

COUNSELLING AND THERAPY OPTIONS

Referral Support and Service Directories

[AccessMHA](#) (Assessment and Service Navigation for Eastern Ontario)

[Wellness Together Canada](#)

[EMentalHealth](#)

[Good2Talk](#)

Therapist Directories

[Affordable Therapy Network Directory](#)

[First Session Directory](#)

[Psychology Today](#)

[Renfrew County Therapist Directory](#)

[Psychologist Directory](#)

[Psychotherapist Directory](#)

Single-Session or Short-Term Counselling Options

[Counselling Connect](#)

[The Walk-In Counselling Clinic](#)

[Youth Services Bureau Youth Mental Health Walk-In Clinic](#) (ages 12-20)

[Renfrew County Virtual Walk-In Counselling Clinic](#)

[North Renfrew Virtual Walk-In Counselling Clinic](#) (Deep River and area)

[Robbie Dean Family Counselling Centre](#)

Renfrew County Counselling and Therapy

No-Fee Services

[Robbie Dean Family Counselling Centre](#)

[Mental Health Services of Renfrew County](#)

Private Practices

[Pembroke Psychological Services](#)

[Forging Forward Counselling Services](#)

[Julie Edwards](#)

[Adrienne Carfagnini](#)

[Marie Josee Hull](#)

[Bahal and Associates Professional Counselling Services](#)

[Daechsel Psychotherapy](#)

[Gledhill Psychotherapy](#)

[Renew Neurotherapy](#)

[New Harmony Counselling Services](#)

Ottawa Counselling and Therapy

No-Fee Services

[Family Services Ottawa](#)

[The Counselling Group](#)

[Community and Health Resource Centres](#)

Private Practices

[Gilmour Psychological Services](#)

[The Ottawa Psychology Group](#)

[West Ottawa Psychology](#)

[Centre for Interpersonal Relationships](#)

[Centre for Change](#)

[Saterra Psychological and Counselling Services](#)

[Capital Psychological](#)

[Ottawa West Professional Services](#)

[Terrace Wellness Group](#)

Hospital Programs

[Royal Ottawa Mental Health Centre](#)

[The Ottawa Hospital](#)

[Queensway Carleton Hospital](#)

[Monfort Hospital](#)