

MENTAL HEALTH SUPPORTS: WHAT'S OUT THERE?



Getting Support in Ottawa

The Pandemic has been hard on all of us. Here are a few free community resources out there for mental health and relationship support to start feeling better, sooner rather than later.



24/7 DISTRESS LINES

Emotional support and community information (first line), and crisis intervention (second line).



613-238-3311



613-722-6914



www.dcottawa.on.ca



www.crisisline.ca



WALK-IN COUNSELLING

Multiple locations across Ottawa. No appointment necessary.



613-755-2277



www.walkincounselling.com



FOR CHILDREN AND YOUTH

Emotional support, counselling, crisis intervention. Or find support by texting CONNECT to 686868.



1-800-668-6868



686868



www.kidshelpphone.ca



FOR YOUTH AND TEENS

A 24/7 crisis line, online chat service, youth and family counselling, walk-in counselling.



613-729-1000



613-260-2360



www.ysb.ca



FOR PARENTS AND GUARDIANS

Support and guidance for navigating the mental health system, parent support groups, and more.



613-321-3211



www.pleo.on.ca



FOR OLDER ADULTS

A Friendly Voice connects you with a supportive conversation partner. For programs, dial 2-1-1.



1-855-892-9992



2-1-1



www.afriendlyvoice.ca

Habits for Sustaining Wellness Throughout the Day



STAYING HYDRATED

Keeping that glass of water handy is good for your body, and can help offset feelings of soreness and fatigue.



RECONNECTING WITH YOUR BREATH

Whether it's on a cushion, or in your office chair, even 12 minutes of mindful breathing can help reduce stress and clear your mind.



TAKING A BREAK OUTSIDE

Heading out into the great outdoors can help us reset and let go of stress. Even just a trip around the block can be effective.



TAKING BREAKS OFTEN

Ten minutes of break time each hour can keep you productive, effective, and feeling more refreshed.



KEEPING A HOBBY GOING

A hobby isn't just nice when we're doing it: it gives us something positive to think about and look forward to throughout the day.



RECONNECTING WITH YOUR BODY

It's incredible how much a little exercise can do to improve your mood. Whether it's yoga, brisk walks, or the gym: movement is a game-changer.



PLANNING SOCIAL TIME

Introvert or extrovert, we're still social beings. Recharge your batteries with a group meal, a board game, or even a simple phone call.



LEAVING TIME FOR JUST PLAIN REST

All that time we spend being active has to come from somewhere. Sometimes what we need most is to just get comfy and enjoy rest.

When Is It Time to Reach Out for Support?



If you've been coping with any of the following for more than a couple of weeks, consider reaching out for support.

- Anxiety that continues throughout the day
- Trouble with sleep or meals
- Near-constant feelings of stress
- Feeling cynical or bitter
- Losing interest in things you once enjoyed
- Developing a short temper
- Feeling down most days