



# Resource Guide

Greater Ottawa Area



**Public Health**  
**Santé publique**



**Canadian Mental  
Health Association**  
*Mental health for all*

**Association canadienne  
pour la santé mentale**  
*La santé mentale pour tous*



**MICA**  
**Mental Illness  
Caregivers Association  
of Canada**



**CPHA ACSP**  
CANADIAN PUBLIC HEALTH ASSOCIATION  
ASSOCIATION CANADIENNE DE SANTÉ PUBLIQUE



**MFS** MILITARY FAMILY  
SERVICES  
**SFM** SERVICES AUX FAMILLES  
DES MILITAIRES  
A division of CFMWS  
Une division des SBMFC

# Help right now

If you or the person you care for is in crisis and you need help right now, please:

- Call 911 (emergency) or your local emergency number
- Visit your local hospital's emergency department
- Contact a toll-free distress line in your province

Feedback: [MHCG@ottawa.ca](mailto:MHCG@ottawa.ca)

## About This Guide

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The *Resource Guide* reflects mental health resources and supports located throughout the Ottawa Region.

This guide serves to accompany the *Mental Health Caregiver Guide*, a national resource for caregivers of individuals living with mental illness and mental health challenges.

This guide is not an exhaustive list of all supportive services, but rather a starting point – feel free to contact the resources identified in this guide to explore how they could assist you or the person you care for on the journey to recovery.

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# Addiction Support

# Addiction Support

## Amythest Women's Addiction Centre ●

Offers both residential and out-patient programs for women addicted to drugs, alcohol, and gambling. Services include individual counselling, group counselling, and health promotion programs.

**(613) 563-0363**

[www.amethyst-ottawa.org](http://www.amethyst-ottawa.org)

## The Ottawa Addictions Access and Referral Services (OAARS) ●

Offers assessments, information, and referrals for those experiencing addiction.

**1-800-565-8603**

[www.drugandalcoholhelpline.ca/Directory/Program/16772](http://www.drugandalcoholhelpline.ca/Directory/Program/16772)

## Dave Smith Youth Treatment Centre ●

Offers both residential treatment and outpatient services for youth aged 13-21 experiencing addiction.

**(613) 594-8333**

[www.davesmithcentre.org](http://www.davesmithcentre.org)

## Maison Fraternité ● ●

Offers addiction support for Francophone youth aged 12-18.

**(613) 741-2523**

[www.maisonfraternite.ca](http://www.maisonfraternite.ca)

## Rideauwood Addiction and Family Services ● ●

Offers counselling, support groups, assessment, and resources for those experiencing addiction and their families.

**(613) 724-4881**

[www.rideauwood.org](http://www.rideauwood.org)

## The Wabano Centre for Aboriginal Health ● ● ●

Offers over 40 programs and services designed to meet the needs of Ottawa's Aboriginal community. Services include a primary care clinic, seniors' circles, cultural programming, mental health programs, fitness programs, homeless outreach, and after-school programs.

**(613) 748-0657**

[www.wabano.com](http://www.wabano.com)



# Case Management



## Case Management

### The Canadian Mental Health Association (CMHA) Ottawa



Provides programs, services, and resources for individuals living with mental illnesses and their families.

**(613) 737-7791**

[www.ottawa.cmha.ca](http://www.ottawa.cmha.ca)

### The Royal Ottawa Mental Health Centre



Offers assessment, treatment, and rehabilitation for adults and youth with serious mental illnesses.

**(613) 722-6521**

[www.theroyal.ca](http://www.theroyal.ca)

### Salus Ottawa



Provides rehabilitation and supportive housing services to adults in the Ottawa area with severe mental illness.

**(613) 729-0123**

[www.salusottawa.org](http://www.salusottawa.org)

### Youth Services Bureau



Offers a number of services for youth between the ages of 13-24. Services include crisis support, counselling, assessment, support groups, employment services, drop-ins, youth advisory committees, and housing services.

**(613) 729-1000**

[www.ysb.on.ca](http://www.ysb.on.ca)





# Community Health and Resource Centres

# Community Health and Resource Centres

## Carlington ● ● ● Fr

Offers crisis support, counselling, family counselling, health services, and resources.

**(613) 722-4000**

[www.carlington.ochc.org](http://www.carlington.ochc.org)

## Centretown ● ● Fr

Offers crisis support, counselling, family counselling, LGBTQ+ counselling, support groups, health services, and resources.

**(613) 233-4443**

[www.centretownchc.org](http://www.centretownchc.org)

## Community Living Renfrew County South ● ●

Offers counselling, family counselling, and resources.

**(613) 432-6763**

[www.clrcs.com](http://www.clrcs.com)

## Eastern Ottawa ● ● ● ● Fr

Offers counselling, family counselling, health services, and resources.

**(613) 741-6025**

[www.eorc-creo.ca](http://www.eorc-creo.ca)

## Estrie ● ● Fr

Offers counselling, family counselling, support groups, health services, and workshops.

**(613) 525-5544 (Alexandria)**

**(613) 487-1802 (Bourget)**

**(613) 987-2683 (Chrysler)**

**(613) 443-3888 (Embrun)**

<http://www.cscestrie.on.ca/en/>

## Hunt Club-Riverside ● ● Fr

Offers crisis support, family counselling, and health services.

**(613) 247-1600**

[www.seochc.on.ca](http://www.seochc.on.ca)

## Lowertown ● ● ● ● Fr

Offers crisis support, counselling, family counselling, support groups, assessment, health services, and resources.

**(613) 789-3930**

[www.crcbv.ca](http://www.crcbv.ca)

## Nepean, Rideau and Osgoode

● ● ●

Offers counselling, assessment, and health services.

**(613) 596-5626**

[www.nrocrc.org](http://www.nrocrc.org)

## North Lanark ● ●

Offers counselling and health services.

**(613) 259-2182**

[www.northlanarkchc.on.ca](http://www.northlanarkchc.on.ca)

## Orléans-Cumberland ● ● ● Fr

Offers crisis support, counselling, family counselling, support groups, health services, and resources.

**(613) 830-4357**

[www.crcoc.ca](http://www.crcoc.ca)

## Rainbow Valley ● ●

Offers social work and health services.

**(613) 757-0004**

[www.rainbowvalleychc.on.ca](http://www.rainbowvalleychc.on.ca)

## Rideau-Rockcliffe ● Fr

Offers crisis support, counselling, family counselling, health services, and resources.

**(613) 745-0073**

<http://www.crcrr.org/en>

## Pinecrest-Queensway ● Fr

Offers crisis support, counselling, family counselling, health services, and resources.

**(613) 820-4922**

[www.pgchc.com](http://www.pgchc.com)

## Sandy Hill ● ● ● ● Fr

Offers crisis support, counselling, family counselling, health services, and resources.

**(613) 789-1500**

[www.sandyhillchc.on.ca](http://www.sandyhillchc.on.ca)

## Somerset West ●

Offers crisis support, counselling, family counselling, support groups, health services, and resources.

**(613) 238-8210**

[www.swchc.on.ca](http://www.swchc.on.ca)

## South-East Ottawa ● ● ● ● Fr

Offers crisis support, counselling, family counselling, assessment, health services, and resources.

**(613) 737-5115**

[www.seochc.on.ca](http://www.seochc.on.ca)

## Vanier ● ● ● Fr

Offers counselling, family counselling, and health services.

