

Mental Health Resources

Kids Help Phone

1-800-668-6868

Need to talk? Is something on your mind? Our counsellors are here to help.

Our service is:

- 24/7
- Anonymous
- Free
- Confidential
- Professional
- For ages 20 and under

No two people are the same. That's why we believe that you have choices when it comes to dealing with a problem. We can't tell you what to do, but we are here to help you explore your options. You'll decide what's best for you.

Child, Youth and Family Crisis Line for Eastern Ontario

1-877-377-7775 (Long distance toll-free) or 613-260-2360 (in Ottawa)

The Child, Youth and Family Crisis Line is a new 24-hour telephone service for children, youth and families in Eastern Ontario who are experiencing crisis.

The service is for children and youth – aged 18 and under – who are experiencing a crisis and for parents, guardians, caregivers, friends or service providers who are concerned about a young person in crisis.

The service is available 24/7.

People call crisis lines for many reasons. Don't hesitate to call if you feel you just cannot cope. Your call will be answered by a caring professional who has the specialized expertise to help young people in crisis and who is connected to child and youth service providers in your community.

Community Mental Health – Pembroke Regional Hospital

To make a referral or request additional information, call 613-732-8770, Ext. 8006 or 1-800-991-7711, Ext. 8006

Services Renfrew County residents with mental illness including those suffering chronic long term psychiatric illness. For individuals 16 and older diagnosed with a mental illness. This service provides case management, crisis response, court support, Assertive Community Treatment Team, support for families and consumers, psychological/social rehabilitation programming, advocacy, and life skills. These programs help to maintain and improve client functioning, reduce hospital admissions, and raise awareness about mental illnesses. All services are provided in Pembroke, Renfrew, Arnprior and Barry's Bay.

Addictions Treatment Service

(613) 432-9855; Monday to Friday 9 am to 4 pm or 1-800-265-0197

Addictions Treatment Service (ATS) is an outpatient treatment program serving Renfrew County with six office locations (Renfrew, Pembroke, Arnprior, Deep River, Eganville and Barry's Bay).

ATS provides confidential assistance to individuals 12 years of age or older who are experiencing problems with alcohol, drugs or gambling.

Assistance offered includes:

- Assessment
 - Referral to appropriate resources
 - Outpatient treatment
 - Education and information
 - Follow-up/Aftercare
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The Phoenix Centre for Children and Families

(613) 735-2374 (Pembroke Office)

Provides walk-in counselling for mental health and addictions – Feeling sad or depressed? Worried about school or home? Frustrated or angry? Concerned about alcohol, drugs or gambling? In need of parenting resources?

Phoenix Centre provides a 1-hour counselling session at no cost that suits your needs and that can help make things better.

See attached flyer for more details.

Robbie Dean Family Counselling Centre

(613) 635-4715, Ext. 4; Suicide Prevention and Crisis Clinic: 613-433-4231

The Robbie Dean Family Counselling Centre provides walk-in clinics throughout Renfrew County. These services are available at no cost and no referral is needed. They offer:

- Crisis De-escalation
 - Suicide prevention
 - Short term counselling
 - Parent education Assistance with where to get help
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eMental Health

www.eMentalHealth.ca

Looking for information about mental health, and where to find help? eMentalHealth.ca is website that provides anonymous, confidential and trustworthy information, 24 hours a day, 365 days a year.

eMentalHealth.ca is a non-profit initiative of the Children's Hospital of Eastern Ontario (CHEO) dedicated to improving the mental health of children, youth and families.

