

Mental Health Support for Children and Youth

Resource	Location	Demographic Served	Cost	Referral Process	Additional Information	Contact Information	Wait-Time as of March 2021
Access MHA	Virtual	16+ residing anywhere within Eastern Ontario	No cost	self-referral or physicians/nurse practitioners can refer on behalf of a patient through the website	A coordinated access platform that supports individuals in accessing mental health and addiction support in the region	https://www.accessmha.ca	No wait-time, offer same day coordination of care appointments
Bounce Back	Virtual	Individuals 15+ who reside in Ontario	No cost	doctor or nurse practitioner; self-referral is also supported but client needs to be under the care of a health care provider	A skill-building program to support mild to moderate mental health concerns. Modules are both self-directed and guided.	https://bouncebackontario.ca/	Unable to determine.
Counselling Connect	Virtual	All ages, individuals who reside within the Champlain LHIN region	No cost	self-referral	Brief counselling services; will also work with individual/family to connect to appropriate community supports	https://www.counsellingconnect.org/	No wait-time, offer same day appointments
Crossroads	Virtual + location off Maitland (Courtwood Crescent)	Children between the ages of 0-12 who reside in Ottawa or attend a school in Ottawa	No cost	self-referral	Both brief and long-term counselling services, also offer in-home support as needed	613-723-1623	Same day intake appointment; wait-time dependent on program being referred to. Currently ranging from 1 week to 6 weeks
Mind Beacon	Virtual	Individuals 16+ who reside in Ontario	No cost for individuals who reside in Ontario	self-referral	12 week course based program with online support and check-ins from a mental health practitioner	https://info.mindbeacon.com/btn542	No wait-time
Open Doors	Virtual + offices in Almonte, Carleton Place, Perth and Smiths Falls	Children and youth between the ages of 0-18 who reside in Lanark County or attend a school in Lanark County	No cost	self-referral	Brief and long-term counselling services	613-257-8260	First appointment within 48 hours
The Phoenix Centre for Children and Families	Virtual + offices in Arnprior, Renfrew, Pembroke, Killaloe and Deep River	Children and youth between the ages of 0-18 who reside in Renfrew County or attend a school in Renfrew County	No cost	self-referral	Brief and long-term counselling services	613-735-2374	Intake appointments offered same day; follow up appointments within 1-2 weeks
Rideauwood	Virtual + school based services and location off Parkdale	Individuals 12+ residing within the city of Ottawa	No cost + some sliding scale	self-referral	Addiction based support (including alcohol, drugs, technology)	613-724-4881	Dependent on program, can offer some same week appointments
Youth Services Bureau	Virtual + 3 locations in Ottawa including downtown and west Ottawa	Youth and adolescence between the ages of 12-18 who reside in Ottawa or attend a school in Ottawa	No cost	self-referral	Brief and long-term counselling services	ysb.ca	Dependent on program, can offer some same day appointments