

Ottawa Mental Health Resources:

Updated October, 2014.

Know of any other helpful mental health resources not included on this list? Please email them to:
stephgauthier@outlook.com.

ADAO- Anxiety Disorders Association of Ontario:

<http://www.anxietydisordersontario.ca/>

613-729-6761

Toll-Free Information Line: 1-877-308-3843

E-mail: info@anxietydisordersontario.ca

The 14-Week Anxiety Management Workshop is offered several times throughout the year in Ottawa, Ontario. The workshop runs for 2 and a 1/ 2 hours on a weekly basis and is facilitated by professionals.

A.P.P.L.E- A Post Psychiatric Leisure Experience

<http://www.appledropin.com/index.html>

Offers mutual support at their drop-in, as well as, affordable recreational activities both at A.P.P.L.E and in the community. Striving to offer a warm supportive and safe atmosphere for their members, all of whom have emotional or psychiatric challenges, A.P.P.L.E tries to prevent hospitalization through encouraging membership participation, including volunteer work and employment, in the operations of their organization.

Canadian Mental Health Association- Ottawa Branch:

<http://ottawa.cmha.ca/>

(613) 737-7791

The Canadian Mental Health Association, Ottawa Branch, is a community-based, registered charity dedicated to promoting good mental health, developing and implementing support systems and services and encouraging public action to strengthen community mental health services and related policies and legislation.

Catholic Family Service Ottawa:

<http://www.cfsottawa.ca/>

613-233-8478

TTY: 613-233-1866

Provides counseling and support services to individuals, couples and families in French and English. The CFSO team is dedicated in particular to ensuring services are provided to vulnerable and marginalized populations.

Catholic Mental Health Counseling:

Email: lighthouse_counselor@live.ca

Phone: (613) 864-8856.

Experienced Counselor in working with, but not limited to, anxiety, stress, depression, addictions, relationships, bullying, and workplace abuse.

Catholic Mental Health Support Group:

<http://www.annunciation-ottawa.com/catholic-mental-health-support-group>

(613) 745-7774

2414 Ogilvie Rd., Ottawa, ON

Come and meet for support and prayer with others affected by mental illness on the first and third Monday of each month at 7:00pm to 8:30pm at Annunciation of the Lord Parish (2414 Ogilvie Rd., Ottawa, ON), in the Parish Library. Feel free to contact the group's facilitator, Stephanie Gauthier, with any questions at stephgauthier@outlook.com.

eMentalHealth.ca:

<http://www.ementalhealth.ca/>

Looking for mental health help? [eMentalHealth.ca](http://www.ementalhealth.ca) provides anonymous, confidential and trustworthy information, 24 hours a day, 365 days a year. Search and find the mental health resources in your area.

Family Services Ottawa:

<http://familyservicesottawa.org/>

Offers counseling and support services to anybody in Ottawa who needs it.

Mental Health and the Church:

<http://mentalhealthandthechurch.com/>

Video YouTube Feed: <http://bit.ly/mentalhealthchurch>

Messages from the historic *Gathering on Mental Health* and the Church (including additional new interviews and messages) from over 30 speakers. These messages are designed to offer hope as well as practical tools to those living with depression, Bipolar Disorder, eating disorders, addictions, anxiety, and Borderline Personality Disorder. Topics include removing stigma, suicide-risk reduction, church counseling, support groups, crisis management, and holistic care.

Mental Health Ministries:

<http://www.mentalhealthministries.net/index.html>

Mental Health Ministries is an interactive web based ministry to provide educational resources to help erase the stigma of mental illness in our faith communities.

Mood Disorders Ottawa:

<http://www.mooddisordersottawa.ca/>

Info-line: 613-526-5406

Email: mdosupport@hotmail.com

Mood Disorders Ottawa Mutual Support Group (MDO) is a peer-run volunteer organization. Members of MDO and individuals living with a mood disorder, our families and friends, engage in mutual support to improve the quality of our lives and to work at creating opportunities to reconnect with self and others. Together we aim to offer a beacon of hope that people living with mental health challenges can and do live well. To these ends, MDO provides resources, programs, support groups, social and recreational activities for our members and their families and friends.

National Alliance on Mental Illness:

<http://www.f2fontario.ca/>

The Family-to-Family Programs in Ontario are free education program and support to families, friends and partners of people with a mental illness, and in some parts of Ontario an education program to service providers.

Ottawa OCD Support Group:

<http://www.ocdottawa.com/meetings/>

Email Contact: mark@ocdottawa.com

This is a self-help group, where individuals share coping strategies with a CBT (Cognitive Behavioral Therapy) focus. Meetings are held in a relaxed, informal, round table like environment. Attendance will vary between 5-10 people of various ages and gender. Most individuals come alone and some are accompanied by a family member at times. Books we reference regularly at each meeting for CBT include *Freedom From Obsessive-Compulsive Disorder* by Jonathan Grayson, Ph.D. and *Brain Lock* by Jeffrey M. Schwartz, M.D. with Beverly Beyette.

