

The Council
on Aging
of Ottawa



Le Conseil sur
le vieillissement
d'Ottawa

Promoting and Maintaining your **Mental Wellbeing** as You Age

A Directory of Mental
Health Resources for
Ottawa's Older Adults

Download the
Directory here



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Disclaimer

This Guide is for informational purposes only. It is not intended to be a complete list of mental health resources for older adults in Ottawa. The Council on Aging of Ottawa takes no responsibility for the validity, accuracy or reliability of the information published by the organizations and services listed in this Guide. The information found in this resource is subject to change, and we invite you to check the appropriate resources provided for updated information. This Guide should not be construed as professional advice. Older adults who have questions or concerns about their mental health should seek professional advice.

This Guide is available online at:
www.coaottawa.ca

For more information, please call: **613-789-3577 ext.1** or email: **coa@coaottawa.ca**

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Mental Health Continuum Model

Understanding this continuum can help us take stock of our mental health and see what we can do to feel better. Remember, you are not alone! Feeling sad, lonely, stressed, or anxious is not easy. The symptoms of mental illnesses can be often treated and managed effectively. With the right supports, people with mental distress and mental illness can thrive!

If you need urgent mental health support,
call the following numbers:

9-8-8

if you are thinking about suicide,
or are worried about someone you know

613-722-6914

within Ottawa

(or **1-866-996-0991** outside Ottawa)

to reach the local mental health crisis line

9-1-1

if you need to go to the hospital

Reaching out for
help is a sign of
your strength and
resiliency!

How to Use this Document?

The purpose of this document is to help **older adults, caregivers, and their families** understand and take care of their mental health, and find community resources in Ottawa if needed. This document is organized into **seven colour coded** sections to help you find different mental health resources and related information or services depending on your situation.

1. Crisis Supports

Resources for people in crisis who need help now.

2. Online Mental Health Information Sources

Links to community resource hubs made by other community and health care organizations.

3. Wellness and Self-care

Resources for staying happy and healthy.

4. Emerging Needs and First-line Care

Resources for people with new or mild mental health problems.

5. Long-term and More Severe Mental Health Problems

Resources for people with ongoing or serious mental health problems.

6. Services for Equity-Deserving Groups

Resources tailored to racial/ethnic background, religious community, or sexual orientation.

7. Support for Caregivers

Resources for caregivers of older adults with mental health problems as well as resources to care for their own mental wellbeing.

Each section has subtopics to help you find what you are looking for. For example, if you want information about self-care, you can find resources to help you make new friends, learn new coping skills, or improve your sleep.

There are many types of organizations and services available to residents of Ottawa:

The services in this document may be:

- free or require a payment or membership to access
- designed specially for older adults or accessible to all age ranges
- offered locally in-person or through online delivery
- offered by local non-profits, municipal, provincial or national organizations, or governmental agencies
- accessible to everyone or require a referral from a health care provider
- provided one-on-one to individuals or to groups/families

Finding the type(s) of services you need can take time and can change as your mental health changes over time. We have tried to provide as much information about these services as possible. However, we strongly encourage anyone seeking help to contact these organizations yourself to find out how to access their services and whether they are the right service for you (or the person you are caring for).



You can quickly identify community resources **designed specifically for older adults** by looking for this symbol next to the resource name.



You can also find **resources and services based in Ottawa and nearby communities, or specifically for individuals in Ottawa and nearby communities**, by looking for this symbol next to the resource name.

This symbol (taken from the Age-Friendly Ottawa logo) **does not** mean that the service is run by the City of Ottawa.

Don't Have a Family Doctor or Nurse Practitioner?

Many services for more serious mental health problems require a referral from a family doctor or other health care provider. If you do not currently have a primary care provider, you can:

- visit the **Government of Ontario Health Care Connect** or **Health 811**. These sites have more information on how to find a family doctor or nurse practitioner
- ask a friend for a referral to their provider
- if needed, go to a walk-in clinic

Please note that there can be long waitlists for primary care providers. Please plan ahead if you need mental health services that require a referral. As we age, it is very important to have a primary care provider to keep healthy and well, both physically and mentally.

