

COUNSELLING SERVICES IN OTTAWA



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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? GOVERNMENT TRILLIUM DRUG PROGRAM

ONE

COMMUNITY HEALTH CENTRES - LOCATION RELATED TO ADDRESS

(Offer free to low fee-for-service rate)

Carlington Community & Health Services - 900 Merivale Road
(613-722-4000) www.carlington.ochc.org

Centretown Community Health Centre - 420 Cooper Street
(613-233-4443) www.centretownchc.org

Nepean, Rideau & Osgood Community Resource Centre - 3730 Richmond Road
(613-596-5626) www.nrocrc.ca

Orleans - Cumberland Community Resource Centre - 210 Centrum Blvd. Suite 120
(613-830-4357) www.crcorleans-cumberland.ca

Pinecrest-Queensway Health and Community Services - 1365 Richmond Road
(613-820-4922) www.pqhes.com

Rideau-Rockliffe Community Resource Centre-120-225 Donald St.
(613-745-0073) <http://crrcrr.org/en>

Sandy Hill Community Health Centre - 221 Nelson Street
(613-789-6309) www.sandyhillchc.on.ca

Somerset West Community Health Centre - 55 Eccles Street
(613-238-8210) www.swchc.on.ca

Southeast Ottawa Centre - 1355 Bank Street
(613-737-4809) www.seochc.on.ca

Vanier Community Service Centre - 290 Dupuis Street
(613-744-2892) www.cscvanier.com

Western Ottawa Community Resource Centre - 2 MacNeil Court, Kanata
(613-591-3686) www.wocrc.ca

TWO

WALK IN COUNSELLING CLINICS

Catholic Family Services (310 Olmstead)

Tel: 613-233-8478, www.cfsottawa.ca

Thursdays: 12:00 to 8:00 p.m. (last walk-in session is at 6:30 p.m.)

Fridays: 12:00 - 5:00 p.m. (last walk-in session is at 3:30 p.m.)

Jewish Family Services Ottawa (300-2255 Carling Ave)

Tel: (613) 722-2225, www.jfsottawa.com

Wednesdays: 12:00 to 8:00 p.m. (last walk-in session is at 6:30 p.m.)

Sundays: 12:00 - 5:00 p.m. (last walk-in session is at 3:30 p.m.)

Family Services Ottawa (312 Parkdale Ave)

Tel: (613) 725-3601, www.familyservicesottawa.org

Tuesdays: 12:00 to 8:00 p.m. (last walk-in session is at 6:30 p.m.)

Saturdays: 12:00 - 5:00 p.m. (last walk-in session is at 3:30 p.m.)

Youth Mental Health Walk In Clinic - 18 and under (2301 Carling Ave.)

Tel: (613) 562-3004, www.ysb.on.ca

Tuesdays and Thursdays: 12 noon to 8pm



THREE

NOT FOR PROFIT COMMUNITY AGENCIES

(offer free to low fee-for-service rates)

Family Services Ottawa - 312 Parkdale Avenue (613-725-3601)

Catholic Family Services - 310 Olmstead (613-233-8478)

Jewish Family Services - 2255 Carling Avenue, Unit 300 (613-722-2225)

**Centre for Counselling and Pastoral Services - 223 Main Street
(613-782-3022)**

**Centre for Interpersonal Relationships - 338 Albert St Unit 2
(1-855-779-2347)**

Christian Counselling Ottawa - 457 Edison Avenue (613-729-8454)

**Ottawa-Carleton Immigrant Services Organization - 959 Wellington Street
(613-725-0202)**

**Lebanese and Arab Social Services Association- Suite 302,151 Slater St.
(613-236-0003)**

**Somali Centre for Family Services - 1719 Bank Street, Suite 303
(613-526-2075)**

Ottawa Chinese Community Service Centre - 381 Kent Street, Suite 208
(613-235-4875)

Minwaashin Lodge - Aboriginal Women's Support - 424 Catherine Street,
2nd Floor (613-741-5590)

