on.ca/)

All ages

[Canadian Mental Health Association, National Office (CMHA)](https://www.ementalhealth.ca/index.php?m=record&ID=9870)

613-745-7750

[www.cmha.ca/bins/index.asp?lang=...](http://www.cmha.ca/bins/index.asp?lang=1)

All ages

[Mood Disorders Society of Canada](https://www.ementalhealth.ca/index.php?m=record&ID=9289)

519-824-5565

[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca/)

All ages

[National Network for Mental Health](https://www.ementalhealth.ca/index.php?m=record&ID=10896)

705-386-8788

1-888-406-4663 (Toll Free)

[nnmh.ca/](http://nnmh.ca/)

All ages

[Schizophrenia Society of Canada](https://www.ementalhealth.ca/index.php?m=record&ID=9881)

1-204-786-1616

1-800-263-5545 (Toll Free)

[www.schizophrenia.ca](http://www.schizophrenia.ca/)

All ages

[Intervoice](https://www.ementalhealth.ca/index.php?m=record&ID=26069)

Unavailable

[www.intervoiceonline.org/](http://www.intervoiceonline.org/)

**Counselling and Therapy**

Counselling and therapy can be helpful for dealing with a wide variety of issues (e.g. stress and coping, relationship problems) and mental health conditions (e.g. depression, anxiety, etc.)

12 - 20 years

[Youth Services Bureau of Ottawa (YSB)](https://www.ementalhealth.ca/index.php?m=record&ID=8581)

613-729-1000

613-260-2360 (Crisis Line)

[www.ysb-bsj.ca](http://www.ysb-bsj.ca/)

All ages

[Canadian Mental Health Association (CMHA), Ottawa branch](https://www.ementalhealth.ca/index.php?m=record&ID=9272)

613-737-7791

[www.cmhaottawa.ca](http://www.cmhaottawa.ca/)

6 years and up

[Counselling and Family Service Ottawa (CFS)](https://www.ementalhealth.ca/index.php?m=record&ID=14304)

613-233-8478

Fax: 613-233-9881

[www.cfsottawa.ca](http://www.cfsottawa.ca/)

3 years and up

[Christian Counselling Ottawa (CCO)](https://www.ementalhealth.ca/index.php?m=record&ID=9251)

613-729-8454 x0

[www.christiancounsellingottawa.c...](http://www.christiancounsellingottawa.ca/)

All ages

[Family Services Ottawa](https://www.ementalhealth.ca/index.php?m=record&ID=9244)

613-725-3601

[www.familyservicesottawa.org](http://www.familyservicesottawa.org/)

All ages

[Jewish Family Services of Ottawa (JFS)](https://www.ementalhealth.ca/index.php?m=record&ID=9246)

613-722-2225

[www.jfsottawa.com](http://www.jfsottawa.com/)

All ages

[Ottawa Community Immigrant Services Organization](https://www.ementalhealth.ca/index.php?m=record&ID=9375) : [Counselling Program](https://www.ementalhealth.ca/index.php?m=record&ID=10453)

613-725-0202

[https://ociso.org/clinical-couns...](https://ociso.org/clinical-counselling/)

All ages

[Algonquin College Student Support Services](https://www.ementalhealth.ca/index.php?m=record&ID=51648)

613-727-4723 x7200

[www.algonquincollege.com/counsel...](https://www.algonquincollege.com/counselling/services-for-current-students/)

All ages

[Artswell](https://www.ementalhealth.ca/index.php?m=record&ID=9538)

613-256-6912

[www.artswell.ca](http://www.artswell.ca/)

All ages

[Canadian Centre for Men and Families (CCMF)](https://www.ementalhealth.ca/index.php?m=record&ID=49617)

647-479-9611

1-844-900-2263 (Toll Free)

[www.menandfamilies.org/](http://www.menandfamilies.org/)

17 years and up

[Carleton University Health and Counselling Services](https://www.ementalhealth.ca/index.php?m=record&ID=51547)

613-520-6674

[carleton.ca/health/counselling-s...](https://carleton.ca/health/counselling-services/)

All ages

[Carleton University Paul Menton Centre](https://www.ementalhealth.ca/index.php?m=record&ID=51548)

613-520-6608

TTY: 613-520-3937

[https://carleton.ca/pmc/students...](https://carleton.ca/pmc/students/support-services-and-resources/)

18 years and up

[Centre For Interpersonal Relationships (CFIR)](https://www.ementalhealth.ca/index.php?m=record&ID=13281) : [Neuropsychology](https://www.ementalhealth.ca/index.php?m=record&ID=27512)

Unavailable

[cfir.ca/NeuropsychologicalAssess...](http://cfir.ca/NeuropsychologicalAssessments.php)

Up to 18 years

[Centre Psychosocial (CPS)](https://www.ementalhealth.ca/index.php?m=record&ID=9247)

613-789-2240

613-260-2360 (Crisis Line)

[www.centrepsychosocial.ca](http://www.centrepsychosocial.ca/)

16 years and up

[Centre d'aide et de lutte contre les agressions à caractère sexuel (CALACS)](https://www.ementalhealth.ca/index.php?m=record&ID=9837)

613-789-8096

1-877-336-2433 (Crisis Line)

TTY: 1-866-860-7082

[www.calacs.ca](http://www.calacs.ca/)

All ages

[Centre for Psychological Services and Research (CPSR)](https://www.ementalhealth.ca/index.php?m=record&ID=9249)

613-562-5289

Fax: 613-562-5169

[socialsciences.uottawa.ca/psy/cp...](http://socialsciences.uottawa.ca/psy/cpsr)

All ages

[Centre for Treatment of Sexual Abuse and Childhood Trauma (CTSACT)](https://www.ementalhealth.ca/index.php?m=record&ID=9345)

613-233-4929

[www.centrefortreatment.com](http://www.centrefortreatment.com/)

All ages

[Children's Hospital of Eastern Ontario (CHEO)](https://www.ementalhealth.ca/index.php?m=record&ID=10914) : [CHEO Autism Program](https://www.ementalhealth.ca/index.php?m=record&ID=21272)

613-249-9355

1-877-542-2294 (Toll Free)

[www.cheo.on.ca/en/autism](http://www.cheo.on.ca/en/autism)

Up to 17 years

[Children's Hospital of Eastern Ontario (CHEO)](https://www.ementalhealth.ca/index.php?m=record&ID=10914) : [CHEO Autism Program (OAP)](https://www.ementalhealth.ca/index.php?m=record&ID=11604)

613-249-9355

1-877-542-2294 (Toll Free)

[www.cheo.on.ca/autism](http://www.cheo.on.ca/autism)

All ages

[City of Ottawa](https://www.ementalhealth.ca/index.php?m=record&ID=11552) : [Sexual Health Centre](https://www.ementalhealth.ca/index.php?m=record&ID=14449)

613-563-2437

[www.ottawa.ca/health\_safety/sexu...](http://www.ottawa.ca/health_safety/sexual/centre/index_en.html)