



OTTAWA-CARLETON
DISTRICT SCHOOL BOARD



Local Crisis Lines and Community Resources

Crisis lines:

- **YSB crisis line (available 24/7)**
Phone: 613-260-2360 or chat.ysb.ca
- **KidsHelp phone (available 24/7)**
Toll-free: 1-800-668-6868
Text: CONNECT to 686868
- **Ottawa Distress Centre**
Phone: 613-238-3311
- **First Nations and Inuit Hope and Wellness Helpline**
Phone: 1-855-242-3310
- **Crossroads Children's Centre** (walk in by appointment)
Phone: 613-723-1623 x232.
- **Ottawa Rape Crisis Centre**
Phone: 613-562-2333
- **Sexual Assault Support Centre**
Phone: 613-234-2266
- **Children's Aid Society of Ottawa — Child Protection Services**
Phone: 713-747-7800

Community Resources:

- **211 Ontario:** (information on community and social services)
- **Catholic Centre for Immigrants:** (staff working remotely)
Phone: 613-232-9634
- **Crossroads Children's Centre** (walk in by appointment)
Phone: 613-723-1623 x232
- **Inuuqatigiit Center for Children, Youth and Families**
 - » **Pam Stellick** — Mental Health and Community Initiatives Manager
Phone: 343-550-8550
 - » **Janice Messam** — Family Well-being Manager
Phone: 613-415-5768
 - » **Daniel Fyfe** — Inuuqatigiit Youth Manager
Phone: 613-854-2931

- **Family Services Ottawa** (*counselling by phone*)
Phone: 613-725-3601
- **Immigrant Women's Services** (*staff working remotely*)
Phone: 613-729-3145
- **Jaku Konbit: (Black youth support group)**
Phone: 613-567-0600
- **John Howard Society:**
 - » **Youth Housing Based Care** (*currently on caseload — no new referrals*)
Contact is: Justine Joseph: 613-915-2542
 - » **Community Based mobile teams** (*Youth Services, Time for Change and Reset*) are all working remotely from home.
Contact is: Haleigh Rigby: 613-325-9227
 - » **Residential Sites — all 11 sites are fully operational with limited access.**
New admissions Are determined on a case-by-case basis.
- **Lesbian, Gay Bi Trans Youthline** (*peer support, referral & resources for youth 29y years and under*).
 - » **Sunday-Friday 4:00-9:30pm**
Chat: www.youthline.ca
Text: 647-694-4275
email: askus@youthline.ca
- **Métis Nation of Ontario — Community Wellness Coordinator**
Phone: 613-748-1880 x302
- **Minwaashin Lodge Centre for Indigenous Women:** (*staff working remotely*).
 - » **Angela Jeffrey-Martincich —** 613-741-5590 x231
- **OCISO (staff working remotely)**
Phone: 613-725-5671x316
email: info@ociso.org
- **On Track —** *Operating and accepting referrals to the program. Contact is by phone or video Chat by case managers.*
Contact is: Melissa Mason — 613-737-8899, x79517
- **Ontario Works —** *Workers are answering emails and phone calls. New applications are done by phone.*
Phone: 613-580-2424, x26438
email: carolyn.needham@ottawa.ca
- **Parents Lifeline of Eastern Ontario (9:00am to 7:00pm)**
Phone: 613-321-3211
- **Rideauwood Addictions and Family Services:** *staff are working remotely from home using videoconferencing formats.*
Contact: Manager MYoung@rideauwood.org
- **Somali Centre for Family Services:**
Phone: 613-526-2075
- **YouTurn Youth Support Services:** *Working remotely from home supporting youth via phone and video. Taking new referrals for phone support.*
Contact: Danielle Pelletier
Phone: 613-552-4724
email: dpelletier@youturn.ca