

## KeepSafe Connections

KeepSafe Connections are **Able, Approachable, and Available** to you.

<b>Crisis Services</b>			
Services and Language	Contact Information		Age (years)
Distress Centre of Ottawa and Region (Bilingual) (24 hours a day/7 days a week)	613-238-3311	<u>Chat &amp; Text</u> 343-306-5550 10 am-11pm	All
Mental Health Crisis Line (Bilingual) (24 hours a day/7 days a week)	613-722-6914	<b>Outside Ottawa</b> 1-866-966-0991	16+
Tel-Aide Outaouais (French) (24 hours a day/7 days a week)	613-741-6433 or 1-800-567-9699	Gatineau residents 819-775-3223	All
Hope for Wellness Help Line (Bilingual, Other) (24 hours a day/7 days a week)	1-855-242-3310	Live Chat	All Indigenous people
<b>Child/ Youth Crisis Services</b>			
Youth Services Bureau (Bilingual) (24 hours a day/7 days a week)	613-260-2360 or 1-877-377-7775	Live Chat	12-18
Kids Help Phone (Bilingual) (24 hours a day/7 days a week)	1-800-668-6868 or Text 686868	Live Chat 7 p.m. to midnight	Birth to 20
Good2talk (Bilingual) (24 hours a day/7 days a week)	1-866-925-5454	Text 686868	Post-secondary Students

### **Sexual Assault/ Violence & Abuse Support**

Ottawa Rape Crisis Centre Crisis Line (English) (24 hours a day/7 days a week)	613-562-2333		All
Sexual Assault Support Centre (English)	613-234-2266		All
Unsafe at Home Ottawa (Bilingual) (7days/week, 8:30 am to midnight)	613-704-5535	Live Chat	All

### **System Navigation Resources**

<u>AccessMHA.ca</u> (16 years and older): Single point of entry to eastern Ontario's system of care for mental health and addictions.	<u>1call1click.ca</u> (birth to 21 years): is a simple way for children, youth, and families to access the right mental health and addiction care, at the right time.
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### **Short-term Counselling Services**

<u>CounsellingConnect.org</u> provides quick access to a free phone or video counselling session. This service is for everyone: children, youth, adults, and families in Ottawa and the surrounding area.	Walk-in Counselling Clinic 613-755-2277 or <u>walkincounselling.com</u> . They have free counselling in English, French, Arabic, Spanish, Somali, Cantonese and Mandarin.
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### **Other Resources**

Emergency Services (Police/Fire/Paramedic): 911	Ottawa Police Services: 613-230-6211
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Who or what might be **on other's list** of KeepSafe Connections?

For more support and information visit [OttawaPublicHealth.ca/MentalHealthandWellness](http://OttawaPublicHealth.ca/MentalHealthandWellness).

Revised March 10, 2023