

Free Counselling Resources for Dovercourt Employees

Youth & Family Counselling:

- Youth Services Bureau of Ottawa <https://www.ysb.ca/> (12 - 17yrs)

Youth, Adult & Family Counselling Services:

- Family Services Ottawa <https://familyservicesottawa.org/>
- Counselling and Family Services <https://cfsottawa.ca/>
- The Counselling Group (JFS) <https://thecounsellinggroup.com/>
- The Walk-In Clinic <https://walkincounselling.com/>

Crisis Lines

- Suicide Crisis Helpline Canada <https://988.ca/>
- Mental Health Crisis Line <https://crisisline.ca/>
- Distress Centre <https://www.dcottawa.on.ca/>
- Kids Help Phone <https://kidshelpphone.ca/>
- Tele-Aide Outaouais <https://telaideoutaouais.ca/>
- Youth Services Bureau <https://www.ysb.ca/services/ysb-mental-health/24-7-crisis-line/>
- Ottawa Rape Crisis Centre <https://orcc.net/>

Service Navigation

This is a helpful resource if you don't find what you are looking for in the list provided.

- 211 Ontario - Service Navigation <https://211ontario.ca/>

