

MENTAL HEALTH RESOURCE LIST FOR OTTAWA

Liste de ressources en santé mentale à Ottawa

24-Hour Response Services Services d'intervention de 24 heures

Agency / Agence	Website / Site web	Telephone # / # de téléphone
211 Ontario Services (help and online database of Ontario's community and social services)	www.211ontario.ca www.211ontario.a/fr	211
Alcoholics Anonymous	www.ottawaaa.org	613-237-6000
Child, Youth and Family Crisis Line of Eastern Ontario	www.icrs.ca/	613-260-2360 1-877-377-7775
ConnexOntario (Addiction, Mental Health, and Problem Gambling Treatment Services)	connexontario.ca	1-866-531-2600
Distress Line/Crisis Line	www.dcottawa.on.ca	613-238-3311 613-722-6914 1-866-996-0991
Hôpital Montfort	www.hopitalmontfort.com	613-746-4621
Interval House	http://intervalhouseottawa.org/	613-234-5181 TTY: 613-234-5193
Jeunesse J'écoute	http://org.jeunessejecoute.ca	1-800-668-6868
Kids Help Phone	www.kidshelpphone.ca	1-800-668-6868
Mental Health Crisis Line	www.crisisline.ca	613-722-6914 1-866-996-0991
Ottawa Autism – Ontario Chapter	ottawa@autismontario.com	1-800-742-7789 ext. 318
Ontario Poison Centre	www.ontariopoisoncentre.ca	1-800-268-9017
Ottawa Hospital	www.ottawahospital.on.ca/	613-722-7000 TTY: 613-761-4024
Ottawa Police Services	www.ottawapolice.ca	613-230-6211
Ottawa Police Mental Health Unit	www.mentalhealth@ottawapolice.ca	613-236-1222 ext 5115
Ottawa Rape Crisis Centre	www.orcc.net	613-562-2333
Salvation Army	www.ottawaboothcentre.org	613-241-1573
Sexual Assault Support Centre	www.sascottawa.com	613-725-2160 TTY: 613-725-1657
Tel Aid Outaouais	www.tel-aide-outaouais.ca	613-741-6433 1-800-567-9699
Tele Health Ontario	www.health.gov.on.ca	1-866-797-0000

Walk-in Counselling Centres Ottawa Cliniques de counseling sans rendez-vous

Agency / Agence	Website / Site web	Telephone # / # de téléphone
Family Services of Ottawa	www.familyservicesottawa.org	613-725-3601
Jewish Services Family of Ottawa	www.jfsottawa.com	613-722-2225
Catholic Family Services	www.cfsottawa.ca	613-233-8478

Support Resources Ressources de soutien

Agency / Agence	Website / Site web	Telephone # / # de téléphone
Alcoholics Anonymous	www.ottawaaa.org	613-237-6000
A.P.P.L.E. (a post psychiatric leisure experience)	www.appledropin.com	613-238-1209
Aspirations	www.autismontario.com/ottawa	613-230-3605
Borderline Personality Disorder (Ottawa Network)	https://on-bpd.ca	n/a
Canadian Mental Health Association – Ottawa Branch	www.cmhaottawa.ca	613-737-7791
Hopewell Eating Disorders Support Centre	www.hopewell.ca	613-241-3428
Mood Disorders Ottawa (MDO) Mutual Support Group	www.mooddisordersottawa.ca	613-526-5406
The Oasis in Kanata	www.theoasiskanata.ca	613-435-1100
Obsessive Compulsive Disorder (OCD) Parent Support Group	www.ocdottawa.com	n/a
Ottawa Al-Anon and Alateen Family Groups	www.al-anon-ottawa.ca	613-860-3431
Ottawa Peer Recovery Centre (OPRC)	www.ottawapeerrecovery.com	613-710-6772
Ottawa Salus	www.salusottawa.org	613-729-0123
Parents' Lifeline of Eastern Ontario (PLEO) and The Source	www.pleo.on.ca	613-321-3321
Psychiatric Survivors of Ottawa	www.pso-ottawa.ca	613-567-4379
The Recovery Academy	www.recoveryacademy.ca	1-800-532-4184
The Well	www.the-well.ca	613-594-8861
Youth Net/Reseau Ado	www.youthnet.on.ca	613-738-3915