**(613) 744-2892**

<http://www.cscvanier.com/en/home>

Western Ottawa ● ● ● ● 

Offers crisis support, counselling, family counselling, health services, and resources.

**(613) 591-3686**

[www.wocrc.ca](http://www.wocrc.ca)

Whitewater Bromley (Beachburg)



Offers social work and health services.

**(613) 582-3685**

[www.wbchc.on.ca](http://www.wbchc.on.ca)





# Crisis Lines

## Crisis Lines

### Child, Youth and Family Crisis Line of Eastern Ontario ● ● ● Fr

Provides professional help in English and French for children, youth, and families in crisis. Available 24/7.

**(613) 260-2360**

[www.icrs.ca/en](http://www.icrs.ca/en)

### Community and Social Service Referrals ● ● ● ● Fr

Provides information and referrals in English and French to individuals and families living in Eastern Ontario.

**2-1-1**

[www.211ontario.ca](http://www.211ontario.ca)

### Drugs and Alcohol Helpline ● ● ● Fr

Provides information about drug and alcohol addiction services in English, French, and over 170 other languages. Available 24/7.

**1-800-565-8603**

[www.drugandalcoholhelpline.ca](http://www.drugandalcoholhelpline.ca)

### Femaide ● ● Fr

A provincial telephone helpline for Francophone women who are dealing with violence and/or who have been sexually assaulted. Available 24/7.

**1-877-336-2433**

<http://www.femaide.ca>

### Kids Help Phone ● ● ● Fr

Provides support in English and French for youth under the age of 20. Available 24/7.

**1-800-668-6668**

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

### Mental Health Crisis Line

● ● ● ● Fr

An all-encompassing crisis service offered in English and French. Available 24/7.

**(613) 722-6914**

**1-866-996-0991**

[www.crisisline.ca](http://www.crisisline.ca)

### Ontario Poison Centre ● ● ● ● Fr

Provides medical information about poisoning in English and French from registered nurses and pharmacists. Please call 9-1-1 if a poisoning victim is not breathing or having a seizure. Available 24/7.

**1-800-268-9017**

<http://www.capcc.ca/en>



## Ottawa Distress Centre ● ● ● ●

An all-encompassing crisis service in English. Available 24/7.

**(613) 238-3311**

[www.dcottawa.on.ca](http://www.dcottawa.on.ca)

## Ottawa Rape Crisis Centre ● ●

Provides English service to survivors of sexual violence, supporters, and family and friends of survivors. The crisis line volunteer counsellors provide crisis intervention on issues such as: childhood sexual abuse, recent sexual assault, flashbacks and suicide intervention. Crisis line available 24/7.

**(613) 562-2333**

[www.orcc.net](http://www.orcc.net)

## Pembroke Regional Hospital Mobile Crisis Team ● ● ● ● Fr

Provides a crisis intervention service to the clients of Renfrew County through phone line and an on-call back-up in the county for more serious calls. Local mobile team available for response to Renfrew County. Available 24/7.

**1-866-996-0991**

[www.mentalhealthhelpline.ca/Directory/Program/3876](http://www.mentalhealthhelpline.ca/Directory/Program/3876)

## Tele-Aide Outaouais ● ● ● ● Fr

A crisis line for French-speaking individuals. Available 24/7.

**(613) 741-6433**

**1-800-567-9699**

[www.telaideoutaouais.ca](http://www.telaideoutaouais.ca)

## Tele Health Ontario ● ● ● ● Fr

A free, confidential service that provides health advice or information from a registered nurse. Available 24/7.

**1-866-797-0000**

[www.ontario.ca/page/get-medical-advice-telehealth-ontario](http://www.ontario.ca/page/get-medical-advice-telehealth-ontario)

## Trans Life Line ● ● ● ●

A non-profit dedicated to the well-being of trans people. The hotline is staffed by trans people, for trans people.

**1-877-330-6366**

[www.translifeline.org](http://www.translifeline.org)

## Valoris ● ● ● ● Fr

A multiservice agency for children, teenagers, adults and their families living throughout the United Counties of Prescott-Russell. Available 24/7.

**(613) 673-5148**

**1-800-675-6168**

[www.valorispr.ca/en/](http://www.valorispr.ca/en/)



## Youthline ●

Provides service for youth, by youth that affirms the experiences of lesbian, gay, bisexual, transsexual, transgender, 2-spirited, queer and questioning youth in Ontario. Youth Line offers confidential and non-judgemental peer support to youth under the age of 27 through telephone, text and chat services. Available from Sunday to Friday, 4:00PM to 9:30 PM.

**1-800-268-9688**

[www.youthline.ca](http://www.youthline.ca)

## Youth Services Bureau Mobile Crisis Line ●●●●Fr

For children and youth ages 18 and under who are experiencing a crisis, and for parents, guardians, caregivers, friends or service providers who are concerned about a young person in crisis. Available 24/7.

**(613) 260-2360**

**1-877-377-7775**

[www.ysb.on.ca/index.php?page=24-7-crisis-line](http://www.ysb.on.ca/index.php?page=24-7-crisis-line)





# **Culture-Specific Services**

## Culture-Specific Services

### The Akausivik Inuit Family Health Team ●●●●

Offers free primary care dedicated to the Inuit community. Services include immunizations, physical check-ups, pre- and post-natal health care, mental health assessment, counselling, psychiatry, STI testing and treatment, and specialist access.

**(613) 740-0999**

[www.aifht.ca](http://www.aifht.ca)

### Catholic Family Services Ottawa ●●●●Fr

Catholic Family Services Ottawa offers crisis intervention, counselling, family counselling, support groups, and assessment.

**(613) 233-8478**

[www.cfsottawa.ca](http://www.cfsottawa.ca)

### Immigrant Women Services ●●●●Fr

A community-based social service agency providing the culturally appropriate services to immigrant women and their children. Services include crisis counselling, language interpretation, free classes, and settlement/integration services.

**(613) 729-3145**

[www.immigrantwomenservices.com](http://www.immigrantwomenservices.com)

### Jewish Family Services Ottawa ●●●

Jewish Family Services Ottawa offers crisis intervention, counselling, family counselling, support groups, and assessment.

**(613) 722-2225 x 352**

[www.jfsottawa.com](http://www.jfsottawa.com)

### Makonsag Aboriginal Head Start ●

An Aboriginal preschool program that fosters cultural awareness and early learning for Aboriginal children and their families, while contributing to positive lifelong experiences as members of Ottawa's Aboriginal community.

**(613) 724-5844**

[www.makonsag.ca](http://www.makonsag.ca)

### Minwaashin Lodge ●●●●

Provides a range of programs and services to First Nations, Inuit, and Métis women and children (regardless of status) who are survivors of domestic and other forms of violence. Programs include cultural programs, counselling, a shelter, housing services, employment training, youth programs, and senior programs. All programs and services are provided in the context of cultural beliefs and values to ensure a holistic approach is used as part of the healing journey.

**(613) 741-5590**

[www.minlodge.com](http://www.minlodge.com)

## Muslim Family Services Ottawa



Muslim Family Services Ottawa offers crisis intervention, counselling, family counselling, employment assistance, and immigrant services.

