

ARE YOU FEELING OVERWHELMED?  
DO YOU NEED HELP?  
DO YOU NEED SOMEONE WHO YOU  
CAN TALK TO?

## **WE ALL NEED HELP SOMETIMES**

TALKING WITH SOMEONE IS ONE WAY TO  
TAKE CARE OF OURSELVES AND FEEL BETTER.

Check out these helpers that are available whenever you  
need them:

**KIDS HELP PHONE (24/7): (800) 668-6868 OR TEXT CONNECT 686868**

**CHILD/YOUTH CRISIS LINE (24/7): (613) 260-2360 OR CHAT @ [CHAT.YSB.CA](https://chat.ysb.ca)**

**HOPE FOR WELLNESS (FOR INDIGENOUS PEOPLES) (24/7): (855) 242-3310**

**NASEEHA MUSLIM HELP LINE (24/7) - (866) 627-3324 (MANY LANGUAGES)**

**LGBT YOUTHLINE: TEXT - (647) 694-4275 OR CHAT @ [YOUTHLINE.CA](https://youthline.ca)**

**BLACK YOUTH HELPLINE - 833-294-8650**

**TRANS LIFELINE - (877) 330-6366**

**JEWISH FAMILY SERVICES (JFS) - (613) 722-2225**



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# 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. Visit [1call1click.ca](http://1call1click.ca) or call 613-260-2360 Over the age of 21? Visit [accessmha.ca](http://accessmha.ca)



Crossroads provides mental health support for children under 12 and their caregivers. Services include quick access counselling, in-home services, intensive/wraparound care, and infant and early childhood mental health. Visit [crossroadschildren.ca](http://crossroadschildren.ca) or call 613-723-1623 ext 232



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](http://ysb.ca) or call 613-562-3004 (info) 613-260-2360 (crisis)



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](http://pleo.on.ca) or call 613-321-3211



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](http://counsellingconnect.ca) for more information



Additional Resources – Including Identity Specific Supports



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