

Mental Health Community Resources



OTTAWA-CARLETON
DISTRICT SCHOOL BOARD



Support is available! Find what works for you.

NEED URGENT SUPPORT?

ocdsb.ca/ReachOut



1 Call 1 Click

For youth aged 0-21 and their families

Talk to someone and get referred to mental health resources, programs and services that meet your needs. Support is just 1 call or 1 click away.

WEBSITE: 1call1click.ca

PHONE: 613-260-2360

Over the age of 21?

Visit www.accessmha.ca



Crossroads Children's Mental Health Centre

For children under 12 and their parents/caregivers

Mental health support, including quick access counselling, in-home services, intensive/wraparound care, and infant and early childhood mental health.

WEBSITE: crossroadschildren.ca **PHONE:** 613-723-1623 ext. 232



Youth Services Bureau (YSB)

For youth aged 12-18 (crisis support available for ages 0-18)

Comprehensive mental health, employment, emergency housing and crisis support. A walk-in clinic is offered 2 days a week to provide immediate support and connections to further services.

WEBSITE: ysb.ca

PHONE: 613-562-3004 (info) or 613-260-2360 (crisis)



Parents' Lifeline of Eastern Ontario (PLEO)

For parents/caregivers of children and youth under 25

Peer support for parents/caregivers of young people facing mental health challenges, including a helpline, support groups and mobile 1:1 support.

WEBSITE: pleo.on.ca

PHONE: 613-321-3211



Counselling Connect

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.

WEBSITE: counsellingconnect.org

