



Waitlist Resources...

We know that waiting for service can be hard. During this time, we want you to know that we will connect with your family as soon as possible. In the meantime, there are a number of ways we can support you, and a number of resources we would like to bring to your attention.

Within CMHLG

- Please call us at any time should you have questions about your place on the wait list or should there be a significant change in your family's situation. **Contact the agency at 613-498-4844 and ask to speak with a Manager.**
- You are welcomed to use our walk in clinic at any time while you await programming. During these sessions you can problem solve, gain insight, support and information. Walk in clinic runs every Wednesday from 11-7pm. Please contact the agency for an appointment.

Community resources for parents and youth:

- PLEO – Parents Lifeline of Eastern Ontario - www.pleo.on.ca
 - o Ontario wide, one on one, virtual support
 - o 613-321-3211 or 855-755-7005 – available 24/7
- Pflag Canada
 - o Founded by parents to help family members understand and accept LGBTQ2S children.
 - o 1-888-530-6777
 - o <https://pflagcanada.ca>
- LLGAMH – Individual and Family support available Mon-Thurs 8am to 8pm
 - o Family support program available for those living with a family member who has a mental illness
 - o 613-342-2262
- Mental Health Crisis Line
 - o Call 613-345-4600 or 1-866-281-2911 – available 24/7
- Triple P Parenting
 - o 1-877-330-6366
 - o <https://www.triplep-parenting.ca/triple-p/>
 - o <https://healthunit.org/health-information/babies-children/parenting/>
- Parent Support Line
 - o Free, confidential, non-medical service to provide support
 - o 1-613-565-2467 x2
 - o Monday to Friday from 9am to 4pm

Additional Crisis Lines:

- Kids Help Phone
 - o 1-800-668-6868 or text 686868
 - o Live chat Counselling service open 7pm to midnight through facebook messenger
- Suicide Prevention Service
 - o 1-833-456-4566
 - o Text 45645 (4pm to midnight)
 - o 24/7 chat available
- LGBTQ Youth Line
 - o Ontario: 647-694-4275
 - o www.youthline.ca
- Ontario Drug and Alcohol Helpline
 - o Call, chat and email services are available 24 hours a day, 7 days a week
 - o 1-800-565-8603
- Crisis Text Line Canada
 - o Text 741741
 - o Available 24/7 anywhere in Canada
- Naseeha (Muslim Youth Helpline)
 - o 1-866-627-3342 (call or text)
 - o Available 24/7
 - o Supports Muslim and non-Muslim youth in North America
- First Nations and Inuit Hope for Wellness Phone Line
 - o 1-855-242-3310
 - o Crisis counselling via chat available 24/7
 - o <http://www.hopeforwellness.ca/>
 - o Languages: English, French, Cree, Ojibway and Inuktut
- Youth Services
 - o 613-260-2360
 - o 24/7 crisis line
 - o Chat available
 - o <http://www.ysb.ca/services/ysb-mental-health/24-7-crisis-line/>
 - o Residents of Ottawa and Eastern Ontario
- Canadian Human Trafficking Hotline
 - o 1-833-900-1010
- National Indian Residential School Crisis Line
 - o For Indian residential school survivors and their family
 - o 1-833-900-1010
 - o Available 24/7

Additional resources for youth and families:

- Connect Youth
 - Phone: 613-918-0173
 - www.connectyouth.ca
 - Support for housing, food, transportation and more...
- CAF Support
 - Text CAFKIDS to 686868
 - Available 24/7 for kids and youth in military families
- Trans Lifeline Peer Support
 - Canada – 877-330-6366
 - [Http://translifeline.org/](http://translifeline.org/)
- Good2Talk (Ontario)
 - 1-866-925-55454
 - Text GOOD@TALK to 686868
 - For Post-secondary students in Ontario and Nova Scotia
- Wellness Access for Youth (WAY)
 - Food and housing support
 - Rooms available in Spencerville, Brockville, Kemptville and Prescott
 - <http://www.kdh.on.ca/way/>
 - Ages 12-25 years old