

# Mental Health Resources for Osgoode Ward Youth

If you are experiencing thoughts of suicide or harming yourself, please call 9-1-1

## Distress Centre of Ottawa and Region

613-238-3311

No matter what you are going through, the Distress Centre's 24/7 confidential, non-judgmental, unbiased and free telephone support service is here for you. Their Volunteer Crisis Line Responders have over 60 hours of training, including the Applied Suicide Intervention Skills Training workshop.

## Kids Help Phone

Need help now? TEXT CONNECT to 686868, or PHONE a Kids Help Phone counsellor 24/7 at 1-800-668-6868

### How does text work?

Follow these three steps to reach one of our volunteer Crisis Responders

1. Text CONNECT to 686868 from anywhere in Canada, any time, about anything.
2. A volunteer Crisis Responder receives the text and lets you know they're here to listen.
3. The volunteer Crisis Responder will help you move from a hot moment to a cool moment.

The first few texts you receive will be automated messages from Kids Help Phone giving you more information about the service and their Privacy Policy. After that, you'll be connected to a volunteer Crisis Responder who can talk to you about any issue — big or small. You can end the conversation at any time by texting the word STOP (This means that we won't send you any more messages unless you text again).



## Crisis Line for Ages 16+

613-722-6914 (Within Ottawa)  
1-866-996-0991 (Outside Ottawa; Toll Free)  
<https://crisisline.ca/>

NEVER  
GIVE UP

This service is for individuals 16 years or older living in Ottawa (including rural Ottawa), Prescott & Russell, Renfrew, Stormont, Dundas & Glengarry, and Akwesasne. If you are experiencing a mental health crisis yourself, or you know someone who is, please phone the 24/7 Mental Health Crisis Line. We're here to provide support, 24 hours a day. Our professionally trained Crisis Line Responders are there to answer your call 24 hours a day, seven days a week.

A crisis can include difficulty dealing with stress, overwhelming feelings, symptoms of depression, anxiety or psychosis, suicidal thoughts, or any concerns regarding your mental health or that of your loved ones. If it's a crisis to you, it's a crisis to us.



Compiled by the Osgoode Youth Association (O-YA) • [www.o-ya.ca](http://www.o-ya.ca) • [info@o-ya.ca](mailto:info@o-ya.ca)

If you need rural Ottawa social connections, virtual recreation or a great mentor, check out [www.o-ya.ca](http://www.o-ya.ca) for our virtual youth centre activities!

# Ottawa Public Health

<https://www.ottawapublichealth.ca/en/public-health-topics/mental-health-and-covid-19.aspx> (Google: Ottawa Public Health COVID Mental Health)

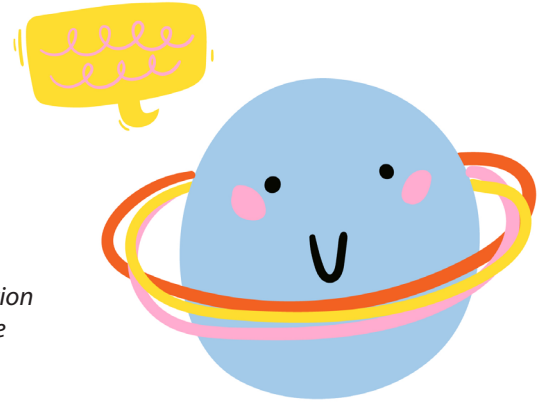
It's normal for situations like Novel Coronavirus (COVID-19) to affect your mental health. Everyone will experience these events in their own way. It is completely natural to feel stress and concern during these times and so it is important to practice positive coping strategies. The Ottawa Public Health website has a comprehensive listing of Mental Health Resources available to you.

## YSB

**24/7 Information & Crisis Phone Line: 613-260-2360**

**24/7 Crisis Online Chat: [chat.ysb.ca](https://chat.ysb.ca)**

Anyone can call or chat for help with any situation, emergency or not. The assistance YSB provides may include: Supportive listening, Immediate crisis counselling on the phone or by chat, Information on resources and service providers in your community, Referrals to child and youth service providers in your community, Home-based intervention (in Ottawa only, Short-term follow-up service, YSB has expanded the role of the crisis line and online chat to provide information about child and youth mental health and youth addiction services in Eastern Ontario.



COME ON  
get Happy

## Wellness Together Canada

**Youth: Text WELLNESS to 686868**

**Adults: Text WELLNESS to 741741**

<https://ca.portal.gs/>

Mental health and substance use support. Wellness Together Canada provides free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed

## Ottawa Rape Crisis Centre

**613-562-2333**

In distress? Looking for information? Want to talk right now? Call the Ottawa Rape Crisis Centre Crisis Line. The Ottawa Rape Crisis Centre (ORCC) supports and empowers trans and cis women, trans men, two-spirit, gender-fluid, and non-binary survivors. They work to build a stronger community response to sexual and gender-based violence.

## The Royal's C-PROMPT Clinic

<http://www.theroyal.ca/CPROMPT>

The Royal's C-PROMPT clinic provides quick access to essential mental health services during the COVID-19 pandemic. C-PROMPT is a referral-based service for adults (age 18 and older) who are at risk of worsening mental health or hospitalization due to mental illness of any kind during the course of the COVID-19 pandemic. Our goal is to prevent urgent needs from becoming emergencies. **Patients require a referral to access C-PROMPT services.** If you think you need urgent mental health care, please consult your family doctor/nurse practitioner, psychiatrist or a medical clinic and they may refer you to C-PROMPT. Please note that C-PROMPT does not accept walk-ins.



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