

Mental Health Community Resources

Support is available! Find what works for you:



Just 1 call or 1 click away – talk to someone and get referred to mental health resources you need. Available for those ages 0–21. Youth and families can get referred to various programs and services to meet their needs. 1call1click.ca 613-260-2360 Over the age of 21? Visit accessmha.ca



Access free virtual counselling through community care providers in Ottawa. Book directly by choosing the type of counselling that meets your needs. Access 1–3 appointments and get help finding additional support if needed. Visit counsellingconnect.ca for more information



YSB provides comprehensive supports for youth age 12–18, including mental health, employment, emergency housing and crisis support. A walk-in clinic is offered 2 days a week for immediate support and connection to further services. Visit ysb.ca or call 613-562-3004 (info) 613-260-2360 (crisis)



Rideauwood provides support to those who are struggling with substance use and behavioural addictions (like tech). They also provide support to those whose family members are struggling with substances. Explore rideauwood.org or call 613-724-4881



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Provincial Youth Outreach Workers work with youth 12-24 across Ottawa. They can support you with employment and short-term counselling as well as connect you to programs and services that can help you reach your goals. Visit yowottawa.ca or contact 613-248-2675



CRSD

The Centre For Resilience and Social Development has a variety of free mental health services that are culturally responsive and trauma-informed. You can access individual counselling, groups and advocacy support by visiting thecrsd.org or calling 613-686-6333



you turn

Youth Support Services
Services d'appui à la jeunesse

Youturn Youth Support Services provides support and advocacy for those who are at risk of or who have become involved with the criminal justice system, including programs for street level violence and anti-human trafficking. Visit youturn.ca or call 613-789-0123



YNRA
YouthNet RéseauAdo

YouthNet is a program that is designed for youth, by youth! YNRA focuses on mental health promotion. Youth programs include drop-ins, youth groups and they have an interactive learning portal on youth mental health! Visit ynra.ca or call 613-697-7985 for more details



pleo
Parents' Lifeline | Soutien aux Parents

Parents need support too! Parent's Lifeline of Eastern Ontario offers peer support for parents/caregivers of young people facing mental health challenges. This includes a helpline, support groups and mobile 1:1 support. Contact pleo.on.ca or call 613-321-3211



Additional Resources

Many more resources are available that are specific to those from various cultural backgrounds, identities and lived experiences. Follow this link for a more comprehensive list of supports and services.



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