Addictions Resources Ressources pour la dépendance

Agency / Agence	Website / Site web	Telephone # / # de téléphone
Addictions and Problem Gambling Services of Ottawa	www.sandyhillchc.on.ca	613-789-8941
Amethyst Women's Addictions Centre	http://amethyst-ottawa.org	613-563-0363
Empathy House	www.empathyhouse.com	613-730-7319
Elizabeth Fry Society	www.efryottawa.com	613-237-7427
Harvest House	www.harvesthouse.org	613-521-9114
LESA (Lifestyle Enrichment for Senior Adults)	www.centretownchc.org	613-233-5430
Maison Fraternité	www.maisonfraternite.ca	613-741-2523
Ottawa Withdrawal Management Centre	http://www.cgso.ca/	613-241-1525
Rideauwood Addiction and Family Services	www.rideauwood.org	613-724-4881
The Royal	www.theroyal.ca	613-722-6521
Serenity Renewal for Families	www.serenityrenewal.ca/	613-523-5143
Sobriety House	www.sobrietyhouse.ca	613-233-0828

Youth Specialized Services Services spécialisés pour la jeunesse

Agency / Agence	Website / Site web	Telephone # / # de téléphone
Children's Hospital of Eastern Ontario	www.cheo.on.ca	613-737-7600
Crossroad Children's Centre	www.crossroadschildren.ca	613-723-1623
Dave Smith Youth Treatment Centre	www.davesmithcentre.org	613-594-8333
Roberts/Smart Centre	www.robertssmartcentre.com	613-728-1946
The Royal	www.theroyal.ca	613-722-6521

Specialized Geriatric Services Services spécialisés pour la gérontopsychiatrie

Agency / Agence	Website / Site web	Telephone # / # de téléphone
Geriatric Psychiatry Community Services of Ottawa	www.gpcso.org	613-562-9777

Ottawa Community Health Centres Centres de santé communautaire d'Ottawa

Agency / Agence	Website / Site web	Telephone # / # de téléphone
Carlington Community Health Centre	www.carlington.ochc.org	613-722-4000
Centretown Community Health Centre	www.centretownchc.org	613-233-4443
Eastern Ottawa Resource Centre	www.eorc-creo.ca	613-741-6025
Hunt Club-Riverside Park Community Centre	www.ottawa.ca/recreation	613-260-2400
Lowertown Community Resource Centre	www.crcbv.ca	613-789-3930
Orléans-Cumberland Community Resource Centre	www.crcoc.ca	613-830-4357
Nepean, Rideau & Osgoode Community Resource Ctr	www.nrocrc.org	613-596-5626
Pinecrest-Queensway Health & Community Services	www.pqchc.com	613-820-4922
Sandy Hill Community Health Centre	www.sandyhillchc.on.ca	613-789-1500
Somerset West Community Health Centre	www.swchc.on.ca	613-238-8210
South East Ottawa Community Services	www.seochc.on.ca	613-737-5115
Vanier Community Services Centre	www.cscvanier.com	613-744-2892
Western Ottawa Community Resource Centre	www.wocrc.ca	613-591-3686

Housing Information Information sur le logement

Agency / Agence	Website / Site web	Telephone # / # de téléphone
Housing Help	www.housinghelp.on.ca	613-563-4532
Oshki Kizis Lodge, Minwaashin	www.minlodge.com	613-741-5590
Ottawa Community Housing	www.och-lco.ca	613-731-1182
Ottawa Mission	www.ottawamission.com	613-234-1144
Ottawa Supportive Housing Network	www.housingplus.ca	613-241-6363 x223
Project Upstream	www.upstreamottawa.ca	613-248-3330
Salvation Army	www.ottawaboothcentre.org	613-241-1573
Social Housing	www.housingregistry.ca	613-526-2088