

MENTAL HEALTH AND EMOTIONAL SUPPORT RESOURCES

Go to: www.algonquincollege.com/pembroke/counselling for hyperlinks to all the services websites

NEED TO TALK THINGS OUT?	
Algonquin College Pembroke Counselling Services 613-735-4700 ex. 2665	Single-session or brief counselling services for students
Algonquin College Indigenous Services	Support from the Kampus Kokum
WeConnect 1-888-337-0002 or book online	Free counselling services through the program are available to eligible students with a Student Health Plan
Helplines (24/7)	Good2Talk T: 1-866-925-5454 TEXT: "GOOD2TALKON" to 686868 Wellness Together Canada 1-866-585-0445 Mental Health Crisis Line 1-866-996-0991 Hope for Wellness Helpline For all Indigenous peoples across Canada 1-855-242-3310
Member and Family Assistance Services 1-800-268-7708	Phone counselling (24/7) For Canadian Armed Forces members and their families
Counselling Connect Booked online	Free phone or virtual single-session counselling with a professional counsellor Weekdays, evenings, and weekends
The Walk-In Counselling Clinic 613-755-2277	Free same-day phone or virtual single-session counselling with a professional counsellor
Renfrew County E-Walk-In Clinic 1-844-441-0981	Free same-day phone or virtual single-session counselling with a professional counsellor Thursdays 11:30am-6:00pm
Algonquin College Student Distress Line 613-727-4723 ex. 7200	Same-day/priority phone appointments with an Ottawa campus counsellor may be available Weekdays 8:00am-4:00pm

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

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

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

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