**MENTAL HEALTH CRISIS RESOURCE LIST**

***[Mental Health Crisis Line](https://www.ementalhealth.ca/index.php?m=record&ID=24690" \t "_top)***

All Ages

**613-722-6914**

[**crisisline.ca**](http://crisisline.ca/)

***Suicide Prevention Line (Canada)***

**1.833.456.4566 (Canada)**

**1.800.273.8255 (U.S.A.)**

[***Distress Centre of Ottawa and Region***](https://www.ementalhealth.ca/index.php?m=record&ID=9218)

16 years and above

**613-238-3311**

[**dcottawa.on.ca**](http://www.dcottawa.on.ca/)

[***Tel-Aide Outaouais***](https://www.ementalhealth.ca/index.php?m=record&ID=9221)

All ages

**819-775-3223**

[**tel-aide-outaouais.org**](http://www.tel-aide-outaouais.org/)

[***ConnexOntario***](https://www.ementalhealth.ca/index.php?m=record&ID=17670)

All ages

**1-866-531-2600**

[**connexontario.ca**](http://www.connexontario.ca/)

***[Distress Centres Ontario](https://www.ementalhealth.ca/index.php?m=record&ID=9403" \t "_top)***

All ages

**416-486-2242**

[**dcontario.org**](http://www.dcontario.org/)

***[Crisis Services Canada](https://www.ementalhealth.ca/index.php?m=record&ID=55840" \t "_top)***

All ages

**437-317-4488**

[**crisisservicescanada.ca**](http://www.crisisservicescanada.ca/)

[***First Nations and Inuit Hope for Wellness Help Line***](https://www.ementalhealth.ca/index.php?m=record&ID=51915)

All ages

**1-855-242-3310**

[**canada.ca/en/indigenous-services-canada/services/first-nations-inuit-health/health-promotion/mental-health-wellness.html**](https://www.canada.ca/en/indigenous-services-canada/services/first-nations-inuit-health/health-promotion/mental-health-wellness.html)

[***Youth Services Bureau of Ottawa (YSB)***](https://www.ementalhealth.ca/index.php?m=record&ID=8581)

Up to 18 years

**613-260-2360**

**1-877-377-7775 (Toll Free)**

[**ysb.ca/crisisline**](http://www.ysb.ca/crisisline)

[***Kids Help Phone***](https://www.ementalhealth.ca/index.php?m=record&ID=16389)

Ages 5-20

**416-586-5437**

[**kidshelpphone.ca**](http://www.kidshelpphone.ca/)

[***Ontario Poison Centre***](https://www.ementalhealth.ca/index.php?m=record&ID=10179)

All ages

**1-800-268-9017**

**ontariopoisoncentre.ca**

**WEBSITES**

[***NEED2 Prevention Education and Support (NEED2)***](https://www.ementalhealth.ca/index.php?m=record&ID=10528)***:***[***Youthspace.ca [Online and SMS Text Chat]***](https://www.ementalhealth.ca/index.php?m=record&ID=22589)

Up to age 30

[youthspace.ca](http://youthspace.ca/)

***Big White Wall Canada***

16 years and above

bigwhitewall.ca