Government of Ontario Health Care Connect: <https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>

Health 811:
<https://health811.ontario.ca/>

What Can I Do in the Meantime?

There are many things you can do to have a **positive impact on your mental health** and wellbeing before seeking professional help. A positive outlook and a healthy lifestyle can help you reduce the risk of getting sick and boost your mental health! If you are worried about your own mental wellbeing:

Be kind to yourself

Stay connected to family and friends

Prioritize movement and sleep

Reduce or stop using drugs and alcohol

Check out the resources in this list that might help you!

1.

Crisis Supports

Resources for people in crisis who need help now.

Hospitals

Montfort - Mental Health Emergency Zone



Patients in need of urgent mental health care can now benefit from a dedicated space within Montfort's Emergency Department... the Mental Health Emergency Zone. The zone offers a calm and safe environment, enabling personalized care for patients, who can begin their recovery during their visit to the Emergency Department. The zone can accommodate up to 10 patients, in four rooms (including two sensory rooms) and six comfortable waiting spaces. The space also includes a shower and bathroom dedicated to patients in this zone, as well as a secure workstation for the care team. This space was specially created to reduce stress, facilitate the relationship between the care team and patients, and contribute to their recovery.



<https://hospitalmontfort.com/en/care-admin/mental-health-emergency-zone>

The Royal - Urgent Care Clinic: Opening in Spring 2026



The Royal is proud to announce the approval of a new Urgent Care Clinic, a major step forward in improving access to mental illness and addiction care across our region. This clinic will fill a critical gap in services, offering timely, specialized, and compassionate care for individuals in crisis. By creating an accessible alternative to emergency departments, the clinic will help reduce pressure on local hospitals and ensure patients receive the right care at the right time. This new Urgent Care Clinic is about improving access, building a more responsive system, and delivering care with compassion and dignity. It's a reflection of our shared commitment to do better for our patients, families, and community. The Urgent Care Clinic, opening in spring 2026 at The Royal's Ottawa campus on Carling Avenue, was developed in close collaboration with patients, families, and community partners to ensure it reflects lived experience, evidence-based best practices, and the real needs of those it will serve.



<https://www.theroyal.ca/news/royal-announces-new-urgent-care-clinic/>

Emergency

Police, fire, or medical emergencies: 9-1-1



Emergency departments for adults: Montfort, Civic, General, and Queensway-Carleton.



<https://www.ottawapublichealth.ca/en/public-health-services/hospitals.aspx>

Mental Health Crisis Line

Mental Health Crisis Line: Available 24/7. Call 613-722-6914 if in Ottawa or 1-866-996-0991 if outside Ottawa.



<https://crisisline.ca>

Elder Abuse

Ottawa Police – Elder Abuse

Call 613-236-1222, ext. 7300



<https://www.ottawapolice.ca/en/who-we-are/elder-abuse.aspx>

Elder Abuse Prevention Ontario

Call 1-833-916-6728



<https://eapon.ca>

Intimate Partner violence

Ottawa Police

Call 613-236-1222, ext. 7300



https://www.ottawapolice.ca/en/who-we-are/Intimate_Partner_Violence.aspx

Eastern Ottawa Resource Centre 24hr Helpline

Call 613-745-4818



<https://eorc-creo.ca/portfolio-items/programs-against-violence/>

Unsafe at Home Ottawa

Text 613-704-5535 or online chat



<https://unsafeathomeottawa.ca>

Sexual Assault

Ottawa Rape Crisis Centre

Call 613-562-2333



<https://orcc.net>

Mental Health & Addiction and Substance Use

Distress Centre of Ottawa and Region Crisis Line

Call 613-238-3311 if distressed. The Crisis Line provides confidential support 24/7. You can also text 343-306-5550 or chat at www.dcottawa.on.ca with the Distress Centre between 10:00 a.m. and 11:00 p.m., seven days a week.



