

# Resources

**211 Ontario:** (information on community and social services) 647-694-4275, or email: [askus@youthline.ca](mailto:askus@youthline.ca)

**Black Youth Helpline:** 416-285-9944, <https://blackyouth.ca/>

**Catholic Centre for Immigrants:** 613-232-9634, <http://cciottawa.ca/>

**Counselling Connect:** (provides free access to a same-day or next day phone or video counselling) <https://www.counsellingconnect.org/>

**Crossroads Children's Centre:** (walk in by appointment) 613-723-1623 x232, <https://crossroadschildren.ca/>

**Family Services Ottawa:** (counselling by phone) 613-725-3601, <https://familyservicesottawa.org/>

**Immigrant Women's Services:** 613-729-3145, <https://www.immigrantwomenservices.com/>

**Inuuqatigiit Center for Children, Youth and Families:** <http://inuuqatigiit.ca/#>

**Jaku Konbit:** (Black youth support group) 613-567-0600, <http://www.jakukonbit.com>

**Lesbian, Gay Bi Trans Youthline:** (peer support, referral & resources for youth 29y years and under). Sunday-Friday 4:00-9:30pm, Chat: [www.youthline.ca](http://www.youthline.ca)

**Métis Nation of Ontario:** 613-748-1880 ex 302, <http://www.metisnation.org/>

**Minwaashin Lodge Centre for Indigenous Women:** <https://www.minlodge.com/>

**OCISO:** (staff working remotely) 613-725-5671x316, email: [info@ociso.org](mailto:info@ociso.org)

**Parents Lifeline of Eastern Ontario:** (9:00 a.m. to 7:00 p.m.) 613-321-3211, <https://www.pleo.on.ca/>

**Rideauwood Addictions and Family Services:** 613-724-4881, <https://www.rideauwood.org/>

**Somali Centre for Family Services:** 613-526-2075, <https://scfsottawa.org/>

**Wabano Centre:** <https://wabano.com/health-and-wellness/mental-wellness/>

**Walk-In Counselling Clinic:** (offers everyone; adults, children, youth and couples, immediate and free counselling with qualified Registered Counsellors in many locations in the Ottawa area) [www.walkincounselling.com](http://www.walkincounselling.com)

**YouTurn Youth Support Services:** <https://youturn.ca>