

Mental Health Resources (in alphabetical order) June 13, 2011 DRCC

Anxiety Disorders Association of Ontario

Phone Numbers: 613-729-6761 or 1-877-308-3843

Address: 153 Chapel Street

Ottawa, ON

K1N 1H5

Website: www.anxietydisordersontario.ca

Canadian Counselling and Psychotherapy Association (CCPA) National

Phone Numbers: 613-237-1099

Address: 16 Concourse Gate, Suite 600

Ottawa, ON

K2E 7S8

Languages served: English, Français

Canadian Mental Health Association Ottawa

Phone Numbers: 613-737-7791

Address: 595 Montreal Road, Suite 303

Ottawa, ON

K1K 4L2

You can also call “211” or Le Guichet (pour francophones) 1-877-311-2433

Website: www.ementalhealth.ca, www.connexontario.ca

Carleton Place and District Memorial Hospital – Psychiatric Clinic

Phone Numbers: 613-257-2200, 613-253-3824

Address: 211 Lake Ave. East

Carleton Place, ON

K7C 1J4

Carefor Health and Community Services - Ottawa - Let's Get Together Program

Phone Numbers: 613-721-6496, 613-316-9718

Fax: 613-721-6708 or 613-721-6708

Email: info@carefor.ca or rmeyers@carefor.ca

Address: 2576 Carling Ave

Ottawa, ON

K2B 7H5

City of Ottawa – Community & Social Services

Phone Numbers: 613-560-6000 Application Screening Unit

Central: 613-560-0622 ext. 24080

East: 613-560-0626 ext. 24833

South: 613-560-0624 ext. 24623

West: 613-560-0621 ext. 24410

Cornwall Community Hospital - Assertive Community Treatment Team - Stormont, Dundas and Glengarry

Phone Numbers: 613-933-7184

Crisis: 1-866-996-0991 24 hours
Fax: 613-933-7268
Email: lise.barkley@cornwallhospital.ca

Cornwall Community Hospital - Tri-County Mental Health Services

Phone Numbers: 613-932-9940, Toll-Free: 1-800-465-8061
Fax: 613-932-9945
Address: 132 Second St E
Cornwall, ON
K6H 1Y4

Cornwall Community Hospital – Day Treatment Program

Phone Numbers: 613-938-8723
Address: PO BOX 716
Cornwall, ON
K6H 5T5
Email: deena.shorkey@cornwallhospital.ca
Website: www.cornwallhospital.ca/mhealth.htm

Eastern Ottawa Resource Centre (EORC) Ottawa

Phone Numbers: 613-741-6025
Address: 2339 Ogilvie Road, Main level
Ottawa, ON
K1J 8M6
Languages served: English, Français

Grief Share Ottawa (Nepean)

Phone Numbers: 613-829-2363
Address: 205 Greenbank Road
Ottawa, ON
K2H 8K9

Mental Health Crisis Line Ottawa

Phone Numbers: 613-722-6914
Languages served: English, Français

Mood Disorders Centre of Ottawa

Phone Numbers: 613-526-3091
Address: 1929 Russell Road, Suite 202
Ottawa, ON
K1G 4G3

Mood Disorders Ottawa (MDO) Mutual Support Group

Phone Numbers: 613-526-5406
Address: 1355 Bank Street
Ottawa, ON
K1H 8K7
Website: www.mooddordersottawa.ca/

Ottawa Hospital- General Campus – Department of Psychiatry

Phone Numbers: 613-737-8010 TTY: (613) 761-4024

Address: 501 Smyth Road, 4th Floor

Ottawa, ON

K1H 8L6

Ottawa Hospital – Civic Campus – Out-patient and Community Psychiatry

Phone Numbers: 613-798-5555 ext. 14581

Crisis Line: 613-722-6914

Address: 1053 Carling Ave., 6th Floor

Ottawa, ON

K1Y 4E9

Ottawa Hospital - Regional Geriatric Program of Eastern Ontario

Phone Numbers: 613-798-5555 ext. 14458

Address: 1053 Carling Ave., 6th Floor

Ottawa, ON

K1Y 4E9

Website: www.rgpeo.com

Ottawa Hospital – Mental Health Mobile Crisis Team

Phone Numbers: 613-722-6914, 1-866-996-0991

Address: PO BOX 35012

Ottawa, ON

K1Z 1A2

Ottawa Mission

Phone Numbers: 613-234-1144 (24 hrs)

