

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



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



Youth Services Bureau (YSB)

For youth aged 12-18

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)



Rideauwood Addiction Services

Support for those who are struggling with substance use and behavioural addictions (like tech) and those whose family members are struggling with substances.



WEBSITE: rideauwood.org

PHONE: 613-724-4881



Provincial Youth Outreach Workers

For youth aged 12-24

Employment, short-term counselling and connections to programs and services that can help you reach your goals.



WEBSITE: yowottawa.ca

PHONE: 613-248-2675



Centre For Resilience and Social Development

A variety of free mental health services that are culturally responsive and trauma-informed, including individual counselling, groups and advocacy support.



WEBSITE: thecrsd.org

PHONE: 613-686-6333



Youturn Youth Support Services

For youth aged 12-24

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.



WEBSITE: youturn.ca

PHONE: 613-789-0123



YouthNet/Réseau Ado

For youth aged 13-25

A program focusing on mental health promotion that is designed for youth, by youth! Youth programs include drop-ins, youth groups and an interactive learning portal on youth mental health.



WEBSITE: ynra.ca

PHONE: 613-697-7985



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