



Child and Youth Mental Health Resources

Catholic Family Services of Ottawa

613.233.8478
www.cfsottawa.ca

Centre psychosociale pour enfants et familles

613.789.2240
www.centreprychosocial.ca

Children's Hospital of Eastern Ontario (CHEO)

613.737.7600
www.cheo.on.ca

Crossroads Children's Centre

613.723.1623 ext.232
www.crossroadschildren.ca

Jewish Family Services of Ottawa

613.722.2225
www.jfsottawa.com

Kids Help Phone Line

1.800.668.6868
www.kidshelpphone.ca

Main Street Community Services

613.831.6606
www.mainstreetcommunityservices.com

Odawa, Akwe:go Program

613.722.3811, ext. 243
www.odawa.on.ca

Ottawa Aboriginal Head Start Program

613.724.5844
www.aboriginalcanada.ca

Ottawa Distress Centre

613.238.3311
www.dcottawa.on.ca

Ontario Centre of Excellence for Child and Youth Mental Health

613.737.2297
www.excellenceforchildandyouth.ca

Royal Ottawa Mental Health Centre Youth Program

613.722.6521
www.rohcg.on.ca

Youth Services Bureau

613.729.1000
www.ysb.on.ca

Youthnet

613.738.3915
www.youthnet.on.ca



Contact Us

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