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

Alternate Neighbourhood Crisis Response (ANCHOR)



The ANCHOR program is a mobile crisis service, intended to approach mental health and substance use crises from a trauma-informed and culturally relevant care perspective in Ottawa's Centretown area. Call 211 to report a mental health crisis for yourself or others. The ANCHOR program is **not** intended to respond to situations where threats of violence or use of weapons are present or likely to occur. For these situations, please call 911.



<https://www.centretownchc.org/anchor>

9-8-8

This help line is for anyone who is thinking about suicide, or who is worried about someone they know. Connect to a responder to get help without judgement. Call or text 9-8-8 toll-free, anytime for support in English or French.



<https://988.ca>

National Overdose Response Service

A national phone-based overdose prevention service to support Canadians and countless Indigenous communities. Call or text 1-888-688-6677. Callers will be connected to a virtual overdose supervisor who will monitor them for 15-30 min after they use. During the call, if there is a concern of overdose, such as the client becoming non-responsive, the supervisor will connect with local 911 dispatch services.



<https://www.nors.ca>

2.

Online Mental Health Information Sources

Explore these credible sites to find out more about the mental health services and programs available.

CMHA Ottawa

The Canadian Mental Health Association, Ottawa Branch (CMHA Ottawa), is an independent, community-based, non-profit organization that provides services for eligible individuals in the Ottawa area with severe and persistent mental illness and/or substance use disorder, many of whom are experiencing chronic homelessness or are vulnerably housed. CMHA Ottawa offers a list of information, counselling services, distress and crisis lines, and other mental health resources.



<https://ottawa.cmha.ca/about-cmha/for-clients/mental-health-resources-and-crisis-lines/>

Ottawa Black Mental Health Coalition

The Ottawa Black Mental Health Coalition aims to hold health system leaders accountable to ensuring safe, accessible, and culturally appropriate mental health programs and services for the African, Caribbean, Black community in Ottawa.



<https://www.obmhc.ca/>

Ottawa Public Health

Ottawa Public Health (OPH) provides public health programs and services to individuals and communities while advocating for public policies that make Ottawa and its residents healthier.



<https://www.ottawapublichealth.ca/en/public-health-topics/mental-health-and-substance-use-services-and-resources.aspx>

2.

The Royal

The Royal is one of Canada's foremost mental health care, teaching, and research hospitals. Their mandate is to get more people living with mental illness and addiction into recovery faster. The Royal combines specialized mental health care, advocacy, research, and education to transform the lives of people living with complex and treatment-resistant mental illness.



<https://www.theroyal.ca/programs-clinics-services-directory/geriatric-psychiatry-program/>

Suicide Prevention Ottawa

Suicide Prevention Ottawa is a group of organizations working together in Ottawa to promote awareness, build capacity and respond effectively to suicide among people of all ages, across the life span. Browse their website to find information on these topics and more, along with resources and links to local organizations that can help respond to suicide in the Ottawa community.



<https://www.ottawapublichealth.ca/en/public-health-topics/suicide-prevention.aspx>

Champlain Health Line – Mental Health

Champlainhealthline.ca is an innovative website that puts accurate and up-to-date information about health and community services at the fingertips of consumers and health and social services providers across the Champlain region of Ontario. Champlainhealthline.ca provides easy access to a reliable source of data, and empowers consumers to find the services they need close to home.



<https://www.champlainhealthline.ca>

Access MHA – Champlain Region Resources

AccessMHA makes it easier to help find mental health, substance use health, and addictions support, services, and care. You can contact AccessMHA Screening Champlain to be paired with a trained mental health and substance use professional, who will connect you to services from a network of partner organizations. Or you can use look through their list of online resources on your own.



<https://www.accessmha.ca/>

2.

AccessCSS – Coordinated Access Champlain



AccessCSS is a single point of access for community-based services for older adults, seniors, and adults with disabilities living in the Champlain Region. Referrals made to community-based services that keep patients safe and at home.



<https://www.accesscss.ca/>

211



211 Ontario helps people find the right community and social service supports to meet their needs – providing navigation support through their phone service and online search portal. 211 is available by phone for those looking to speak to a friendly voice or by text, online search, email or chat for those looking for convenience or who feel the stigma of asking for help. This makes 211 available to all people of Ontario regardless of their level of digital understanding or ability to access the internet. Services are available for older adults and in over 150 languages.



