

COUNSELLING SERVICES IN OTTAWA



Chris Nihmey 2021

COUNSELLING SERVICES IN OTTAWA

IF YOU WORK FOR AN ORGANIZATION, CHECK TO SEE IF YOU HAVE EMPLOYEE ASSISTANCE BENEFITS, WHICH PROVIDES FOR A NUMBER OF SESSIONS FREE WITH A QUALIFIED COUNSELLOR

Online resource for mental health services: www.ementalhealth.ca

NO DRUG PLAN? REACH TO: GOVERNMENT TRILLIUM DRUG PROGRAM

IN ANY EMERGENCY: CALL 911

IN CRISIS

DISTRESS CENTRE OF OTTAWA

Distress Line: 613-238-3311

Crisis Line: 613-722-6914 / Outside of Ottawa: 1-866-996-0991

TEXT: 343-306-5550 (Chat & Text 10am-11pm)

www.dcottawa.on.ca

CRISIS LINE WEBSITE

www.crisisline.ca

FEMAIDE

(Crisis line for French speaking women)

www.femaide.ca (1-877-336-2433)

THE ROYAL CRISIS LINES

www.theroyal.ca/crisis-lines

Mental Health Crisis Line (1+ (866)-996-0991)

**Ottawa and the counties of Prescott Russell, Renfrew and Stormont Dundas
and Glengarry (1+ (613)-722-6914)**

Leeds & Grenville district (1+ (866)-281-2911)

**Pembroke Regional Hospital Mobile Crisis Team
1+ (613)-732-3675 ext. 8116 OR 1+ (866)-996-0991**

**Youth Services Bureau 24/7 Crisis Line
(613)-260-2360 or 1+ (877)-377-7775**

ONE

COMMUNITY HEALTH CENTRES

**Carlington Community & Health Services
www.carlington.ochc.org (613-722-4000)**

**Centretown Community Health Centre
www.centretownchc.org (613-233-4443)**

**Nepean, Rideau & Osgoode Community Resource Centre
www.nrocrc.ca (613-596-5626)**

**Orleans - Cumberland Community Resource Centre
www.crcoc.ca/en/ (613-830-4357)**

**Pinecrest-Queensway Health and Community Services
www.pqchc.com (613-820-4922)**

Rideau-Rockcliffe Community Resource Centre
www.crcrr.org (613-745-0073)

Sandy Hill Community Health Centre
www.shchc.ca (613-789-8941)

Somerset West Community Health Centre
www.swchc.on.ca (613-238-1220/613-688-1177)

Vanier Community Service Centre
www.cscvanier.com (613-744-2892)

Western Ottawa Community Resource Centre
www.wocrc.ca (613-591-3686)

Southeast Ottawa Centre
www.seochc.on.ca (613-737-511)

TWO

WALK IN COUNSELLING CLINICS

Catholic Family Services
www.cfsottawa.ca (613-233-8478)

Jewish Family Services Ottawa
www.jfsottawa.com (613-722-2225)

Family Services Ottawa
www.familyservicesottawa.org (613-725-3601 ext. 0)

**Youth Services Bureau of Ottawa (walk-in) – Mental Health Services for 18
and under www.ysb.ca (613-562-3004)**



THREE

NOT FOR PROFIT COMMUNITY AGENCIES

Family Services Ottawa
www.familyservicesottawa.org (613-725-3601)

Catholic Family Services Ottawa
www.cfsottawa.ca/home (613-233-8478)

Jewish Family Services
www.jfsottawa.com (613-722-2225)

Centre for Counselling and Pastoral Services
www.ottawapastoralcounsellingcentre.ca (613-235-2516 ext. 0)

Centre for Interpersonal Relationships
www.cfir.ca (613-686-6645 [Ottawa] or 647-417-0182 [Toronto])

Christian Counselling Ottawa
www.christiancounsellingottawa.ca (613-729-8454)

Ottawa-Carleton Immigrant Services Organization
www.ociso.org (613-725-0202)

Lebanese and Arab Social Services Association (LASSA)
www.lassa.ca (613-236-0003)

Somali Centre for Family Services
www.scfsottawa.org (613-526-2075)

Ottawa Chinese Community Service Centre
www.occsc.org (613-235-4875)

Minwaashin Lodge - Aboriginal Women's Support
www.minlodge.com (613-741-5590)

