

****If you are thinking about suicide, please call one of the crisis lines immediately.**

****Si vous pensez au suicide, appeler une ligne de crise immédiatement.**

CRISIS LINES (24 hour)

Kids Help Phone:

1-800-668-6868

<http://www.kidshelpphone.ca/en/home.asp>

Ottawa Distress Centre (24 hour)

613-238-3311

<http://www.dcottawa.on.ca/>

24 Mental Health Crisis Line (24 hour):

613-722-6914

1-866-996-0991

<http://www.dcottawa.on.ca/MHCL%20English.htm>

YSB Ottawa Mobile Crisis Team
for Children & Youth 0-18 and Their Families

613-562-3004

Monday to Friday 4:30 p.m. - 12:00 a.m.

Saturday & Sunday 1:00 p.m. - 12:00 a.m.

<http://www.ysb.on.ca/en/services/mobile.html>

Ottawa Rape Crisis Centre (24 hour)

613-562-2333

<http://www.orcc.net/>

Ligne de crise (24 heures_

Jeunesse, j'écoute

1-800-668-6868

<http://www.jeunessejecoute.ca/fr/>

Tel-aide outaouais

613-741-6433

<http://www.tel-aide-outaouais.org/>

Ligne de crise en santé mentale

613-722-6914

1-866-996-0991

<http://www.dcottawa.on.ca/MHCL%20Frenchii.htm>

Équipe mobile d'intervention d'urgence d'Ottawa
pour enfants et jeunes 0-15 et leur famille

613-562-3004

lundi au vendredi de 16h30 à minuit

samedi et dimanche 12h à minuit

<http://www.ysb.on.ca/fr/accueil.html>

Sexual Assault Support Centre of Ottawa (24 hour)

613-234-2266

<http://www.sascottawa.org/>

Guide to Local Services

Search for a local agency

<http://www.ementalhealth.ca/>

<http://www.cominfo-ottawa.org/English/Main.htm>

Pink Triangle Services

<http://www.pinktriangle.org/>

The Men's Project

<http://www.themensproject.ca/>

YOUTH WEBSITES

Centre for Excellence in Youth Engagement

<http://www.tgmag.ca/>

Mind Your Mind

<http://www.mindyourmind.ca/>

Lesbian Gay Bi Trans Youthline

1-800-268-YOUTH (9688)

Open Sunday to Friday, 4-9:30pm

<http://www.youthline.ca/>

CALACS francophone d'Ottawa

613-789-9117

<http://www.calacs.ca/services.php>

Guide des services régionaux

Recherche une agence régionale

<http://www.ementalhealth.ca/index.php?switchTo=F>

<http://www.cominfo-ottawa.org/Francais/Accueil.htm>

Les services du triangle rose

<http://www.pinktriangle.org/>

Le projet pour hommes

<http://www.themensproject.ca/>

SITE WEB pour ADOLESCENT

Le Centre d'excellence pour l'engagement des jeunes

<http://www.tgmag.ca/>

Articles and Fact Sheets

Grief/Death

<http://www.canadian-health-network.ca/servlet/ContentServer?cid=1137350416308&pageName=CHN-RCS%2FCHNResource%2FCHNResourcePageTemplate&c=CHNResource&lang=En>

Internet Safety

<http://www.internet101.ca/>

<http://www.canadian-health-network.ca/servlet/ContentServer?cid=1123759738224&pageName=CHN-RCS%2FCHNResource%2FCHNResourcePageTemplate&c=CHNResource&lang=En>

Self Harm

http://www.cmha.ca/bins/content_page.asp?cid=3-1036&lang=1

<http://www.suicideinfo.ca/csp/assets/alert43.pdf>

<http://www.canadian-health-network.ca/servlet/ContentServer?cid=1140963343074&pageName=CHN-RCS/CHNResource/CHNResourcePageTemplate&c=CHNResource>

Articles et fiches d'information

Le deuil

<http://www.canadian-health-network.ca/servlet/ContentServer?cid=1137350416570&pageName=CHN-RCS%2FCHNResource%2FCHNResourcePageTemplate&c=CHNResource>

Internet – sécurité

http://www.internet101.ca/index_f.htm

<http://www.canadian-health-network.ca/servlet/ContentServer?cid=1123759738360&pageName=CHN-RCS%2FCHNResource%2FCHNResourcePageTemplate&c=CHNResource>

Automutilation

http://www.cmha.ca/bins/content_page.asp?cid=3-1036&lang=2

<http://www.canadian-health-network.ca/servlet/ContentServer?cid=1140963343455&pageName=CHN-RCS%2FCHNResource%2FCHNResourcePageTemplate&c=CHNResource>

Sexual Health

<http://www.canadian-health-network.ca/servlet/ContentServer?cid=1090153919236&pageName=CHN-RCS%2FCHNResource%2FCHNResourcePageTemplate&c=CHNResource&lang=En>

<http://www.sexualityandu.ca/>

Santé sexuelle

<http://www.canadian-health-network.ca/servlet/ContentServer?cid=1090153919439&pageName=CHN-RCS%2FCHNResource%2FCHNResourcePageTemplate&c=CHNResource>

http://www.sexualityandu.ca/landing/index_f.htm