

## MENTAL HEALTH AND EMOTIONAL SUPPORT RESOURCES

Go to: [www.algonquincollege.com/pembroke/counselling](http://www.algonquincollege.com/pembroke/counselling) for hyperlinks to all the services websites

| NEED TO TALK THINGS OUT?                                                                         |                                                                                                                                                                                                                                                                                                                                          |
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| <p><a href="#">Algonquin College Pembroke Counselling Services</a><br/>613-735-4700 ex. 2665</p> | <p>Single-session counselling for students</p>                                                                                                                                                                                                                                                                                           |
| <p><a href="#">Algonquin College Indigenous Services</a></p>                                     | <p>Support from the Kampus Kokum</p>                                                                                                                                                                                                                                                                                                     |
| <p><a href="#">WeConnect</a><br/>1-888-337-0002 or <a href="#">book online</a></p>               | <p>Free counselling services through the program are available to eligible students with a Student Health Plan</p>                                                                                                                                                                                                                       |
| <p><b>Helplines (24/7)</b></p>                                                                   | <p><a href="#">Good2Talk</a><br/>T: 1-866-925-5454<br/>TEXT: "GOOD2TALKON" to 686868</p> <p><a href="#">Wellness Together Canada</a><br/>1-866-585-0445</p> <p><b>Mental Health Crisis Line</b><br/>1-866-996-0991</p> <p><a href="#">Hope for Wellness Helpline</a><br/>For all Indigenous peoples across Canada<br/>1-855-242-3310</p> |
| <p><a href="#">Member and Family Assistance Services</a><br/>1-800-268-7708</p>                  | <p>Phone counselling (24/7)<br/>For Canadian Armed Forces members and their families</p>                                                                                                                                                                                                                                                 |
| <p><a href="#">Counselling Connect</a><br/>Booked online</p>                                     | <p>Free phone or virtual single-session counselling with a professional counsellor<br/>Weekdays, evenings, and weekends</p>                                                                                                                                                                                                              |
| <p><a href="#">The Walk-In Counselling Clinic</a><br/>613-755-2277</p>                           | <p>Free same-day phone or virtual single-session counselling with a professional counsellor</p>                                                                                                                                                                                                                                          |
| <p><a href="#">Renfrew County E-Walk-In Clinic</a><br/>1-844-441-0981</p>                        | <p>Free same-day phone or virtual single-session counselling with a professional counsellor<br/>Thursdays 11:30am-6:00pm</p>                                                                                                                                                                                                             |
| <p><b>Algonquin College Student Distress Line</b><br/>613-727-4723 ex. 7300</p>                  | <p>Same-day/priority phone appointments with an Ottawa campus counsellor may be available<br/>Weekdays 8:00am-4:00pm</p>                                                                                                                                                                                                                 |

| LOOKING FOR IMMEDIATE OR CRISIS SUPPORT?                                |                                                                                                                                                                                                                                                                                                                        |
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| <b>Mental Health Crisis Line</b><br>1-866-996-0991                      | Phone support (24/7)<br>Able to connect to local mobile crisis teams                                                                                                                                                                                                                                                   |
| <a href="#">Good2Talk</a><br>T: 1-866-925-5454                          | Phone support (24/7)<br>TEXT: "GOOD2TALKON" to 686868                                                                                                                                                                                                                                                                  |
| <a href="#">Talk Suicide Canada</a><br>T: 1-833-456-4566                | Phone support (24/7)<br>TEXT: 45645 (4:00pm-midnight)                                                                                                                                                                                                                                                                  |
| <a href="#">Hope for Wellness Helpline</a><br>1-855-242-3310            | Counselling and crisis intervention for all Indigenous peoples across Canada (24/7)                                                                                                                                                                                                                                    |
| <a href="#">Veterans Affairs Canada Crisis Centre</a><br>1-800-268-7708 | Support for CAF veterans and their families (24/7)                                                                                                                                                                                                                                                                     |
| <b>Sexual and Domestic Violence Support Programs and Crisis Lines</b>   | Regional Assault Care Program (24/7)<br>1-800-363-7222<br><br>WSAC Renfrew County Crisis Line (24/7)<br>1-800-663-3060<br><br>Bernadette McCann House Crisis Line (24/7)<br>1-800-267-4930<br><br>Assaulted Women's Helpline (24/7)<br>1-866-863-0511<br><br>Male Survivors of Sexual Assault (24/7)<br>1-866-887-0015 |
| <a href="#">Canadian Crisis and Helplines</a>                           | Lesbian Gay Bi Trans Youth Line (24/7)<br>1-800-268-9688<br><br>Trans Lifeline (24/7)<br>1-877-330-6366<br><br><a href="#">Planned Parenthood</a><br>Options Line (Mon-Fri 10am-2pm)<br>613-226-3234 ex. 101                                                                                                           |
| <b>911 or Local Hospital Emergency Mental Health Services</b>           | Pembroke Regional Hospital<br>705 Mackay St., Pembroke / 613-732-2811<br><br>The Ottawa Hospital<br>1053 Carling Ave., Ottawa / 613-722-7000<br>501 Smyth Rd., Ottawa / 613-722-7000<br><br>Queensway Carleton Hospital<br>3045 Baseline Rd., Ottawa / 613-721-2000                                                    |

