

# Do you need to talk?

Consider talking to a trusted friend, family member or adult. School Guidance Counsellors can often connect you to supports. You can also speak to others you respect such as teachers, coaches, or faith leaders.



## Reach out to one of these helplines. (24/7)

**Youth Services Bureau – ysb.ca**  
-Crisis line  
613-260-2360  
-Live chat: YSB.ca

**Kids Help Line**  
-kidshelpphone.ca  
-Call 1-800-668-6868  
(multiple languages)  
-Text CONNECT to  
686868

**Distress Centre of Ottawa**  
- dcottawa.on.ca  
-Call:  
613-238-3311  
-Text:  
343-306-5550

**Hope for Wellness Helpline –**  
hopeforwellness.ca  
-chat online –  
hopeforwellness.ca  
-call 1-855-242-3310

## Would you like some counselling?

Counselling Connect offers free appointments with professionals. Usually, you can get an appointment within a few days.

To book go to: [counsellingconnect.org](https://counsellingconnect.org) or call 211

Rideauwood Addiction and Family Services works with youth and their families. Need help? Call 613-724-4481

## Call these support lines to speak with someone who understands what you're going through.

**LGBTQ Youthline**  
(English only)  
1-800-268-9688  
-Sun-Fri 6-9  
Text 647-694-4275  
Sun -Fri 4-9:30

**National Eating Disorder Information Centre**  
Chat: [nedic.ca](https://nedic.ca)  
Call 1-866-663-4220  
Mon-Th 9-9,  
Fri 9-5

**Support line for African, Caribbean, and Black Communities**  
(English, interpretation available)  
Call 343-571-0097  
Mon -Fri 9-4

**Trans Lifeline:**  
(English only)  
[Translifeline.org](https://translifeline.org)  
Call  
1-877-330-6366  
24/7

For additional supports visit  
[OttawaPublicHealth.ca/COVIDMentalHealth](https://OttawaPublicHealth.ca/COVIDMentalHealth)