



Mental Health and Substance Use Resources

24/7 Crisis Lines

[Mental Health Crisis Line](#): 613-722-6914 (for people 16+ years old), (offers services in English and French.) crisisline.ca

[Distress Centre](#): 613-238-3311 (offers services in English and French), dcottawa.on.ca

[Tel-Aide Outaouais](#): 613-741-6433 (offers services in French), telaideoutaouais.ca

[Youth Services Bureau](#) (YSB): 613-260-2360 offer a 24/7 Crisis Line and online Crisis Chat for youth in crisis, or anyone concerned about them. ysb.ca

[First Nations and Inuit Hope for Wellness Helpline](#): 1-855-242-3310 Offers 24/7 Phone or chat (services in English, French, and phone counselling in Cree, Ojibway and Inuktitut) (all ages). Hopeforwellness.ca

Community Support Services

[Counselling Connect](#): provides free quick access to a phone or video counselling session. This service is for children, youth, adults and families in Ottawa and the surrounding area. counsellingconnect.org

[Walk-in Counselling Clinic](#): 613-755-2277. provides immediate counselling services to individuals, couples, and families. The walk-in sessions are free to all members of the community, with no restrictions based on age or location/address and no need for an appointment. Services are offered in English, French, Arabic, Spanish, Somali, Cantonese and Mandarin walkincounselling.com

[Rideauwood Addiction and Family Services](#): 613-724-4881. Focus on substance use, behavioural addictions and mental health for youth and young adults, adults, and parents and families. Rideauwood.org

[Le Cap](#): 613-789-2240. Crisis support 1-877-377-7775. Mental Health and addictions services for Francophone individuals and families in Ontario. www.centrelecap.ca

[AccessMHA](#) provides help to find mental health and/or substance use support, services, and care by referring clients to the services they need from a network of partner organizations. accessmha.ca/

For Children:

[Crossroads Children's Mental Health Centre](#): 613-723-1623 offers a variety of mental health service for children (0-12) and families, including a mental health walk in clinic. crossroadschildren.ca

For Youth:

[Youth Service Bureau](#) (YSB): 613-729-1000: offers a variety of mental health services, including a mental health walk in clinic, for youth and families.

[Kids Help Phone](#): 1-800-668-6868 or text 686868 (Phone, Text, Live Chat) (offers services in English and French). kidshelpphone.ca

[Good2Talk](#): 1-866-925-5454 or text GOOD2TALKON to 686868: **24/7**: provides confidential support services for post-secondary students in Ontario. Good2talk.ca/Ontario/ (offers services in English and French)

[Youth Line](#): 647-694-4275. For the LGBTTTQQ2SI community. Offers confidential and non-judgemental peer support through telephone, text and chat services. from Sunday to Friday, 4:00PM to 9:30 PM. youthline.ca

For Parents:

[Parents Lifeline of Eastern Ontario](#) (PLEO): Offers a Parent's Helpline from 9am to 7pm Monday through Friday at 613-321-3211 or 855-775-7005; Parent support groups and a one on one mobile service for parents needing more intensive support and guidance. pleo.on.ca

For a full list of mental health and substance use resources please visit:

[Mental Health and COVID-19 Resource List](#)

This site is regularly updated.