



CRISIS AND MENTAL HEALTH COUNSELLING RESOURCES

Organization	Service(s)
Youth Services Bureau	<p>Youth Mental Health Walk-in Clinic</p> <ul style="list-style-type: none"> Offers single counselling sessions -one of the most difficult steps can be asking for help. <p>YSB Crisis Line and Chat Services (EN/FR) YSB Crisis Line: 613 260 2360</p> <ul style="list-style-type: none"> For individuals aged 12-18 <p>As well as parents, guardians, caregivers, friends or service providers who are concerned about a young person in crisis</p>
Kids Help Phone	<p>Kids Help Phone (EN/FR) Crisis Support: 1-800-668-6868</p> <ul style="list-style-type: none"> Phone, Text, Live Chat, Facebook Messenger Resources and articles available on website for kids, youth and their supports
Tel-Aide Outaouais	<p>Tel-Aide Outaouais (FR) Francophone Crisis support: ON Phone: 613 741 6433 GATINEAU Phone: 819 775 3223</p>
Distress Centre of Ottawa and Region	<p>Distress Centre of Ottawa and Region (EN/FR) Crisis support: Phone: 613-722-6914 TEXT: 343-306-5550 Distress line: 613-238-3311</p>
Crisis Line	<p>Crisis Line (EN/FR) Crisis Support: Phone: 613-722-6914 For individuals aged 16+</p>
The Walk-In Counselling Clinic	<p>The Walk-In Counselling Clinic (EN/FR/Other) Phone: 613-755-2277</p> <ul style="list-style-type: none"> No referral or appointment required for the Walk-In Counselling; assistance is on a first-come, first-serve basis during clinic hours. Virtual and in-person services available in English, Arabic, Cantonese, Somali, French, Spanish and Mandarin.
Crossroads Children's Mental Health Centre	<p>Crossroads Children's Mental Health Center Phone: 613-723-1623 ext. 232</p> <ul style="list-style-type: none"> For children aged 12 and under. Various in-person and virtual mental health services, including walk-in counselling (currently by appointment) services.
CounsellingConnect Service	<p>CounsellingConnect Service (EN/FR)</p> <ul style="list-style-type: none"> Quick access to a free phone or video counselling session Book a same or next-day counselling session online.

OTHER SERVICES FOR YOUTH

Youth Net/ Réseau ado	<p>Youth Programs - YouthNet</p> <ul style="list-style-type: none"> Virtual mental health workshops, programs, and drop-ins. Register online. <i>Note: Regular in-person programming is temporarily cancelled due to covid-19.</i>
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For more resources, please visit OPH's [Mental Health and Substance Use Resource List](#). A [Printable Resource List](#) is also available.