

Crisis Support	
<p>Mental Health Crisis Line 613-722-6914 / 1-866-996-0991 http://www.crisisline.ca/</p>	24/7 – Available in English and French
<p>Tel-Aide Outaouais Help Line 613-741-6433 / 1-800-567-9699</p>	8:00 a.m. to midnight 7 days a week
<p>Distress Centre Ottawa and Region 613-238-3311 Http://www.dcottawa.on.ca/</p>	24/7 – Services in English Only
<p>University of Ottawa Security – Emergency Line 613-562-5411 https://www.uottawa.ca/protection/en</p>	24/7 – Available in English and French
<p>Walk-in Counselling Clinic https://walkincounselling.com/</p>	Free counselling services, no appointments necessary. Three sites across Ottawa.
<p>PARO Helpline 1-866-HELP-DOC http://www.myparo.ca/helpline/</p>	The 24 Hour Helpline is available to residents, their partners and family members, as well as medical students. Accessible anywhere in Ontario, 24 hours a day, 7 days a week
<p>Employee Assistance Program (EAP)</p> <p>Morneau Shepell – (All faculty, staff and residents from all hospitals except those at CHEO, also includes Faculty of Medicine Graduate students) 1-844-880-9142 www.workhealthlife.com</p> <p>Homewood Health – (All CHEO faculty and residents) 1-800-663-1142</p>	Available to all residents and staff from all hospitals as well as graduate students. <u>Available by phone 24/7</u> , web: workhealthlife.com or mobile app. Confidential service. You can arrange counselling (up to 10 session) as well as financial and legal services are available, covered by employee benefits.

Please visit the nearest emergency room or your family physician if needed. If you do not have a family physician, please feel free to request information about our Code 99 Program.

Counselling – Private Practice (Full-fee and sliding scale)

Ottawa Institute for Cognitive Behavioural Therapy (West end)

(613) 820-9931

www.ottawacbt.ca

Ottawa Couple and Family Institute (West end)

(613) 722-5122

<https://www.ocfi.ca/>

The Child, Adolescent, and Family Centre of Ottawa (CAFCO) (Downtown and South end)

613-567-0777

<https://www.cafco-ceafo.ca/>

Centre for Interpersonal Relationships (Downtown)

1-855-779-2347

www.cfir.ca

Queensview Professional Services (West end)

613-596-2000

www.qps-on.ca

Eastern Ottawa Psychological Centre (Orleans)

613-424-5700

www.cpeottawa.ca

Gilmour Psychosocial Services (Downtown)

613-230-4709

www.ottawa-psychologists.com/

Ottawa Academy of Psychologists

<https://ottawa-psychologists.org/> Searchable list of psychologists in the Ottawa region

emental health

<https://www.ementalhealth.ca/Ottawa-Carleton/Counselling-and-Therapy/index.php?m=heading&ID=84>

Searchable list of mental health resources in the Ottawa region including counsellors and psychologists

Ottawa Centre for Cognitive Therapy (West End)