| LOOKING FOR MENTAL HEALTH SUPPORTS AND RESOURCES?                                                                     |                                                                                                                                                                          |
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| <a href="#">Pembroke Campus Counselling Website</a>                                                                   | Links to self-help, campus, and community resources                                                                                                                      |
| <b>Online Programs and Self-Help Modules</b>                                                                          | <a href="#">Wellness Together Canada</a><br><a href="#">WellTrack</a> (Use Code ALGONQUINCOLLEGE)<br><a href="#">Anxiety Canada</a><br><a href="#">E-Couch Self-Help</a> |
| <a href="#">WeConnect Student Mental Health and Wellness Program</a><br>1-888-337-0002 or <a href="#">book online</a> | Mental health and wellness resources available to all eligible full-time students with a Student Health Plan                                                             |
| <a href="#">Togetherall</a>                                                                                           | Online peer-to-peer support (24/7)                                                                                                                                       |
| <a href="#">Algonquin College Virtual Groups and Peer Support Drop-In Sessions</a>                                    | Groups and drop-in sessions for mindfulness, stress management, working with emotions, health, wellness, and sexual health                                               |

| LOOKING FOR PROFESSIONAL SUPPORT?                                                                                     |                                                                                                              |
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| <a href="#">Algonquin College Pembroke Counselling Services</a><br>613-735-4700 ex. 2665                              | Single-session counselling and referrals                                                                     |
| <a href="#">Counselling Connect</a><br>Booked online                                                                  | Single-session counselling and referrals                                                                     |
| <a href="#">The Walk-In Counselling Clinic</a><br>613-755-2277                                                        | Single-session counselling and referrals                                                                     |
| <a href="#">WeConnect Student Mental Health and Wellness Program</a><br>1-888-337-0002 or <a href="#">book online</a> | Free short-term counselling available to all eligible full-time students with a Student Health Plan          |
| <a href="#">WES (Wellness and Emotional Support) for Youth Online</a>                                                 | Free, secure, confidential online counselling for Ontario youth (ages 13-24)                                 |
| <a href="#">The Robbie Dean Counselling Centre</a><br>613-629-4243                                                    | Short-term counselling and support groups                                                                    |
| <a href="#">Veterans Affairs Canada Assistance Service</a><br>1-800-268-7708                                          | Free, short-term psychological support with a mental health professional for CAF veterans and their families |

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| <p><b>Guided and Therapist-Assisted Programs</b></p>       | <p><a href="#">Bounce Back</a></p> <p><a href="#">AbilitiCBT</a></p> <p><a href="#">MindBeacon</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <p><b>Assessment, Diagnosis, and Treatment Options</b></p> | <p>Your family doctor</p> <ul style="list-style-type: none"> <li>- <a href="#">PROMPT Care Clinic</a>: consultation</li> </ul> <p><a href="#">Walk-In Medical Clinics</a></p> <p><a href="#">Youth Wellness Hub</a></p> <p><a href="#">Algonquin College Health Services</a></p> <ul style="list-style-type: none"> <li>- <a href="#">Campus Physician</a></li> <li>- Mental Health Nurse</li> <li>- <a href="#">Psychiatry Clinic</a></li> <li>- <a href="#">Pembroke Campus Health Services</a></li> </ul> <p><a href="#">Renfrew County Virtual Triage and Assessment Centre</a></p> <p><a href="#">CouchMD</a> or <a href="#">Tulip Health</a></p> <p><a href="#">Mental Health Services of Renfrew County</a></p> <p>Local hospital</p> |
| <p><b>Psychotherapy</b></p>                                | <p><a href="#">Counselling and Therapy Options</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <p><b>Referral Services</b></p>                            | <p><a href="#">AccessMHA</a></p> <p><a href="#">ConnexOntario</a></p> <p><a href="#">1Call1Click</a> (up to age 21)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <p><b>Resource Directories</b></p>                         | <p><a href="#">Good2Talk</a> / <a href="#">211 Ontario</a></p> <p><a href="#">EMentalHealth</a></p> <p>Ontario Mental Health and Addictions Services<br/>Information Line (24/7)<br/>1-866-531-2600</p> <p>National Eating Disorder Information Centre<br/>1-866-633-4220</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                |