**(613) 232-6376**

[www.mfso.ca](http://www.mfso.ca)

## Ottawa Chinese Community Service Center (OCCSC)

Offers crisis support, counselling, family counselling, and assessment for Chinese individuals and families.

**(613) 235-4875**

[www.occsc.org](http://www.occsc.org)

## Ottawa Community Immigrant Services Organization (OCISO)



Offers crisis support, counselling, family counselling, support groups, assessment, and resources for immigrants.

**(613) 725-5671 x 322**

[www.ociso.org](http://www.ociso.org)

## Ottawa Immigration & Refugee Law Office

Provides legal assistance for immigrants and refugees.

**(613) 238-7931**

[www.legalaid.on.ca/en/contact/about.asp?place=807355](http://www.legalaid.on.ca/en/contact/about.asp?place=807355)

## Ottawa Inuit Children's Centre

A multi-service Inuit organization that provides cultural, educational, recreational, and social support services to children, youth and families of Ottawa's growing Inuit community. The centre primarily offers programming to children and youth aged 0-13.

**(613) 744-3133 x 232**

[www.ottawainuitchildrens.com](http://www.ottawainuitchildrens.com)

## Somali Centre for Family Services



Offers crisis support, counselling, family counselling, and assessment for Somali individuals and families.

**(613) 526-2075**

[www.scfsottawa.org](http://www.scfsottawa.org)

## Tungasuvvingat Inuit

Provides Inuit-specific programming such as pre-and-post-natal education, counselling, cultural programming, housing support, employment support, and residential trauma-and-addiction treatment.

**(613) 565-5885**

[www.tungasuvvingatinuit.ca](http://www.tungasuvvingatinuit.ca)





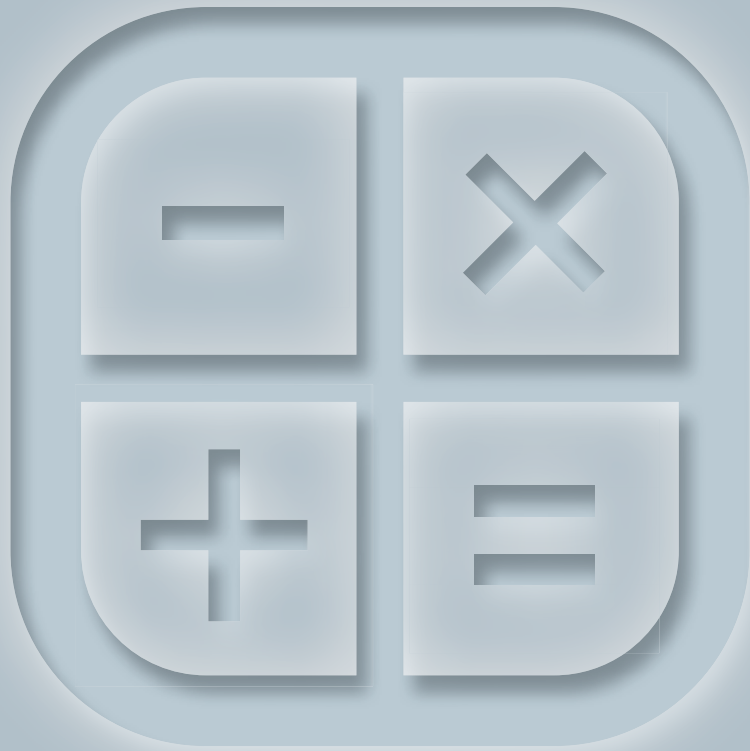
## The Wabano Centre for Aboriginal Health ● ● ● ●

Offers over 40 programs and services designed to meet the needs of Ottawa's Aboriginal community. Services include a primary care clinic, seniors' circles, cultural programming, mental health programs, fitness programs, homeless outreach, and after school programs for kids.

**(613) 748-0657**

[www.wabano.com](http://www.wabano.com)





**Education**

## Education

### Can Learn ● ● Fr

Contains information about education, including financing, loans, online calculators, program searches, housing resources, bursaries, and scholarships.

[www.canlearn.ca](http://www.canlearn.ca)

### The French Catholic School Board

● ● ● Fr

Provides French educational services for children and youth, as well as continuing education services for adults.

**(613) 675-4691**

[www.csdceo.ca](http://www.csdceo.ca)

### Conseil des écoles publiques de l'Est de l'Ontario ● ● ● Fr

Provides French educational services for children and youth, as well as continuing education services for adults.

**1-888-332-3736**

[www.cepeo.on.ca](http://www.cepeo.on.ca)

### The Ottawa Catholic School Board

● ● ● Fr

Provides educational services for children and youth, as well as continuing education services for adults.

**(613) 224-2222**

[www.ocsb.ca](http://www.ocsb.ca)

### The Ottawa-Carleton District School Board ● ● ● ● Fr

Provides educational services for children and youth, as well as continuing education services for adults.

**(613) 239-2325**

[www.ocdsb.ca](http://www.ocdsb.ca)

### The Ottawa Children's Treatment Centre ● ● ● Fr

Provides educational and other services for children who are physically or developmentally disabled.

**(613) 737-0871 (Site 1)**

**(613) 737-0871 (Site 2)**

[www.octc.ca](http://www.octc.ca)

### Renfrew County District School Board ● ● ● Fr

Provides educational services for children and youth, as well as continuing education services for adults.

**(613) 735-0151**

[www.rcdsb.on.ca](http://www.rcdsb.on.ca)



Renfrew County Catholic District  
School Board ● ● Fr

Provides educational services for children  
and youth.

**(613) 735-1031**

[www.rccdsb.edu.on.ca](http://www.rccdsb.edu.on.ca)

The Youville Centre ● ●

Offers counselling, addiction support, childhood  
education, and adult education to adolescent  
mothers and their children.

**(613) 231-5150**

[www.youvillecentre.org](http://www.youvillecentre.org)







**Employment**

# Employment

## Causeway Work Centre ●

Supports disabled people in finding employment.

**(613) 725-3494**

[www.causewayworkcentre.org](http://www.causewayworkcentre.org)

## La Cité ● ● Fr

Assists with resume development, employment assessment, job search, job training, and employment referrals.

**(613) 443-2300**

[www.eolcc.ca](http://www.eolcc.ca)

## City of Ottawa - Employment and Financial Assistance ● ● ● Fr

Contact 2-1-1 for resources in your area

<http://ottawa.ca/en/residents/social-services/employment-and-financial-assistance>

## Community Employment Resource Centre ● ● Fr

Assists with resume development, employment counselling, job searches, and apprenticeship application.

**(613) 828-2123**

[www.cercottawa.ca](http://www.cercottawa.ca)

## Cornwall Business Enterprise Centre (Cornwall) ● Fr

Provides consultation for new or existing small-to medium-sized businesses.

**(613) 933-0074**

[www.businessenterprisecentre.ca](http://www.businessenterprisecentre.ca)

## The Economic and Social Council of Ottawa-Carleton ● ● Fr

Supports Francophone immigrants by providing employment services, health services, and citizenship resources.

**(613) 248-1343**

[www.cesoc.ca](http://www.cesoc.ca)

## Employment Ontario Apprenticeship Office ● ● Fr

Provides registration, information, and support for apprentices and employers.

