



## Community Resources

<p><b>☎ Crisis Line</b></p> <p>Contact: Within Ottawa 613-722-6914 Outside Ottawa: 1-866-996-0991</p> <p>Website: <a href="http://www.crisisline.ca">www.crisisline.ca</a></p>	<p><b>☎ Distress Centre</b></p> <p>Contact: 613-238-3311</p> <p>Who: All ages</p> <p>Website: <a href="http://www.dcottawa.on.ca">www.dcottawa.on.ca</a></p>
<p><b>☎ Private Practice Psychologists</b></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 &amp; 430 Gilmour St, Ottawa ON, K2P 0R6 Tel : 613-230-4709 Website : <a href="http://www.ottawa-psychologists.com">www.ottawa-psychologists.com</a></p> <p>Hébert &amp; Associates 203 Maclaren St, Ottawa ON, K2P 0L4 Tel: 613-565-9090 Website: <a href="http://www.hebert.ca">www.hebert.ca</a></p> <p>Ottawa Couple and Family Institute 1869 Carling Avenue, Suite 201, Ottawa ON, K2A 1E6 Tel: 613-722-5122 Website: <a href="http://www.ocfi.ca">www.ocfi.ca</a></p> <p>Ottawa Institute of Cognitive Behavioural Therapy 411 Roosevelt Ave, Suite 200, Ottawa ON, K2A 3X9 Tel: 613-820-9931 Website: <a href="http://www.ottawacbt.ca">www.ottawacbt.ca</a> (Provides group therapy - \$50/session)</p> <p><b>Referral: Physician referral required.</b></p>	<p><b>☎ Low-Cost Psychological or Counseling Services</b></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: <a href="http://www.socialsciences.uottawa.ca/psy/eng/cps.asp">www.socialsciences.uottawa.ca/psy/eng/cps.asp</a></p> <p>Counseling and Pastoral Services, St. Paul's University Tel: 613-782-3022 or 613-782-3023 Website: <a href="http://137-122-62-13/counselling/index)e.asp">http://137-122-62-13/counselling/index)e.asp</a></p> <p>Family Services à la famille Ottawa 312 Parkdale Avenue, Ottawa ON, K1Y 2S3 Tel: 613-725-3601 Website: <a href="http://www.familyservicesottawa.org">www.familyservicesottawa.org</a></p> <p>Centrepointe Professional Services 98 Centrepointe Drive, Nepean ON, K2G 7E6 Tel: 613-228-1174 Website: <a href="http://www.centrepointepros.com">www.centrepointepros.com</a></p> <p>Catholic Family Services 312 Olmstead St, Ottawa ON, K1L 7K1 Tel: 613-233-8478 Website: <a href="http://www.cfssc-ottawa.org">www.cfssc-ottawa.org</a></p> <p>Jewish Family Services of Ottawa 2255 Carling Ave, Ottawa ON, K2B 7G3 Tel: 613-722-2225 Website: <a href="http://www.jfsottawa.com">www.jfsottawa.com</a></p>
<p><b>☎ Royal Ottawa Mental Health Centre</b></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><b>Referral: Can self-refer for some programs, others</b></p>	<p><b>☎ Mindfulness Based Programs</b></p> <p>Fee for services ranges from \$425-\$725/course; often websites for course dates.</p> <p>Ottawa Mindfulness Clinic Website: <a href="http://www.ottawamindfulnessclinic.com">www.ottawamindfulnessclinic.com</a> Also offer a “burnout resiliency” training program.</p> <p>Ottawa Mindfulness Website: <a href="http://ottawamindfulness.ca">http://ottawamindfulness.ca</a> Also offer a free course for area residents of Carlington Community &amp; Health Centre</p>



## Community Resources

<p><i>require referral from a physician</i></p>	<p>The Mindfulness Clinic Website: <a href="http://www.themindfulnessclinic.ca">www.themindfulnessclinic.ca</a> Located in Toronto however offer an on-line course for anyone in Ontario</p>
<p><b>Ⓜ Associations and Support Groups</b></p> <p>Ottawa Heart Support Group Website: <a href="http://ottheartsupport.bravehost.com">http://ottheartsupport.bravehost.com</a> 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 <a href="mailto:bquinlan@ottawaheart.ca">bquinlan@ottawaheart.ca</a> (Bonnie Quinlan, APN). Monthly information and support meetings. Open to all ICD patients and family members.</p> <p>Mood Disorders Association Website: <a href="http://www.mooddisorders.ca">www.mooddisorders.ca</a> or <a href="http://www.mooddisordersottawa.ca">www.mooddisordersottawa.ca</a> Education and support groups for individuals and family members, as well as ongoing wellness courses.</p> <p>Anxiety Disorders Association Website: <a href="http://www.anxietydisordersontario.ca">www.anxietydisordersontario.ca</a> 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: <a href="http://www.cmha.ca">www.cmha.ca</a> or <a href="http://www.cmhaottawa.ca">www.cmhaottawa.ca</a> 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><b>Ⓜ Online Resources</b></p> <p>Anti-Depressant Skills – Workbooks Website: <a href="http://www.comh.ca/selfcare">www.comh.ca/selfcare</a> Free workbooks that can be downloaded or read online</p> <p>The Mindfulness Solution Website: <a href="http://mindfulness-solution.com">http://mindfulness-solution.com</a> Free mindfulness recordings that can be downloaded or listened to online.</p> <p><b>Ⓜ For More Resources on Mental Health Services:</b></p> <p>Mental health Service Information Ontario <a href="http://www.mhsio.on.ca">www.mhsio.on.ca</a> 1-866-531-2600</p> <p>Directory of Ottawa Community Services <a href="http://www.cominfo-ottawa.org">www.cominfo-ottawa.org</a> 613-241-INFO (4636)</p>