When: Meetings are held every second Wednesday between 7:30pm – 10:00pm.

Where: McNabb Community Centre, 180 Percy Street.

Please e-mail Mark (mark@ocdottawa.com) before attending your first meeting.

Ottawa OCD Parent/Family Support Group:

<http://www.ocdottawa.com/meetings/>

Phone Contact: (Barb) 613-831-3222

Email Contact: (Barb) barb@ocdottawa.com

This group is parent led, informal, with a positive, solutions oriented focus for parents/family, and anyone dealing with a person affected with OCD. Please e-mail (barb@ocdottawa.com) or call Barb @ 613-831-3222 to RSVP if you plan on attending.

When: Meetings are held on the 2nd Wednesday of every month between 7:30pm – 9:30pm

Where: Ralph and Sons Diner, 3420 Carling Ave.

Ottawa Network for Borderline Personality Disorder:

<http://www.on-bpd.ca/>

The main objective of ON-BPD is to provide support and to educate relatives of persons who are affected by BPD. This is done through the Family Connections Program, conferences and lectures.

Pathways to Promise: Ministry and Mental Illness:

<http://www.pathways2promise.org/>

Pathways to Promise is an interfaith cooperative of many faith groups. They provide assistance and are a resource center, which offers liturgical and educational materials, program models, caring ministry with people experiencing a mental illness and their families.

Psychiatric Survivors of Ottawa

<http://www.psychiatricsurvivors.org/>

613-567-4379

Email: psychsurvivors@gmail.com

Drop-in & Resource Centre

PSO members are welcome to gather in our comfortable drop-in centre, where we exchange ideas and information, and enjoy each other's company over a cup of tea or coffee.

- Office resources available to members include computers with internet and e-mail access, a photocopier (5 cents per copy), a fax machine and a lending library.
- Community information boards are available for browsing.
- The Community Resource Guide, produced by PSO, is available free of charge to members.
- PSO staff offer information and referrals to members and the public over the telephone; please call during our office hours, which are Tuesday to Friday, 12:00 to 4:00p.m.

Peer Support, Community Transitions, and Education

Peer support encourages us to help ourselves. PSO runs a number of self-help groups throughout the week. The groups can have a specific topic for discussion or can be an open group where members can talk about what concerns them. While all groups have a facilitator they are generally self-managed.

Current Peer Support Group Include:

Alternate Realities

- Christian Wholeness
- Community Transitions
- De-cluttering
- Family Support
- Living with Voices
- Men's
- Peer Recovery
- Peer Support
- Women's

Other Educational Groups Include:

- WRAP
- Family WRAP
- Pathways
- PeerFit
- Mindfulness
- Gaining Autonomy with my Medication

For more information visit: <http://www.psychiatricsurvivors.org/update-newsletter.html>

YSB's Youth Mental Health Services

<http://www.ysb.ca>

613-562-3004

Offers youth mental health walk-in clinic, as well as, youth and family counseling.

Where: 2301 Carling Avenue (East of Lincoln Fields Transitway Station)

Schizophrenia Society of Ontario:

<http://www.schizophrenia.on.ca/>

Programs & Services

The Schizophrenia Society of Ontario offers programs and services across the province that support, educate, engage and empower individuals, families and communities impacted by schizophrenia and psychotic illness. Programs and services include:

[Ask the Expert.](#)

[Early Intervention,](#)
[Strengthening Families Together](#)
[Schizophrenia Society of Ontario Scholarship Program](#)
[Sound Off \(youth engagement\)](#)
[Justice and Mental Health Program](#)

Immediate Help Available:

Mental Health Crisis Line:

If you or someone you know is experiencing a mental health problem and is in crisis, call toll free, 24 hours a day. First point of access to the bilingual mental health system. Intended for individuals 16 years and older.

Within Ottawa: 613-722-6914
Outside Ottawa: 1-866-996-0991
<http://www.crisisline.ca/>

Mental health Distress Line of Ottawa and Region
613-238-3311

Tel-Aide Outaouais

French distress line for Ottawa and Outaouais.
613-741-6433
819-776-2649
Mon-Sun: 8 a.m.-12 a.m.

Child, Youth and Family Crisis Line for Eastern Ottawa:

<http://www.icrs.ca/en>
Within Ottawa: 613-260-2360
Long Distance Toll-Free for Eastern Ontario: 1-877-377-7775

If you are feeling overwhelmed as a parent or youth you can call for support. Service in both official languages.