

MENTAL HEALTH AND EMOTIONAL SUPPORT RESOURCES

NEED TO TALK THINGS OUT?	
<u>Algonquin College Counselling Services</u>	Short-term counselling for students
<u>Algonquin College Indigenous Services</u>	Support from the Kampus Kokum
<u>Good2Talk</u>	Phone support (24/7)
<u>Wellness Together Canada</u>	Phone counselling (24/7)
<u>Hope for Wellness Helpline</u>	Phone counselling (24/7) For all Indigenous peoples across Canada
<u>Member and Family Assistance Services</u>	Phone counselling (24/7) For Canadian Armed Forces members and their families
<u>Counselling Connect</u>	Free phone or virtual single-session counselling with a professional counsellor
<u>The Walk-In Counselling Clinic</u>	Free same-day phone or virtual single-session counselling with a professional counsellor
<u>Renfrew County E-Walk-In Clinic</u>	Free same-day phone or virtual single-session counselling with a professional counsellor Thursdays 11:30am-6:00pm

IN DISTRESS?	
Mental Health Crisis Line	1-866-996-0991 (24/7)
<u>Good2Talk</u>	Phone support (24/7)
Algonquin College Student Distress Line	Same-day/priority phone appointments with an Ottawa campus counsellor Regular business hours 613-727-4723 ex. 7300

EXPERIENCING A MENTAL HEALTH OR OTHER CRISIS?	
Mental Health Crisis Line	1-866-996-0991 (24/7)
Crisis Services Canada	CALL: 1-833-456-4566 (24/7) TEXT: 45645 (4:00pm-midnight)
<u>Hope for Wellness Helpline</u>	Immediate mental health counselling and crisis intervention for all Indigenous peoples across Canada (24/7)
<u>Veterans Affairs Canada Crisis and Referral Centre</u>	Immediate support from a mental health professional for CAF veterans and their families 1-800-268-7708 (24/7)
<u>Canadian Crisis and Helplines</u>	LGBTQ+, domestic and sexual violence, substance use disorders, parenting
Local hospital ER / 911	

WANT FREE HELP FOR ANXIETY, DEPRESSION, OR STRESS?	
<u>Algonquin College Counselling Services</u>	Short-term counselling and referrals
<u>The Robbie Dean Counselling Centre</u>	Short-Term Counselling Program Virtual Anxiety and Depression Group
Therapist-Guided Programs	<u>AbilitiCBT</u> <u>MindBeacon</u>
Online Programs and Self-Help Modules	<u>Wellness Together Canada</u> <u>WellTrack</u> (Use Code ALGONQUINCOLLEGE) More supports on the <u>Counselling Website</u>
Mental Health Self-Help	<u>Depression Self-Help</u> <u>Anxiety Self-Help</u> <u>Other Self-Help</u>

WANT PROFESSIONAL OR PEER MENTAL HEALTH SUPPORT?	
Algonquin College Counselling Services	Short-term counselling and referrals
The Robbie Dean Counselling Centre	Short-term counselling
Veterans Affairs Canada Assistance Service	Free, short-term psychological support with a mental health professional
Algonquin College Virtual Groups and Drop-In Options	Groups and drop-in sessions for mindfulness, stress management, working with emotions, health, wellness, and sexual health
Medical Services	<p>Your family doctor</p> <ul style="list-style-type: none"> - PROMPT Care Clinic: consultation <p>Algonquin College Health Services</p> <ul style="list-style-type: none"> - Campus Physician - Mental Health Nurse - Psychiatry Clinic - Pembroke Campus Health Services <p>Renfrew County Virtual Triage and Assessment Centre</p> <p>CouchMD</p> <p>Local hospital</p>
Finding a Therapist	Counselling and Therapy Options
Finding Programs or Mental Health Services: Service Navigation	<p>AccessMHA</p> <p>ConnexOntario</p> <p>1Call1Click (up to age 21)</p>
Other Resource Directories	<p>Good2Talk / 211 Ontario</p> <p>EMentalHealth</p> <p>Bridge the gapp</p>