**(613) 731-7100 (Ottawa)**

**(613) 735-3911 (Pembroke)**

[www.tcu.gov.on.ca/eng/employmentontario/training](http://www.tcu.gov.on.ca/eng/employmentontario/training)

## Employment Services Centre ● ● Fr

Assists with resume development, employment assessment, job search, and employment referrals.

**(613) 443-5732 (Embrun)**

**(613) 632-0179 (Hawkesbury)**

**(613) 446-4189 (Rockland)**

<http://www.csepr.ca/en/>



## Invest Ottawa ● ● Fr

Provides consultation, financial support, and training for new or established small- to medium-sized businesses.

**(613) 828-6274**

[www.investottawa.ca](http://www.investottawa.ca)

## Job Zone d'emploi ● ● Fr

Prepares, guides and assists individuals, in English and in French, to find employment through employment and career counselling, information resources, job opportunities and access to community and outreach services.

**(613) 933-9675 (Cornwall)**

**(613) 744-5627 (Winchester)**

[www.jobzonedemploi.ca](http://www.jobzonedemploi.ca)

## Ottawa Community Loan Fund ● ● Fr

A non-profit organization providing microloans for business and professional development purposes.

**(613) 366-2159**

[www.oclf.org](http://www.oclf.org)

## YMCA-YWCA of the National Capital Region ● ● Fr

Assists with resume development, employment assessment, job search, job training, employment referrals, and housing services.

**(613) 788-5001**

[www.ymcaywca.ca](http://www.ymcaywca.ca)

## Youth Services Bureau ● ● Fr

The Youth Services Bureau offers a number of services for youth in the age range of 13-24. Services include crisis support, counselling, assessment, support groups, employment services, drop-ins, youth advisory committees, and housing services.

**(613) 729-1000**

[www.yzb.on.ca](http://www.yzb.on.ca)

## Youth Zone Jeunesse ● ● Fr

Youth Zone Jeunesse is accessible to anyone between the ages 16 and 30 years old for support and services to assist with finding employment.

**(613) 580-9663**

[www.ottawa.ca/en/youth-zone-resource-center](http://www.ottawa.ca/en/youth-zone-resource-center)





# Financial Services



## Financial Services

### Credit Canada Ottawa ● ● Fr

Provides non-profit credit counselling for those in the Ottawa area looking for help with their debt problems. Professionally accredited counsellors can assist with a complete financial review, a debt consolidation program, and a spending plan.

**(613) 216-6077**

[www.creditcanada.com/locations/credit-canada-ottawa](http://www.creditcanada.com/locations/credit-canada-ottawa)

### Credit Counselling Society Ottawa

● ● Fr

A non-profit consumer credit and debt counselling service. Professionally accredited counsellors can assist with the creation of a spending plan, debt consolidation, and other financial services.

**(613) 234-0505**

[www.nomoredebts.org/canada/ontario/ottawa/credit-counselling.html](http://www.nomoredebts.org/canada/ontario/ottawa/credit-counselling.html)

### Invest Ottawa ● Fr

Provides consultation, financial support, and training for new or established small- to medium-sized businesses.

**(613) 828-6274**

[www.investottawa.ca](http://www.investottawa.ca)

### Ottawa ACORN ● ● Fr

An independent national organization of low- and moderate-income families. Services include tax services, financial consultation, and information about social assistance.

**(613) 746-5999**

[www.acorncanada.org/ottawa](http://www.acorncanada.org/ottawa)

### Ottawa Community Loan Fund ● Fr

A non-profit organization providing microloans for business and professional development purposes.

**(613) 366-2159**

[www.oclf.org](http://www.oclf.org)





# Food Banks

## Food Banks

The following food banks provide food to low-income families on a scheduled and/or emergency basis.

### AGAPE Centre ● ● ● ●

**(613) 938-9297**

[www.agapecentre.ca](http://www.agapecentre.ca)

### Arnprior and District Food Bank ● ● ● ●

**(613) 668-4462**

<https://renfrewcountyconnections.cioc.ca/record/RCC0027>

### CCS Food Bank ● ● ● ● **Fr**

**(613) 764-5203**

[http://www.casselmann.ca/en/service\\_banque\\_alimentaire.asp](http://www.casselmann.ca/en/service_banque_alimentaire.asp)

### Centretown Emergency Food Centre ● ● ● ● **Fr**

**(613) 232-3059**

[www.cefcottawa.org](http://www.cefcottawa.org)

### Cobden and District Food Bank ● ● ● ●

**(613) 647-7801**

<https://renfrewcountyconnections.cioc.ca/record/RCC0638>

### Dalhousie Food Cupboard ● ● ● ● **Fr**

**(613) 230-3982**

[www.dalhousiefoodcupboard.ca](http://www.dalhousiefoodcupboard.ca)

### Deep River and Area Food Bank ● ● ● ●

**(613) 584-2484**

[www.drdh.org/foodbank.html](http://www.drdh.org/foodbank.html)

### Dundas County Food Bank ● ● ● ●

**(613) 543-0065 (Morrisburg)**

**(613) 774-0188 (Winchester)**

<https://ottawa.cioc.ca/record/KGN6148?UseCICVw=85>

### Eganville and District Community Food Bank ● ● ● ●

**(613) 628-3993**

<https://ottawa.cioc.ca/record/RCC0469>

### Gloucester Emergency Food Cupboard ● ● ● ● **Fr**

**(613) 749-4728**

[www.gefc.ca](http://www.gefc.ca)

### Good Neighbours Food Bank of the Township of Russell ● ● ● ● **Fr**

**(613) 443-2793**

[www.babv-gnfb.ca](http://www.babv-gnfb.ca)

### Hawkesbury Central Food Bank ● ● ● ● **Fr**

**(613) 636-0666**

<https://kingston.cioc.ca/record/KGN1578>

## Heron Emergency Food Centre



**(613) 737-9090**

[www.hefc.ca](http://www.hefc.ca)

## Kanata Food Cupboard

**(613) 836-7847**

[www.kanatafoodcupboard.ca](http://www.kanatafoodcupboard.ca)

## Killaloe Food Bank

**(613) 757-2209**

<https://renfrewcountyconnections.cioc.ca/record/RCC0198>

## Lanark County Food Bank

**(613) 257-8546**

[www.lanarkcountyfoodbank.ca](http://www.lanarkcountyfoodbank.ca)

## Mobile Market

A mobile market that brings healthy, affordable, and culturally appropriate foods to Ottawa neighbourhoods.

The prices on the MarketMobile are, on average, 40% less than in retail grocery stores. Visit website for schedule and locations, cash only.

