



MENTAL HEALTH AND CRISIS SUPPORT

A Friendly Voice

Phone: 1-855-892-9992

Website: www.afriendlyvoice.ca

A friendly telephone visiting line for Adults 55+ who are feeling lonely, alone or isolated. Every day of the year trained volunteers answer your calls for a friendly telephone visit.

Assaulted Women's Help Line

Phone: 1-866-863-0511

TTY: 1866-863-7868

#SAFE (#7233) on your Bell, Rogers, Fido or Telus Mobile

24/7 crisis counselling, emotional support, information and referrals. Anonymous and confidential.

Big White Wall

Website: www.otn.ca/bigwhitewall

A program of the Ontario government that provides free 24/7 online mental health support for adults and youth 16+

Bounce Back

Phone: 1-866-345-0224

Website: www.bouncebackontario.ca

A free, guided self-help program, provided by the Ontario government that's effective in helping people aged 15+ who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry.

Distress Centre Lanark Leeds and Grenville Crisis Line

Phone: 1-800-465-4442

5:00 pm - midnight; 365 days a year

Offers free, confidential and anonymous telephone support provided by fully trained volunteers. If you are feeling alone and don't know where to turn, call the distress centre.

Good2Talk

Phone: 1-866-925-5454

Text: GOOD2TALKON to 686868

Website: www.good2talk.ca

For Ontario post-secondary students.



**Rideau Community
Health Services**

Your Community Health Centre

Hope for Wellness Chat Line

Phone: 1-855-242-3310

Website: www.hopeforwellness.ca

Immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

Lanark County Interval House and Community Support

Phone: 1-800-267-7946; 613-257-5960

TTY: 613-257-1952

Crisis Line (24/7): 1-800-267-7946

Website: www.lcih.org

Offers emergency and on-going programs to women and children living in or escaping from domestic violence.

Lanark County Mental Health

Phone: 613-283-2170 or 613-257-5917 Website: www.lanarkmentalhealth.com

Lanark Leeds and Grenville Crisis Line

Phone: 1-866-281-2911

Provides 24/7 crisis assessment, counselling, support and referral for people 16+ in a mental health crisis.

Seniors' Safety Line

Phone: 1-866-299-1011; 24/7

Confidential and free resource that provides information, referrals and support for seniors at risk or family members looking for information about community services.

Victim Services Lanark County

Phone: 613-284-8380

Website: www.victimserviceslanark.ca

Email: info@victimserviceslanark.ca

Provides 24/7 immediate, confidential, crisis intervention services, practical assistance, information, referrals and emotional support to persons affected by crime, tragedy and or disaster.