Wabano Centre for Aboriginal Health-299 Montreal Rd. (613-748-5999)

Serenity Renewal for Families - 202-2255 St. Laurent Blvd, (613 523-5143),
info@serenityrenewal.ca

Youth Services Bureau-2301 Carling Ave., 18 and under (613-562-3004)

FOUR

FIND YOUR OWN COUNSELLOR: THE FOLLOWING RESOURCES OFFER VARIOUS COUNSELLING SUPPORTS:

Canadian Register of Health Service Psychologists (613-562-0900)
www.crhsp.ca

Centre for Interpersonal Relationships (1-855-779-2347), www.cfir.ca

Ottawa Anxiety and Trauma Clinic - Billings Bridge Plaza (613-733-2595)

PLEO - Parents Lifelines of Eastern Ontario (613-321-3211), www.pleo.on.ca

The Men's Project - www.themensproject.ca (613-230-6173)

FIVE

SPECIALIZED COUNSELLING

COGNITIVE BEHAVIORAL THERAPY

**Ottawa Institute of Cognitive Behavioural Therapy
411 Roosevelt Avenue, Suite 200
Ottawa K2A 3X9
(613) 820-9931**

**Centre for Cognitive Therapy - 1309 Carling Avenue
(613) 729-0801**

EATING DISORDERS

**Hopewell Eating Disorder Support Centre
(613-241-3428)**

**Ottawa Eating Disorder Clinic
(613-729-0801)**

ADDICTIONS

Drug and Alcohol Helpline 1-800-565-8603, www.dart.on.ca

**Amethyst Women's Addiction Centre
488 Wilbrod St. (613)-563-0363**

**Ottawa Addictions Access and Referral Services (OAARS)
1777 Montreal Road - 613-241-5202, <http://www.montfortrenaissance.ca>**

**Ottawa Withdrawal Management Centre
1777 Montreal Road - 613-241-1525**

**The Royal Ottawa Assessment and Stabilization Unit
1145 Carling Avenue - 613-722-6521, ext. 6508**

**Rideauwood Addiction and Family Services
312 Parkdale Avenue - 613-724-4881**

(Also see Support Groups, below)

SEXUAL ABUSE

**Centre for Treatment of Sexual Abuse and Childhood Trauma
203 MacLaren Street - 613-233-4929**

**Ottawa Rape Crisis Centre
Crisis Line: 613-562-2333**

**Sexual Assault Support Centre of Ottawa
Crisis Line: 613-725-2160**

ANXIETY MANAGEMENT

Anxiety Disorder Association of Ontario - 153 Chapel Street (613-729-6761)

GRIEF AND BEREAVEMENT COUNSELLING

**Bereaved Families of Ontario, 211 Bronson Avenue, Suite 308
(613-567-4278)**

**Pet Loss Support Group, Dr. Titcombe, Sandy Hill Community Centre
250 Somerset Street East (613-825-5001)**

SIX

SUPPORT GROUPS

Ottawa Peer Recovery Centre, 613-710-6772, ottawapeerrecovery.com

Mood Disorders of Ottawa, 613-526-5406, mooddisordersottawa.ca

Psychiatric Survivors of Ottawa, 613-567-4379, psychiatricurvivors.org

Alcoholics Anonymous, 613-237-6000, ottawaaa.org

Al-Anon Ottawa, (613) 860-3431, al-anon-ottawa.ca

Narcotics Anonymous, 1-888-811-3887, ottawana.org

Smart Recovery (cognitive-behavioural based addictions self-help groups)
<http://www.smartrecovery.ca/>

Overeaters Anonymous, 613-820-5669, <http://oa-ottawa.ca>

SEVEN

CRISIS LINES

Mental Health Crisis Line, 613-722-6914, 1-866-996-0991

Distress Centre of Ottawa & Region, 613-238-3311 or 613-722-6914

Femaide (Crisis line for French speaking women), 1-877-336-2433



i almost **GAVE UP**
but **GOD GAVE** me **HOPE**

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