[www.marketmobileottawa.ca](http://www.marketmobileottawa.ca)

## Orleans-Cumberland Food Bank



**(613) 830-4357**

**1-866-821-7770**

<http://croc.ca/programs-services/food-bank/>

## Osgoode Emergency

Food Cupboard

**(613) 821-1481**

<https://ottawa.cioc.ca/record/OCR1888?Number=0>

## Ottawa Food Bank

**(613) 745-7001**

[www.ottawafoodbank.ca](http://www.ottawafoodbank.ca)

## The Ottawa Mission

**(613) 234-1144**

[www.ottawamission.com](http://www.ottawamission.com)

## Parkdale Food Centre

**(613) 722-8019**

[www.parkdalefoodcentre.ca](http://www.parkdalefoodcentre.ca)

## Renfrew and District Food Bank



**(613) 433-9216**

<https://renfrewcountyconnections.cioc.ca/record/RCC0353>

## Richmond Food Bank

**(613) 838-5397**

[www.richmondfoodbank.org](http://www.richmondfoodbank.org)



The Salvation Army ● ● ● ● Fr

(613) 932-7515 (Cornwall)  
(613) 241-1573 x 268 (Ottawa)  
(613) 735-5601 (Pembroke)  
(613) 432-7721 (Renfrew)

[www.salvationarmy.ca](http://www.salvationarmy.ca)

Stittsville Food Bank ● ● ● ●

(613) 831-0451

[www.stittsvillefoodbank.ca](http://www.stittsvillefoodbank.ca)

St. Joseph's Food Bank ● ● ● ●

(613) 732-3807

[www.stjosephsfoodbank.ca](http://www.stjosephsfoodbank.ca)

Westboro Region Food Bank



(613) 722-3851

[www.westborofoodbank.wix.com/westborofoodbank](http://www.westborofoodbank.wix.com/westborofoodbank)





# Legal Aid

# Legal Aid

## Community Legal Services Ottawa Centre ● ● ● Fr

A not-for-profit organization that provides free legal services in areas of housing, immigration, workers' compensation, and social assistance.

**(613) 241-7008**

[www.clsoc.ca](http://www.clsoc.ca)

## Legal Aid Ontario ● ● ● Fr

Provides legal assistance for low-income people. Services include legal representation, legal aid applications, legal resources and referrals, and a certificate program for complex cases.

**(613) 238-7931**

[www.legalaid.on.ca](http://www.legalaid.on.ca)

## Ottawa Immigration & Refugee Law Office ● ● ● Fr

Provides legal assistance for immigrants and refugees.

**(613) 238-7931**

[www.legalaid.on.ca/en/contact/about.asp?place=807355](http://www.legalaid.on.ca/en/contact/about.asp?place=807355)

## South Ottawa Community Legal Services ● ● ● Fr

A non-for-profit organization that provides free legal services in areas of housing, immigration, workers' compensation, and social assistance.

**(613) 733-0140**

<http://www.clsoc.ca/en/index.html>

## University of Ottawa Community Legal Clinic ● ● ● Fr

Provides legal services to the Ottawa community. Staffed by lawyers and law students, the Clinic provides public legal education, legal advice, and representation at court for a variety of criminal, family and tenant-related matters.

**(613) 562-5600**

[www.commonlaw.uottawa.ca/community-legal-clinic/about](http://www.commonlaw.uottawa.ca/community-legal-clinic/about)

## Vanier Community Service Center ● ● ● Fr

Provides free legal advice on a number of legal topics to low-income persons.

**(613) 744-2892**

<http://www.cscvanier.com/en/legal>

## West End Legal Services of Ottawa ● ● ● Fr

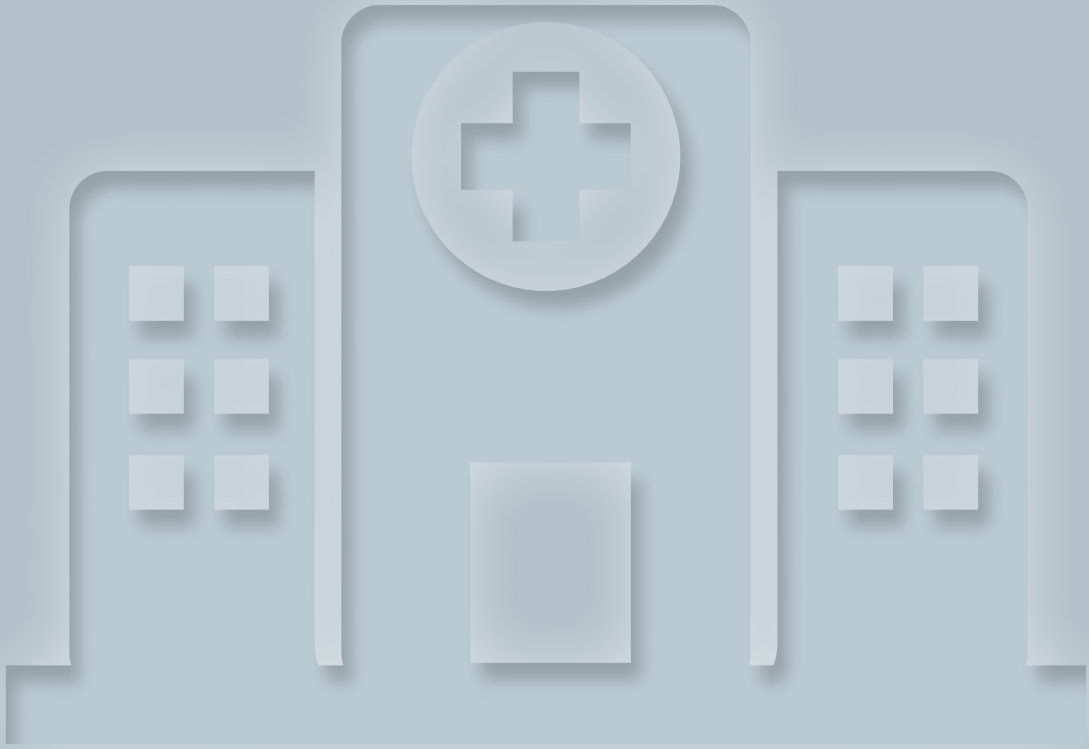
Provides free legal advice on a number of legal topics to low-income persons.

**(613) 596-3364**

[www.westendlegal.ca](http://www.westendlegal.ca)







# Hospitals

## Hospitals

### Almonte General Hospital ● ● ● ●

Offers services including inpatient and outpatient services, a regional obstetrical program, a regional long-term care program, a diabetes program, rehabilitation, sexual assault support, and specialized treatment.

**(613) 256-2500**

[www.almontegeneral.com](http://www.almontegeneral.com)

### Carleton Place District and Memorial Hospital ● ● ● ●

Offers services including emergency care, inpatient services, rehabilitation services, physiotherapy, sexual assault support, and specialized treatment.

**(613) 257-2200**

[www.carletonplacehospital.ca](http://www.carletonplacehospital.ca)

### The Children's Hospital of Eastern Ontario (CHEO) ● ● Fr

A pediatric health and research center providing family-centered patient care to those under 18 years of age. Services include emergency care, inpatient and outpatient services, mental health services, a diabetes program, the regional eating disorder program, a gender identity clinic, and specialized treatment.

**(613) 737-7600**

[www.cheo.on.ca](http://www.cheo.on.ca)

### Cornwall Community Hospital (Cornwall) ● ● ● ● Fr

Offers services including inpatient services, surgical units, a critical care unit, rehabilitation, and psychiatric services.

**(613) 938-4240**

[www.cornwallhospital.ca](http://www.cornwallhospital.ca)

### Deep River and District Hospital ● ● ● ●

Offers services including emergency care, physiotherapy, long-term services, diagnostic services, and specialized treatment.

**(613) 584-3333**

[www.drdh.org](http://www.drdh.org)

### Glengarry Memorial Hospital ● ● ● ●

Offers services including inpatient services, surgical care, psychiatric services, diagnostic services, rehabilitation, and specialized treatment.

