



Community Resources

<p>☎ Crisis Line</p> <p>Contact: Within Ottawa 613-722-6914 Outside Ottawa: 1-866-996-0991</p> <p>Website: www.crisisline.ca</p>	<p>☎ Distress Centre</p> <p>Contact: 613-238-3311</p> <p>Who: All ages</p> <p>Website: www.dcottawa.on.ca</p>
<p>☎ Private Practice Psychologists</p> <p>Fee for service ranges from \$130-\$195/session; often partially covered by insurance when accompanied by referral from a GP)</p> <p>Gilmour Psychological Services 437 & 430 Gilmour St, Ottawa ON, K2P 0R6 Tel : 613-230-4709 Website : www.ottawa-psychologists.com</p> <p>Hébert & Associates 203 Maclaren St, Ottawa ON, K2P 0L4 Tel: 613-565-9090 Website: www.hebert.ca</p> <p>Ottawa Couple and Family Institute 1869 Carling Avenue, Suite 201, Ottawa ON, K2A 1E6 Tel: 613-722-5122 Website: www.ocfi.ca</p> <p>Ottawa Institute of Cognitive Behavioural Therapy 411 Roosevelt Ave, Suite 200, Ottawa ON, K2A 3X9 Tel: 613-820-9931 Website: www.ottawacbt.ca (Provides group therapy - \$50/session)</p> <p>Referral: Physician referral required.</p>	<p>☎ Low-Cost Psychological or Counseling Services</p> <p>Fees are on a sliding scale based on income; services offered by social workers, or graduate students supervised by licensed Psychologists.</p> <p>Centre for Psychological Services, University of Ottawa Tel: 613-562-5289 Website: www.socialsciences.uottawa.ca/psy/eng/cps.asp</p> <p>Counseling and Pastoral Services, St. Paul's University Tel: 613-782-3022 or 613-782-3023 Website: http://137-122-62-13/counselling/index)e.asp</p> <p>Family Services à la famille Ottawa 312 Parkdale Avenue, Ottawa ON, K1Y 2S3 Tel: 613-725-3601 Website: www.familyservicesottawa.org</p> <p>Centrepointe Professional Services 98 Centrepointe Drive, Nepean ON, K2G 7E6 Tel: 613-228-1174 Website: www.centrepointepros.com</p> <p>Catholic Family Services 312 Olmstead St, Ottawa ON, K1L 7K1 Tel: 613-233-8478 Website: www.cfssc-ottawa.org</p> <p>Jewish Family Services of Ottawa 2255 Carling Ave, Ottawa ON, K2B 7G3 Tel: 613-722-2225 Website: www.jfsottawa.com</p>
<p>☎ Royal Ottawa Mental Health Centre</p> <p>1145 Carling Ave, Ottawa ON, K1Z 7K4 Tel: 613-722-6521</p> <p>Who: Offers OHIP-funded services for mood and anxiety disorders, as well as substance abuse, sleep problems and schizophrenia</p> <p>Language: English, French</p> <p>Referral: Can self-refer for some programs, others</p>	<p>☎ Mindfulness Based Programs</p> <p>Fee for services ranges from \$425-\$725/course; often websites for course dates.</p> <p>Ottawa Mindfulness Clinic Website: www.ottawamindfulnessclinic.com Also offer a “burnout resiliency” training program.</p> <p>Ottawa Mindfulness Website: http://ottawamindfulness.ca Also offer a free course for area residents of Carlington Community & Health Centre</p>



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<p><i>require referral from a physician</i></p>	<p>The Mindfulness Clinic Website: www.themindfulnessclinic.ca Located in Toronto however offer an on-line course for anyone in Ontario</p>
<p>Ⓜ Associations and Support Groups</p> <p>Ottawa Heart Support Group Website: http://ottheartsupport.bravehost.com Free monthly information and support meetings for anyone diagnosed with heart disease. Open to patients and family members.</p> <p>Ottawa ICD Support Group Tel: 613-798-5555 x13095 or bquinlan@ottawaehart.ca (Bonnie Quinlan, APN). Monthly information and support meetings. Open to all ICD patients and family members.</p> <p>Mood Disorders Association Website: www.mooddiorders.ca or www.mooddisordersottawa.ca Education and support groups for individuals and family members, as well as ongoing wellness courses.</p> <p>Anxiety Disorders Association Website: www.anxietydisordersontario.ca Education and supports for individuals and family members, as well as a 14-week anxiety management course for \$425; as well as drop-in mindfulness and relaxation class (\$12/class)</p> <p>Canadian Mental Health Association Website: www.cmha.ca or www.cmhaottawa.ca Offers information and support, as well as a mental health referral service. To access call 613-737-7791 during regular business hours and ask to speak to the information and referral worker.</p>	<p>Ⓜ Online Resources</p> <p>Anti-Depressant Skills – Workbooks Website: www.comh.ca/selfcare Free workbooks that can be downloaded or read online</p> <p>The Mindfulness Solution Website: http://mindfulness-solution.com Free mindfulness recordings that can be downloaded or listened to online.</p> <p>Ⓜ For More Resources on Mental Health Services:</p> <p>Mental health Service Information Ontario www.mhsio.on.ca 1-866-531-2600</p> <p>Directory of Ottawa Community Services www.cominfo-ottawa.org 613-241-INFO (4636)</p>