

Emergency Resources

By Catherine Sullivan, MSW, RSW

For Individuals:

Name: Telehealth Ontario

Description: For mental health advice and non-crisis information across Ontario

Phone Number: 1 866-797-0000

Name: Ottawa Distress Centre

Description: 24/7 crisis calls for the Ottawa area

Phone Number: 613-238-3311

Website: www.dcottawa.on.ca

Name: Distress and Crisis Ontario

Description: If you live outside of the Ottawa area. Find a Distress Line that serves you.

Website: www.dcontario.org

For Parents and Youth:

Name: Parents Lifeline of Eastern Ontario (PLEO)

Description: For parents of children up to 25 dealing with mental health challenges in Eastern Ontario

Phone Number: 613.321.3211 or 855.775.7005

Website: www.pleo.on.ca

Name: Youth Services Bureau of Ottawa

Description: 24/7 crisis calls for youth and parents of youth under 18 in the Ottawa Area

Phone Number: 613-260-2360

Website: www.ysb.ca

Name: Kids Help Phone

Description: National hotline for youth in crisis

Phone Number: 1-800-668-6868

Website: <https://kidshelpphone.ca/>