**(613) 525-2222**

[www.hgmh.on.ca](http://www.hgmh.on.ca)

### Hawkesbury and District Hospital ● ● ● ● Fr

Offers services including emergency care, surgical care, a diabetes program, and specialized treatment.

**(613) 632-1111**

[www.hgh.ca](http://www.hgh.ca)

## Kemptville District Hospital



Offers services including emergency care, diagnostic services, and outpatient services.

**(613) 258-6133**

[www.kdh.on.ca](http://www.kdh.on.ca)

## Montfort Hospital ● ● ● ● Fr

Offers Francophone services including mental health services, cancer care, physiotherapy, palliative care, diagnostic services, and specialized treatment.

**(613) 746-4621**

[www.hopitalmontfort.com/en](http://www.hopitalmontfort.com/en)

## The Ottawa Hospital (Civic Campus)



Offers services including a specialized cardiac clinic, outpatient services, a diabetes program, sexual assault support, and specialized treatment.

**(613) 722-7000**

[www.ottawahospital.on.ca](http://www.ottawahospital.on.ca)

## The Ottawa Hospital (General Campus) ● ● Fr

Offers services including inpatient and outpatient services, a regional centre for HIV/AIDS, specialized care centres, and specialized treatment.

**(613) 722-7000**

[www.ottawahospital.on.ca](http://www.ottawahospital.on.ca)

## The Ottawa Hospital (Riverside Campus) ● ● Fr

Offers services including treatment services, diagnostic services, a diabetes program, and specialized treatment.

**(613) 722-7000**

[www.ottawahospital.on.ca](http://www.ottawahospital.on.ca)

## Pembroke Regional Hospital



Offers services including emergency care, intensive care, surgical care, mental health services, rehabilitation, and specialized treatment.

**(613) 732-3675**

[www.pembrokeregionalhospital.ca](http://www.pembrokeregionalhospital.ca)

## The Queensway Carleton Hospital



Offers services including emergency care, surgical care, palliative care, mental health services, rehabilitation, and specialized treatment.

**(613) 721-2000**

[www.qch.on.ca](http://www.qch.on.ca)

## Renfrew Victoria Hospital ● ● ● ●

Offers services including surgical care, cancer care, diagnostic support, and addiction treatment.

**(613) 432-4851**

[www.renfrewhosp.com](http://www.renfrewhosp.com)



**The Royal Ottawa Mental Health Centre** ● ● ● Fr

Offers assessment, treatment, and rehabilitation for adults and youth with serious mental illnesses.

**(613) 722-6521**

[www.theroyal.ca](http://www.theroyal.ca)

**St. Francis Memorial Hospital (Barry's Bay)** ● ● ● ●

Offers services including emergency care, inpatient and outpatient services, physiotherapy, and specialized treatment.

**(613) 756-3044**

[www.sfmhosp.com](http://www.sfmhosp.com)

**Winchester District Memorial Hospital** ● ● ● ●

Offers services including emergency care, surgical care, and specialized treatment.

**(613) 774-2422**

[www.wdmh.on.ca](http://www.wdmh.on.ca)





**Housing**



## Housing

### Action Housing ● ● Fr

Assists, supports and advocates on behalf of clients who need to find safe, adequate and affordable housing.

**(613) 562-8219**

[www.action-logement.ca](http://www.action-logement.ca)

### City of Ottawa Housing and Social Services ● ● Fr

Provides information and referrals to individuals and families living in Eastern Ontario.

**3-1-1**

<http://ottawa.ca/en/residents/social-services/housing>

### Cooperative Housing Association of Eastern Ontario (CHASEO) ● ●

Provides resources and services about cooperative housing in the Eastern Ontario area.

**(613) 230-2201**

[www.chaseo.ca](http://www.chaseo.ca)

### Cornerstone Housing for Women ● ●

Provides emergency shelter and supportive housing for women.

**(613) 254-6584 (Booth St., Ottawa)**

**(613) 233-2243 (Maclaren St., Ottawa)**

**(613) 233-2243 (McPhail House, Ottawa)**

**(613) 237-4669 (O'Connor St., Ottawa)**

[www.ottawa.anglican.ca/cornerstone](http://www.ottawa.anglican.ca/cornerstone)

### Evelyn Horne Young Women's Emergency Shelter ● Fr

Evelyn Horne Young Women's Emergency Shelter provides emergency shelter and transitional housing for women and/or trans youth aged 16-21.

**(613) 789-8220**

[www.ysb.on.ca/index.php?page=young-women-s-shelter](http://www.ysb.on.ca/index.php?page=young-women-s-shelter)

### Housing Help ● ● Fr

Offers resources, listings, and emergency housing services.

**(613) 563-4532**

[www.housinghelp.on.ca](http://www.housinghelp.on.ca)

### Minwaashin Lodge ● ● ● ●

Minwaashin Lodge provides a range of programs and services to First Nations, Inuit, and Métis women and children (regardless of status) who are survivors of domestic and other forms of violence. Programs include cultural programs, counselling, a shelter, housing services, employment training, youth programs, and senior programs. All programs and services are provided in the context of cultural beliefs and values to ensure a holistic approach is used as part of the healing journey.

**(613) 741-5590**

[www.minlodge.com](http://www.minlodge.com)

## Ontario Landlord and Tenant Board



Informs landlords and tenants about their rights and responsibilities under the Residential Tenancies Act (RTA) and provides balanced and timely dispute resolution in accordance with the law.

**1-888-332-3234**

[www.sjto.gov.on.ca/ltb](http://www.sjto.gov.on.ca/ltb)

## Operation Come Home ● ● Fr

Operation Come Home is an employment, education, and support centre for homeless and at-risk youth age 16 and up. OCH programs focus on what works and what matters to youth, as well as encourage personal growth of everyone as an individual. Services based in Ottawa.

**(613) 230-4663**

**1-800-668-4663**

[www.operationcomehome.ca](http://www.operationcomehome.ca)

## The Ottawa Mission ● ● Fr

The Ottawa Mission provides emergency shelter for men over the age of 18.

**(613) 234-1144**

[www.ottawamission.com](http://www.ottawamission.com)

## Salus Ottawa ● ● Fr

Provides rehabilitation and supportive housing services to adults in the Ottawa area with severe mental illness.

**(613) 729-0123**

[www.salusottawa.org](http://www.salusottawa.org)

## The Salvation Army ● ● Fr

Provides emergency housing and food support.

**(613) 241-1573 x 268**

[www.ottawaboothcentre.org](http://www.ottawaboothcentre.org)

## Shepherds of Good Hope ● ● Fr

Provides emergency shelter, supportive housing, and counselling and addiction support for all genders.

**(613) 789-8210**

[www.shepherdsogoodhope.com](http://www.shepherdsogoodhope.com)

## The Social Housing Registry of Cornwall (Cornwall) ● ● Fr

Centralized application centre for affordable housing in Cornwall.

**(613) 937-7512**

<http://www.cornwall.ca/en/socialservices/SocialHousing.asp>

## The Social Housing Registry of Ottawa ● ● Fr

Centralized application centre for affordable housing in Ottawa.

**(613) 526-2088**

[www.housingregistry.ca](http://www.housingregistry.ca)

## YMCA-YWCA of the National Capital Region ● ● ● Fr

Assists with resume development, employment assessment, job search, job training, employment referrals, and housing services.