Wabano Centre for Aboriginal Health
www.wabano.com (613-748-0657)

Serenity Renewal for Families
www.serenityrenewal.ca (613-523-5143)

Youth Services Bureau of Ottawa (walk-in) – Mental Health Services for 18 and under - www.ysb.ca (613-562-3004)

FOUR

OTHER VARIOUS COUNSELLING SUPPORTS:

Canadian Register of Health Service Psychologists
www.crhsp.ca (613-824-1940)

Centre for Interpersonal Relationships
www.cfir.ca (613-686-6645 [Ottawa] or 613-417-0182 [Toronto])

Ottawa Anxiety and Trauma Clinic
www.traumaclinic.ca (613-737-1194)

PLEO - Parents Lifelines of Eastern Ontario
www.pleo.on.ca (613-321-3211/1-855-775-7005)

The Men's Project
www.menandhealing.ca (613-482-9363)

FIVE

SPECIALIZED COUNSELLING

COGNITIVE BEHAVIORAL THERAPY

Ottawa Institute of Cognitive Behavioural Therapy
www.ottawacbt.ca (613) 820-9931

Centre for Cognitive Therapy
www.ocbt.ca (613) 729-0801

ADDICTIONS

Rideauwood Addiction and Family Services
www.rideauwood.org (613-724-4881)

***highly recommended: offer incredible & informative family workshops on forming a positive supportive environment for loved ones with addictions**

Government of Canada

www.canada.ca/en/health-canada/services/substance-use/get-help-problematic-substance-use.html

(613-957-2991)

CLEO Connect

www.cleoconnect.ca/organization/drug-and-alcohol-helpline/

(416-408-4420)

Connex Ontario (drug and alcohol helpline)

www.connexontario.ca **(1-800-565-8603)**

Amethyst Women's Addiction Centre

www.amethyst-ottawa.org **(613-563-0363)**

Montfort Renaissance

Ottawa Addictions Access and Referral Services (OAARS)

www.montfortrenaissance.ca **(613-241-1266)**

Ottawa Withdrawal Management Centre (613-241-1525)

The Royal Ottawa Assessment and Stabilization Unit

www.theroyal.ca/patient-care-information/clinics-services-programs/substance-use-and-concurrent-disorders

(613-722-6521 ext. 6508)

(Also see Support Groups, below)

EATING DISORDERS

Hopewell Eating Disorder Support Centre

www.hopewell.ca **(613-241-3428)**

SEXUAL ABUSE

Centre for Treatment of Sexual Abuse and Childhood Trauma
www.centrefortreatment.com (613-233-4929)

Ottawa Rape Crisis Centre
www.orcc.net (Crisis Line: 613-562-2333)

Sexual Assault Support Centre of Ottawa
www.sascottawa.com (Crisis Line: 613-234-2266)

ANXIETY MANAGEMENT

Anxiety Disorder Association of Ontario
www.anxietydisordersontario.ca
Email: admin@anxietydisordersontario.ca

GRIEF AND BEREAVEMENT COUNSELLING

Bereaved Families of Ontario
www.bfo-ottawa.org (613-567-4278)

Pet Loss Support Group of Ottawa
www.ottawapetloss.com
Email: ottawapetloss@gmail.com

SIX

SUPPORT GROUPS

Canadian Mental Health Association (Peer Support)
www.ottawa.cmha.ca/about-cmha/for-clients/peer-support/ (613-737-7791)

Mood Disorders Ottawa mooddisordersottawa.ca (613-526-5406)

Psychiatric Survivors of Ottawa
www.pso-ottawa.ca (613-567-4379/1-877-550-4379)

Psychiatric Survivors www.psychiatricsurvivors.org

Alcoholics Anonymous www.ottawaaa.org (613-237-6000)

Al-Anon Ottawa
www.al-anon-ottawa.ca (English: 613-860-3431/French: 613-669-0543)

Narcotics Anonymous
www.ottawana.org (613-862-2433 /1-888-811-3887)

SMART Recovery www.mhaso.ca/smart-recovery (613-225-7272)

Smart Recovery (Self-Management & Recovery Training)
www.smartrecoveryalberta.org (1-403-880-5305)

Overeaters Anonymous www.oa-ottawa.ca (613-820-5669)



Chris Nihmey, 2021

chrisnihmey.com
cnihmey@gmail.com
613-601-4256

Reach out anytime.