



Mental Health Resources

Crisis line – for everyone

24/7 Distress line

Phone number: 613-238-3311

<https://www.dcottawa.on.ca/24-7-distress-line/>

24/7 Crisis line

Phone number: 613-722-6914

<https://www.dcottawa.on.ca/24-7-crisis-line/>

Crisis line for child, youth, and family of Eastern Ontario

Phone number: 613-260-2360

<http://www.icrs.ca/en/>

Tele-aide Outaouais 24/7

Phone number: 613-741-6433

<http://telaideoutaouais.ca/>

*In French only

Walk-in Counselling – for everyone

Walk-in counseling clinic

Phone number: 613-755-2277

<https://walkincounselling.com>

Counseling Connect

<https://www.counselingconnect.org>

Other information:

- * Book an appointment online
- * Service offered via video or phone only

Family services Ottawa

Phone number: 613-725-3601

<https://familyservicesottawa.org/adults/the-walk-in-counselling-clinic-ottawa/>

Please note that these services are offering immediate counselling – 1 session only

Services for children and teenagers

Crossroads Children’s mental Health Centre

(12 and under)

Phone number: 613-723-1623

<https://crossroadschildren.ca/>

More information

- *Walk-in clinic available – call at 613-723-1623 ext 232 for more info
- * Therapy for children and families
- *in English only

Le Cap

(12 and under)

Phone number: 613-789-2240

extension 0

<https://centrolecap.ca/>

- *Therapy for children and families
- *In French only

YSB (Youth Services Bureau)

(12 and over)

Phone number: 613-562-3004

<https://www.ysb.ca/>

- * 24/7 crisis line: 613-260-2360
- * Walk- in clinic: 613-562-3004
- * Online chat 24/7:

<https://www.ysb.ca/services/ysb-mental-health/24-7-crisis-line/>

Other Resources

BounceBack

(15-18 years old and 19 and older)

Service by phone (6 sessions over 3-6 months)

<https://bouncebackontario.ca/>

- * Free online videos
- * Free workbooks send to your home
- * Service offered in many languages
- * self-reference or you can talk with your family doctor to get a reference

Beacon

(16 and older)

6-10 weeks with an online therapist

<https://www.mindbeacon.com/>

The Royal – Ontario structured psychotherapy program (OSP)

(18 and older)

Phone number: 613-722-6521

<https://www.theroyal.ca/osp>

- * Depression, anxiety disorders, obsessive-compulsive disorder, and/or post-traumatic stress disorder
- * Required: referral from a physician or a nurse practitioner
- * In person or via telemedicine (about 12 sessions- 1 time per week or every 2 weeks)

Please note that all services listed are **FREE**.