**(613) 788-5001**

[www.ymcaywca.ca](http://www.ymcaywca.ca)

## Young Men's Emergency Shelter



The Young Men's Emergency Shelter provides emergency shelter and transitional housing for men and/or trans youth aged 16-21.

**(613) 907-8975**

<http://www.ysb.ca/index.php?page=young-men-s-shelter&hl=eng>

## Youth Services Bureau ● Fr

The Youth Services Bureau offers a number of services for youth in the age range of 13-24. Services include crisis support, counselling, assessment, support groups, employment services, drop-ins, youth advisory committees, and housing services.

**(613) 562-3004**

[www.ysb.on.ca](http://www.ysb.on.ca)





# Information Lines



## Information Lines

### City of Ottawa Housing and Social Services ● ● Fr

Provides information and referrals to individuals and families living in Eastern Ontario.

**3-1-1**

<http://ottawa.ca/en/residents/social-services/housing>

### The Community Information Centre of Ottawa ● ● ● ● Fr

Provides information and referrals to individuals and families living in Eastern Ontario.

**2-1-1**

[www.211ontario.ca](http://www.211ontario.ca)

### Drugs and Alcohol Helpline ● ● Fr

Provides information about drug and alcohol addiction services in English, French, and over 170 other languages. Available 24/7.

**1-800-565-8603**

[www.drugandalcoholhelpline.ca](http://www.drugandalcoholhelpline.ca)

### Ontario Landlord and Tenant Board ● ● Fr

Informs landlords and tenants about their rights and responsibilities under the Residential Tenancies Act (RTA) and provides balanced and timely dispute resolution in accordance with the law.

**1-888-332-3234**

[www.sjto.gov.on.ca/ltb](http://www.sjto.gov.on.ca/ltb)

### Ontario Poison Centre ● ● ● ● Fr

Provides medical information about poisoning from registered nurses and pharmacists. Please call 9-1-1 if a poisoning victim is not breathing or having a seizure. Available 24/7.

**1-800-268-9017**

[www.capcc.ca/en/content/ontario-poison-centre-opc-centre-anti-poison-de-lontario](http://www.capcc.ca/en/content/ontario-poison-centre-opc-centre-anti-poison-de-lontario)

### Tele Health Ontario ● ● ● ● Fr

A free, confidential service that provides health advice or information from a registered nurse. Available 24/7.

**1-866-797-0000**

[www.ontario.ca/page/get-medical-advice-telehealth-ontario](http://www.ontario.ca/page/get-medical-advice-telehealth-ontario)





# Respite and Homecare



## Respite and Homecare

### At-Home Hospice ● ● ● ●

Provides nursing, personal support, and sitter services for palliative clients, frail elderly, respite, and pediatric clients.

**(613) 792-1167**

[www.athomehospice.com](http://www.athomehospice.com)

### Bytowne Homecare Services

● ● ● ● Fr

Provides individuals of all ages and levels of care with nursing and non-medical assistance.

**(613) 790-9355**

[www.bytownehomecare.com](http://www.bytownehomecare.com)

### Centre de services Guigues Alzheimer's Day Program ● ● Fr

Provides respite services for caretakers and day services for individuals living with Alzheimer's.

**(613) 241-1266**

[www.centresg.ca](http://www.centresg.ca)

### The Ottawa Rotary Home ● ● ● ●

Provides day, respite, and residential programs for adults and children with physical and/or developmental disabilities and/or complex medical needs.

**(613) 236-3200**

**1-877-236-3250**

[www.rotaryhome.on.ca](http://www.rotaryhome.on.ca)

### Rural Ottawa South Support Services ● ●

Provides rural community support services for seniors.

**(613) 692-4697**

[www.rosss.ca](http://www.rosss.ca)

### Seniors on Site ●

Provides homecare services to seniors in the Ottawa area.

**(613) 422-7676**

[www.sosonsite.com](http://www.sosonsite.com)





# Support Groups

## Support Groups

### Alcoholics Anonymous ● ● Fr

A non-profit, international, community-based organization for recovering alcoholics.

**(613) 237-6000**

[www.ottawaaa.org](http://www.ottawaaa.org)

### Kind (Formerly PTS) ● ● ●

Kind offers a number of support and counselling services for LGBTQ+ individuals and their families.

**(613) 563-4818**

[www.ptsottawa.org](http://www.ptsottawa.org)

### Maison Fraternité ● ● Fr

Offers addiction support for Francophone youth aged 12-18.

**(613) 741-2523**

[www.maisonfraternite.ca](http://www.maisonfraternite.ca) (in French only)

### The Men's Project ● ● Fr

The Men's Project offers support groups, individual counselling, and family counselling for men who have experienced sexual assault and/or abuse.

**(613) 230-6179**

[www.themensproject.ca](http://www.themensproject.ca)

### Narcotics Anonymous ● ● ●

A non-profit, international, community-based organization for recovering drug users.

**1-888-811-3887**

[www.ottawana.org](http://www.ottawana.org)

### Ottawa Rape Crisis Centre ● ● ●

Provides English service to survivors of sexual violence, supporters, and family and friends of survivors. The crisis line volunteer counsellors provide crisis intervention on issues such as: childhood sexual abuse, recent sexual assault, flashbacks and suicide intervention. Crisis line available 24/7.

**(613) 562-2333**

[www.orcc.net](http://www.orcc.net)

### Rideauwood Addiction and Family Services ● ●

Offers counselling, support groups, assessment, and resources for those experiencing addiction and their families.

**(613) 724-4881**

[www.rideauwood.org](http://www.rideauwood.org)

### Ottawa Community Immigrant Services Organization (OCISO)

● ● ● ● Fr

Offers crisis support, counselling, family counselling, support groups, assessment, and resources for immigrants.

**(613) 725-5671 x 322**

[www.ociso.org](http://www.ociso.org)

## Parents Lifelines of Eastern Ontario (PLEO) ● ● ●

Parents' Lifelines is a non-profit family support organization for parents and caregivers whose children to age 24 are dealing with mental health and/or addiction challenges. Services include telephone helpline, parent support groups, crisis services, access to walk-in services.

**Helpline: (613) 321-3211**

**1-855-775-7005**

[www.pleo.on.ca](http://www.pleo.on.ca)

## Youth Net ● ● Fr

Offers counselling, support and activity groups, information resources, information presentation. Contact for more information on various groups.

**(613) 738-3915**

[www.youthnet.on.ca](http://www.youthnet.on.ca)

## Tungasuvvingat Inuit ● ● ● ●

Provides Inuit-specific programming such as pre-and-post-natal education, counselling, cultural programming, housing support, employment support, and residential trauma-and-addiction treatment.

**(613) 565-5885**

[www.tungasuvvingatinuit.ca](http://www.tungasuvvingatinuit.ca)

## Youth Services Bureau ● Fr

Offers a number of services for youth between the ages of 13-24. Services include crisis support, counselling, assessment, support groups, employment services, drop-ins, youth advisory committees, and housing services.

**(613) 562-3004**

[www.ysb.on.ca](http://www.ysb.on.ca)









# Understanding Diagnoses

## Understanding Diagnoses

### The Canadian Mental Health Association (CMHA) Ottawa



The Canadian Association for Mental Health provides programs, services, and resources for individuals living with mental illnesses and their families.

