



carleton university
students' association

Donate

- Shepherds of Good Hope
 - Donate [here](#)
 - <https://www.sghottawa.com/>
- Terry Fox Foundation
 - Donate [here](#)
 - <https://terryfox.org/>
- Ottawa Mission
 - Donate [here](#)
 - <https://ottawamission.com/>
- Cornerstone Housing for Women
 - Donate [here](#)
 - <https://cornerstonewomen.ca/>
- Minwaashin Lodge
 - Donate [here](#)
 - <https://www.minlodge.com/>

Crisis Resources

- Ottawa Distress Centre: (613) 238-3311
- Distress and Crisis Ontario Text Chat Services
 - ◆ Text 'SUPPORT' to 258258
 - ◆ <https://www.dcontario.org/ontx-html/>
- Minwaashin Lodge
 - ◆ Crisis Line: (613) 789-1141
 - ◆ <https://www.minlodge.com/>
- Crisis Services Canada
 - ◆ 1-833-456-4566 or text 45645
 - ◆ <https://www.crisisservicescanada.ca/en/>

Carleton Resources

- CUSA Empower Me Counselling Services
 - ◆ Available 24/7, confidential, multilingual, gender & faith inclusive, culturally sensitive
 - ◆ 1-833-628-5589
 - ◆ <https://www.cusaonline.ca/services/resources/empower-me/>

- CUSA's Wellness Centre
 - ◆ 302 University Centre, Carleton University
 - ◆ Peer-to-peer mentorships, workshops and events
 - ◆ (613) 520-2600 ext. 8238
 - ◆ <https://www.cusaonline.ca/who-we-are/service-centres/wellness/>
- Mental Health Services at Health and Counselling Services
 - ◆ (613) 520-6674
 - ◆ <https://carleton.ca/health/counselling-services/>
 - ◆ After hours: (613) 520-4444

Ottawa Resources

- Men & Healing
 - ◆ (613) 482-9363
 - ◆ <https://menandhealing.ca/>
- Wabano Centre for Aboriginal Health
 - ◆ 299 Montreal Road
 - ◆ (613) 748-5999
 - ◆ <https://wabano.com/health-and-wellness/mental-wellness/>
- Royal Ottawa Mental Health Centre
 - ◆ 1145 Carling Avenue
 - ◆ (613) 722-6521
 - ◆ <https://www.theroyal.ca/>
- Canadian Mental Health Association
 - ◆ 151 Slater Street
 - ◆ (613) 745-7750
 - ◆ <https://cmha.ca/>
- Mental Health and Addiction Services of Ottawa
 - ◆ 1489 Merivale Road, Unit 200
 - ◆ (613) 225-7272
 - ◆ <https://www.mhaso.ca/>
- Ottawa Centre for Resilience
 - ◆ 204-2197 Riverside Drive
 - ◆ (613) 714-0662
 - ◆ <https://ocfr.ca/>
- The Walk-In Counselling Clinic
 - ◆ 1547 Merivale Road, Unit 240, (613) 596-5626
 - ◆ 310 Olmstead Road, (613) 233-8478
 - ◆ <https://walkincounselling.com/>

Virtual Resources

- Good 2 Talk
 - ◆ Confidential support services for post-secondary students in Ontario

- ◆ 1-866-925-5454
- ◆ Text GOOD2TALKON to 686868
- ◆ <https://good2talk.ca/>
- Wellness Together Canada
 - ◆ Mental health and substance use support, access resources and learn about mental health
 - ◆ <https://wellnesstogether.ca/en-CA>
- Counselling Connect
 - ◆ Free mental health counselling for residents of Ottawa and the surrounding area
 - ◆ <https://www.counsellingconnect.org/#OurServices>
- Bounce Back
 - ◆ Free skill-building program for adults and youth 15+ who are struggling with stress, mild or moderate depression and anxiety, and worry
 - ◆ <https://bouncebackontario.ca/>
- Make It OK
 - ◆ Destigmatizing mental health
 - ◆ <https://makeitok.org/>
- Jack.org
 - ◆ Empowering youth to revolutionize mental health through talks, summits and local chapters
 - ◆ <https://jack.org/Home>
- WalkAlong
 - ◆ Youth's companion to their mental health journey
 - ◆ <https://www.walkalong.ca/>