

# Mental Health Resources

## Crisis Line – for All

## Adult Counselling

## Services for Teens & Children

## Other Resources

### Mental Health Crisis Line (16 and up)

Phone number: 1-866-996-0991  
<https://crisisline.ca/>

### Crisis Line for Child, Youth and Family of Eastern Ontario

Phone number: 613-260-2360  
Toll Free: 1-877-377-7775  
<http://www.icrs.ca/en/>

\*Serves children and youth, parents, guardians, caregivers

### Kids Help Phone 24/7

Phone number: 1-800-668-6868  
Text CONNECT to 686868  
<https://kidshelpphone.ca/>

### Rideau St. Lawrence Family Health Team – Counselling Program

(ages 18-65)  
Phone number: 613-441-2028

### Counselling and Support Services of S.D. & G.

Phone Number: 613-932-4610  
<http://css-sdg.ca/>

\*Walk in Counselling Clinic Available  
Thursday's 1:00 pm-8:00pm (no fee, single session)

### Adult Mental Health Services (16 and over)

Phone number: 613-361-6363  
<https://www.cornwallhospital.ca/en/AdultCounselling>

### Child and Youth Mental Health Services (18 and under)

Phone number :1-844-361-6363  
<https://www.cornwallhospital.ca/en/ChildrenMentalHealth>

### WES For Youth Online (ages 13-24)

[www.wesforyouthonline.ca](http://www.wesforyouthonline.ca)  
\* Free online counselling for Ontario Youth

### Cornwall Youth Hub (ages 12-25)

Phone/Text: 613-577-7216  
\*Mental Health/Addiction  
\*Nurse Practitioner  
\*Walk-in clinic available Tuesday 1-8pm,  
Wednesday/Thursday 1-4pm  
<https://youthhubs.ca/en/>

### Equipe psycho-sociale (French services only) (18 and under)

Phone number: 613-938-7112  
<https://equipepsychosociale.com/>

### BounceBack

(15 and older) Service by phone (6 sessions over 3-6 months)

<https://bouncebackontario.ca/>

\* Free online videos  
\*Free workbooks send to your home  
\*Self-refer or you can talk with your family doctor

### Beacon

(16 and older)  
6-10 weeks with an online therapist  
<https://www.mindbeacon.com/>

### The Royal – Ontario structured psychotherapy program (OSP) (18 and older)

Phone number: 613-722-6521  
<https://www.theroyal.ca/osp>  
\* Depression, anxiety disorders, obsessive-compulsive disorder, and/or post-traumatic stress disorder  
\* Required: referral from a physician or a nurse practitioner  
\* In person or via telemedicine (about 12 sessions- 1 time per week or every 2 weeks)