**(613) 737-7791**

[www.ottawa.cmha.ca](http://www.ottawa.cmha.ca)

### Ottawa Public Health ● ● ● ● Fr

Ottawa Public Health provides referrals to counselling and assessments, as well as information about mental health and understanding diagnoses.

**(613) 580-6744**

[www.ottawa.ca/health](http://www.ottawa.ca/health)

### Crossroads Children's Centre ● ●

Offers walk-in mental health clinic, counselling, family counselling, support/activity group, assessment, information resources, information presentation.

**Contact Intake Department at  
(613) 723-1623 ext.248.**

**(613) 723-1623**

[www.crossroadschildren.ca](http://www.crossroadschildren.ca)





**Walk-In  
Mental Health Clinics**

## Walk-In Mental Health Clinics

### Canadian Hearing Society Ottawa



The Canadian Hearing Society offers interpretation services, employment services, and counselling services for deaf or hard-of-hearing individuals and their families.

**(613) 521-0509**

[www.chs.ca](http://www.chs.ca)

### Catholic Family Services Ottawa



Catholic Family Services Ottawa offers crisis intervention, counselling, family counselling, support groups, and assessment.

**(613) 233-8478**

[www.cfsottawa.ca](http://www.cfsottawa.ca)

### Counselling and Support Services of Stormont, Dundas & Glengarry



Counselling and Support Services of Stormont, Dundas & Glengarry offers crisis intervention, counselling, family counselling, support groups, and assessment.

**(613) 932-4610**

[www.css-sdg.ca](http://www.css-sdg.ca)

### Family Services Ottawa



Family Services Ottawa offers crisis intervention, counselling, family counselling, support groups, and assessment.

**(613) 725-3601**

[www.familyservicesottawa.org](http://www.familyservicesottawa.org)

### Jewish Family Services Ottawa



Jewish Family Services Ottawa offers crisis intervention, counselling, family counselling, support groups, and assessment.

**(613) 722-2225 x 352**

[www.jfsottawa.com](http://www.jfsottawa.com)

### Crossroads Children's Centre



Offers walk-in mental health clinic, counselling, family counselling, support/activity group, assessment, information resources, information presentation.

**Contact Intake Department at**

**(613) 723-1623 ext.248.**

**(613) 723-1623**

[www.crossroadschildren.ca](http://www.crossroadschildren.ca)

### North Renfrew Family Services



North Renfrew Family Services offers crisis intervention, counselling, family counselling, and assessment.

**(613) 584-3358**

[www.drdh.org/nrfs.html](http://www.drdh.org/nrfs.html)

### Youth Services Bureau



Offers a number of services for youth between the ages of 13-24. Services include crisis support, counselling, assessment, support groups, employment services, drop-ins, youth advisory committees, and housing services.

**(613) 562-3004**

[www.ysb.on.ca](http://www.ysb.on.ca)





# **Military and Military Family Resources**

# Military and Military Family Resources

## Military Family Resource Centre – National Capital Region ● ● ● ● Fr

Military Family Resource Centres (MFRCs) provide military families with information, resources and services in Canadian Armed Forces (CAF) communities.

MFRCs are committed to enriching the lives of individuals and families in CAF communities through positive action, education and support. They provide relevant programs and services that empower and encourage strong, independent individuals and families within the CAF.

**1-613-998-4888**

<https://www.familyforce.ca/sites/NCR/EN/Pages/default.aspx>

## Family Information Line ● ● ● Fr

As the loved one of a CAF member, you can contact the Family Information Line for any support you may need as a result of the unique nature of military life, including mental health issues.

The Family Information Line offers confidential, personal and bilingual assistance 24 hours a day, 7 days a week. Counsellors can help your family obtain information, and provide reassurance, support and referral to the various services offered to CAF families.

**1-800-866-4546**

<https://www.familyforce.ca/sites/FIL/EN/Pages/default.aspx>

## Operational Stress Injury Social Support (OSISS) ● ● Fr

An OSISS Family Peer Support Coordinator can offer support, hope and acceptance from someone who has walked a little in your shoes.

Family Peer Support Coordinators have developed networks of community resources and can connect you to the resources of your choice. They know the links to valuable information and where to find tips to help you cope with your loved one's symptoms. They can inform you on how to care for yourself when you need it most.

**1-800-883-6094**

<https://www.osiss.ca/en/index.html>

## Integrated Personnel Support Centre (IPSC) ● ● Fr

Casualty Support provides support services for serving and retired members of the Canadian Armed Forces who are ill, injured, deceased, their families, and next of kin.

If you need information on Casualty Support, your best source is your closest Integrated Personnel Support Centre (IPSC).

**1-613-945-6600 Ext. 3014**

<http://www.veterans.gc.ca/eng/services/information-for/caf/ipsc>

## Canadian Armed Forces Chaplaincy



As trained religious and spiritual caregivers, CAF chaplains contribute significantly to the spiritual and mental well-being of CAF members and their families. They are on-call 24/7 to support members in need and provide support and advice to the chain of command and care providers.

**1-866-502-2203**

<http://www.forces.gc.ca/en/caf-community-support-services/chaplaincy.page>

## Canadian Forces Health Services Centre Ottawa



This Health Services Centre is one of 32 CF clinics across the country whose role it is to provide health services to CF members and other people entitled to come to us for their health care.

**1-613-945-1111**

<http://www.forces.gc.ca/en/caf-community-bases-wings-cfsu-ottawa/dental-medical.page>

## Canadian Forces Support Unit Ottawa Health Promotion



The delivery of programs and services that empower Canadian Forces, regular and reserve members, their families and the Defence Team to take control of their health and well-being so that they can fulfill the CAF operational mandate while enjoying the highest practical standards of health and quality of life.

**1-613-996-4315**

<http://www.cg.cfpsa.ca/cg-pc/Ottawa/EN/HealthPrograms/HealthPromotion/Pages/default.aspx>

## Canadian Armed Forces Member Assistance Program (CFMAP)



CFMAP is a 24/7 toll-free telephone advisory and referral service for all CAF personnel and their families, and can provide short-term, confidential, external counselling for those in need. If you are concerned about any of the following issues, you can call CFMAP for help: marital and family, interpersonal relations, personal and emotional, stress and burn-out, work-related, including harassment and sexual assault, alcohol, drugs and prescription drugs.

**1-800-268-7708**

<http://www.forces.gc.ca/en/caf-community-support-services-map/member-assistance-program.page>

## Canadian Armed Forces Sexual Misconduct Response Centre



If Canadian Armed Forces members have experienced or witnessed harmful and inappropriate sexual behaviour, the Centre is now available. The SMRC provides support to CAF members affected by inappropriate sexual behaviour by helping them make informed choices on available options and provide resources to meet their individual needs.

**1-844-750-1648**

<http://www.forces.gc.ca/en/caf-community-support-services/sexual-misconduct-response-centre.page>

## SISIP Financial Services ● ● Fr

The SISIP Financial Counselling program provides, at no cost, confidential and timely assistance to Canadian Armed Forces (CAF) members and their spouses who are experiencing financial distress. SISIP counsellors will work with military families to develop an action plan to address individual situations and will provide the necessary tools, techniques and knowledge to maintain sound and effective personal financial management practices.

For more information, visit the SISIP website at [www.sisip.com](http://www.sisip.com).

