

## Mental Health and Substance Use Resource List



	Crisis Support	Counselling	Family Counselling	Walk-in Counselling Clinic	Support/Activity Group	Assessment	Age Range	Telephone
<b>Community Health and Resource Centers</b>								
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
<b>Substance Use Services</b>								
Service Access to Recovery (B)						●	16+	613-241-5202
Dave Smith Youth Treatment (B)**		●	●		●		13-21	613-594-8333
Centre Le Cap (F)	●	●	●		●	●	All	613-789-2240
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
CAPSA (B)					●			613-686-6657
<b>Crisis Lines</b>								
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
<b>Hospitals</b>								
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

	Crisis Support	Counselling	Family Counselling	Walk-in Counselling Clinic	Support/Activity Group	Assessment	Age Range	Telephone
<b>Community Agencies</b>								
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 Le Cap (F)	●	●	●		●	●	All	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](http://ottawapublichealth.ca/mentalhealthresources)  
 For more information please call 2-1-1 or visit [mentalhealth.ca](http://mentalhealth.ca) and for parents visit [parentinginottawa.com/mentalhealth](http://parentinginottawa.com/mentalhealth)

February 13, 2020