613) 729-0801

www.ocbt.ca

Counselling services specific to Faculty of Medicine

Resources and Contact information	Description
<p>Employee Assistance Program (EAP) 1-844-880-9142</p> <p>Morneau Shepell – (All faculty, staff and residents from all hospitals except those at CHEO, also Faculty of Medicine Graduate students) 1-844-880-9142 www.workhealthlife.com</p> <p>Homewood Health – (All CHEO faculty, staff and residents) 1-800-663-1152 https://homewoodhealth.com/corporate/contact-eap-efap</p>	<p>Available to all graduate students, residents and staff from all hospitals. Available by phone 24/7, web workhealthlife.com or mobile app. Confidential service with counseling (up to 10 sessions) as well as financial and legal services are available, covered by employee benefits.</p> <p>Available by phone 24/7, and via website. Offers counselling and medical treatment of mental health and addiction disorders. Other services included includes organizational wellness, employee and family assistance programs, and assessments.</p>
<p>OMA Physician Health Program 1-800-851-6606</p>	<p>Available to all medical students, residents and faculty and their families. Available by phone 8:45-5:00 pm Monday to Friday</p> <p>Confidential service. You are connected with a clinical coordinator who will do an assessment on the phone and then will help link you to community resources in Ottawa. These include: counsellor, psychologist, social worker, psychiatrist, coaches, addictions physician or support services.</p> <p>Services outside OHIP are not funded.</p>
<p>Paro Helpline 1-866-HELP-DOC http://www.myparo.ca/helpline/</p>	<p>24/7 Helpline</p> <p>Open to residents, their partners and family members, as well as medical students. Confidential service. In addition to urgent assistance they can provide guidance to other mental health resources.</p>
<p>Faculty of Medicine Student Affairs Office 613-562-5800-8136 https://med.uottawa.ca/undergraduate/students/student-affairs</p>	<p>Counselling and support services for <u>Undergraduate medical students</u>. Online booking for appointments.</p>
<p>Faculty Wellness Program 613-562-5800 ext 8507 Email: wellness@uottawa.ca https://med.uottawa.ca/professional-affairs/faculty-wellness-program</p>	<p>Wellness supports for all Faculty of Medicine undergraduate and graduate students, residents and faculty. We also manage the code 99 program which facilitates connecting you with a family physician.</p>
<p>University of Ottawa Health Services 613-564-3950 https://www.uottawa.ca/health/</p>	<p>Health care centre offering primary care, health promotion, counselling and other offered to all Ontario residents who are students, staff and Faculty of the University of Ottawa. Walk-in services available. You can register for a family physician: https://www.uottawa.ca/health/register</p>
<p>UOttawa Student Academic Success Service (SASS) Tel.: 613-562-5200 UOttawa Main Campus 55 Laurier Avenue East, 3rd Floor, Room 3134 (DMS) https://sass.uottawa.ca/en</p>	<p>No face to face counselling services available. However you can access online mental health resources and some group programs. This office also support academic accommodations for medical students.</p>
<p>Resident Doctors of Canada (rdoc) https://residentdoctors.ca/</p>	<p>Organization representing all Canadian medical residents. They have online resources to support resident wellness and resiliency as well as information on accommodation and disabilities.</p>

Counselling – Sliding Scale and No-Fee Services

Walk-in Counselling Clinic http://www.walkincounselling.com	Free counselling services, no appointments necessary. Three sites across Ottawa.
Coalition of Community Health and Resource Centres of Ottawa http://www.coalitionottawa.ca	No fee, vast array of services.
Centre for Psychological Services and Research (CPS-R) 613-562-5289 http://socialsciences.uottawa.ca/psychology/centre-psychological-services-research	Offers reduced rates for therapy provided by a practicum student; 20-40 session cap. Does not accept substance abuse or eating disorders.
Saint Paul University's Counselling and Psychotherapy Centre 613-782-3022 https://ustpaul.ca/en/centre-for-counselling-home_360_697.htm	Offers reduced rates for therapy provided by a practicum student. Sliding scale, no session cap.
Clinique de services psychologiques de l'UQO (Gatineau) 819 773-1679 www.uqo.ca/cspuqo	Offers reduced rates for therapy provided by a practicum student Available in French only. 20 session limit.
Family Services Ottawa 613-725-3601 http://familyservicesottawa.org/	Sliding Scale. Walk-in services and booked appointments.
Catholic Family Services (non-denominational) 613-233-8478 www.cfsottawa.ca	Sliding Scale. Walk-in services and booked appointments.
The Counselling Group (part of Jewish Family Services - non denominational) 613-722-2225 http://thecounsellinggroup.com/	Counselling fees are affordable and may be available on a sliding scale. Wide range of counselling services. The counselling services may be covered by workplace and private health care benefit and insurance plans.
Bounce Back (CBT coaching) 1-866-345-0224 http://www.bouncebackontario.ca	OHIP funded online program. CBT coaching by phone and workbooks. A referral from a primary care provider is required. Available in English and French as well 10+ other languages.

Faculté de médecine
 Faculty of Medicine

med.uOttawa.ca



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