Address: 35 Waller Street

Ottawa, ON

K1N 7G4

Website: www.ottawamission.com

Pembroke Regional Hospital – Community Mental Health Services

Case Management – Arnprior, Pembroke, Renfrew, Barry's Bay

Phone Numbers: Central Intake Line – 613-732-8770 or 1-800-991-7711, Arnprior – 613-623-1632, Pembroke – 613-732-3675 ext. 8005, Renfrew – 613-432-5835

Crisis Line: 1-866-996-0991

Address: 705 MacKay Street

Pembroke, ON

K8A 1S7

Email: cmhpembroke@pemreghos.org

Website: www.pemreghos.org

Phoenix Centre for Children and Families – Pembroke

Phone Numbers: 613-735-2374, 1-800-465-1870

Crisis Line: 1-877-377-7775

Address: 130 Pembroke Street West, Suite 200, 2nd Floor
Pembroke, ON
K8A 5M8
Email: mail@phoenixctr.com
Website: www.phoenixpembroke.com

Prescott and Russell Psychogeriatric Service (Montfort Hospital Mental Health Program) Casselman site

Phone Numbers: 613-746-0014
Address: 41 Racine St
Casselman, ON
K0A 1M0

Prescott and Russell Psychogeriatric Service (Montfort Hospital Mental Health Program) Hawkesbury site

Phone Numbers: 613-632-7763, 1-866-316-7750
Address: 480 McGill Street
Hawkesbury, ON
K6A 1R2

Queensway Carleton Hospital – Out-patient Psychiatric Clinic

Phone Numbers: 613-721-2000 ext. 3970
Crisis Line: 613-721-2000 ext. 2600
Address: 3045 Baseline Rd.
Ottawa, ON
K2H 8P4

Rainbow Valley CHC – Killaloe

Phone Numbers: 613-757-0004
Address: 49 Mill Street
Killaloe, ON
K0J 2A0

Royal Ottawa Mental Health Centre (ROMHC)

Phone Numbers: 613-722-6521
Address: 1145 Carling Avenue
Ottawa, ON
K1Z 7K4
Website: www.rohcg.on.ca

Saint Paul University Counselling Centre

Phone Numbers: 613-782-3022 or 613-236-1393 ext. 2242 & 2340
Address: 223 Main Street
Ottawa, ON
K1S 1C4
Email: counselling@ustpaul.ca
Languages served: English, Français

Somali Centre for Family Services Ottawa

Phone Numbers: 613-526-2075
Address: 1719 Bank Street, Suite 303
Ottawa, ON
K1V 7Z4

Tel-Aide Outaouais Ottawa

Phone Numbers: 613-741-6433 (Ottawa-Gatineau), 1 (800) 567-9699 (Outaouais rural)
Address: PO Box C.P. 7218, Station Vanier
Ottawa, ON
K1L 8E3

University of Ottawa – Psychogeriatric Education Program

Phone Numbers: 613-722-6521 ext. 6507
Address: 1145 Carling Ave.
Ottawa, ON
K1Z 7K4

Valley Employee and Family Assistance Program (Valley EFAP)

Phone Numbers: 613-735-2116, Toll free: 1-800-661-0340
Crisis Line: 1-866-996-0991
Address: 84 Isabella Street
Pembroke, ON
K8A 5S5
Website: www.ValleyEFAP.com
Fees: Yes (Private - \$75/hr)