

## Crisis Lines & Emergency Support

### **9-8-8 [Suicide Crisis Helpline](#)** (Effective Nov 30, 2023)

Call or Text 24/7/365 in English or French, Nationwide

### **The Walk-in Counselling Clinic is available 7 days per week:**

Call 613-755-2277 for hours and locations or visit [www.walkincounselling.com](http://www.walkincounselling.com)

### **Children and Youth:**

[1Call1Click.ca](#) Crisis support and system navigation up to age 16.

613-260-2360; 1 877-377-7775

[24/7 Crisis Line & Online Crisis Chat - Youth Services Jeunesse](#)

[Youth Services Bureau](#)

[Kids Help Phone](#) 1-800-668-6868; Text 686868

### **Adults:**

[AccessMHA](#) Crisis support and system navigation for adults

[24/7 Crisis Line - Ottawa Distress Centre and Region](#) 613-238-3311

Chat & Text (4pm-10pm) 343-306-5550

[Mental Health Crisis Line](#) 613-722-6914; 1-866-996-0991

[PLEO](#) 613-321-3211

(formerly Parents Lifeline of Eastern Ontario for caregivers of children up to 24 years)

### **Francophone Crisis Line:**

[Tel-Aide Outaouais](#) 1-800-567-9699 (and see below)

### **First Nations:**

First Nations and Inuit Hope for Wellness Help Line <https://www.hopeforwellness.ca/>

1-855-242-3310 or chat at website above.

### **Women Experiencing Violence and Abuse:**

[Assaulted Women's Helpline](#) 1-866-863-0511

[Sexual Assault Support Centre of Ottawa](#) 613-234-2266

[Ottawa Rape Crisis Centre](#) 613-562-2334

[Chrysalis House - Western Ottawa Community Resource Centre](#) 613-591-5901

24 hr phone line (16+)

[Lanark County Interval House](#) **24-Hour Crisis Line:** 1-800-267-7946 or (613) 257-5960 or

TTY: (613) 257-1952

[Unsafe At Home Ottawa](#) text and chat; Text/Whatsapp: 613-704-5535

[Fem'aide](#) 1-877-336-2433

[CALAS de l'Outaouais](#) 819-771-1773

### **Seniors:**

[Seniors Safety Line - Elder Abuse Prevention Ontario](#) 1-866-299-1011

Supportive phone help, safety planning, referral info.

**Addiction:**

[Mental Health & Addiction | Connex Ontario](#) 1-866-531-2600 (has chat/email options)  
[Ottawa Withdrawal Management Centre - Montfort Renaissance](#) 613-241-1525  
[Service Access to Recovery \(SAR\) - Montfort Renaissance](#) 613-241-5202  
[Community Addictions Peer Support Association \(CAPSA\)](#) 613-686-6657  
[The LESA Program: Substance Use & Problem Gambling Supports for People 55+](#)  
[Centretown Community Health Centre](#) 613-233-4443 ext. 2109

**LGBTQ+:**

[LGBT Youthline](#) (under 26yo) 1-800-268-9688  
[Pflag Canada](#) 1-888-530-6777 ext. 226  
[Trans Lifeline](#) 1-877-330-6366  
[Unsafe At Home Ottawa](#) text and chat  
[Ottawa Senior Pride Network](#) (contact form is on their website)

**Emergency Food:**

[West Carleton Food Access Centre](#) 613-832-5685 (M,W,F from 9:00-1:00)  
[Ottawa Food Bank](#) 613-745-7001  
[Renfrew County Food Banks](#)  
[Arnprior Food Bank](#) [arnpriorfoodbank@gmail.com](mailto:arnpriorfoodbank@gmail.com) 613-668-4462  
[Lanark County Food Bank - The Hunger Stop](#)

**Emergency Housing:**

City of Ottawa Emergency Shelter Information 613-560-0622 or **3-1-1** after hours  
[Ottawa region Emergency Shelter and Housing resource list](#)

**Bereavement support:**

[BFO Ottawa](#) 613-567-4278  
[Bereavement Care - Hospice Care Ottawa](#) 613-591-6002 ext. 243  
Bereavement support in French: 613-424-6560 ext. 222

**Caregiver Support:**

[Ontario Caregiver Organization](#) 1-833-416-2273 (CARE)  
[Caregiver Support – Western Ottawa Community Resource Centre](#) 613-591-3686

**Social Services:**

Ontario-wide Information and Referral: dial **2-1-1** or visit [211 Ontario](#)