<https://211ontario.ca/>

ConnexOntario



ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling by connecting them with services in their area. ConnexOntario is funded by the Government of Ontario.



<https://connexontario.ca/>

The Ontario Caregiver Organization

The Ontario Caregiver Organization provides practical resources and tools to help you with your caregiving journey. The OCO supports caregivers by being their one point of access to information, so they have what they need to be successful in their role.



<https://ontariocaregiver.ca>

3.

Wellness and Self-Care

Resources for people in crisis who need help now.

Understanding Mental Health and Wellbeing

Mental Health Commission of Canada Older Adult Mental Health and Well-being

65+

The Mental Health Commission of Canada (MHCC) has developed a range of projects to help policy makers, service providers, and caregivers ensure that older Canadians get the mental health supports they need.



How to access: Information resource can be found freely online here: <https://mentalhealthcommission.ca/what-we-do/older-adults>

Evidence Exchange Network – Voices of Aging

65+

Evidence Exchange Network (EENet) offers a series of videos that talk about many of the unique mental health challenges older adults face. The videos highlight how cultural differences, language barriers, and discrimination can make it even harder to access health care and get the support you need.



How to access: The Voices of Aging video series can be found here: <https://kmb.camh.ca/eenet/resources/voices-of-aging>

The Royal



This is a collection of mental health resources from the Royal as well as other mental health organizations and research institutes. There are many types of resources including videos, worksheets, quizzes, exercises, and mobile apps. The resources are targeted towards individuals with a desire to improve their mental health and overall wellbeing, as well as caregivers, and anyone who is seeking better understanding of mental health and wellness.



How to access: As per the Royal's revised website of 2026, please consult theroyal.ca/thehub for information on their programs, services, and resources.

3.

Government of Canada – Positive Mental Health

Information about mental health, promoting positive mental health, and factors that protect or put it at risk.



How to access: Freely available online here:

<https://www.canada.ca/en/public-health/services/promoting-positive-mental-health.html>

International Council on Active Aging

Active aging promotes the vision of all individuals—regardless of age, socioeconomic status or health—fully engaging in life within all seven dimensions of wellness: emotional, environmental, intellectual/cognitive, physical, professional/vocational, social and spiritual. Consider the “Seven Dimensions of Wellness” and the “Nine Principles of Active Aging” presented here.



Comment y accéder :

<https://www.icaa.cc/activeagingandwellness.htm>

The Fountain of Health

The Fountain of Health offers free virtual webinars and workshops for older adults on the THRIVE © Approach to Wellbeing. Programs include a free 1-hour webinar and free 4-week educational workshop series to help you meet your health goals and thrive.

65+



How to access: Register for programs here:

<https://fountainofhealth.ca/en/individuals>

Understanding Mental Illness

Centre for Addictions and Mental Health - Depression

65+

Information about depression for older adults, common symptoms, and suggestions for how to manage.



How to access: Resources can be found for free here:

<https://www.camh.ca/en/health-info/guides-and-publications/depression-in-older-adults>

Canadian Coalition for Seniors' Mental Health

65+

Information about common mental health problems older adults face and possible treatment options you can use to help improve your mental health.



How to access: Information about mental health problems can be found here: <https://ccsmh.ca/areas-of-focus/>

Information about psychotherapy can be found here:

<https://ccsmh.ca/wp-content/uploads/2024/03/EN-Therapy-Infographic-27-Feb-2024.pdf>

Ottawa Public Health – Responding to Stress



Information about how stressful events can impact your life and mental health. People can feel a range of emotions and reactions following stressful events, which can make it more challenging to feel safe, in control, and alert.



How to access: Information about how we experience stressful events and what you can do to feel better can be found here:

<https://www.ottawapublichealth.ca/en/public-health-topics/resources/Documents/Stressful-Events-Factsheet-Adults-EN.pdf>

Recreation and Social Connection

City of Ottawa – Older Adult Activities and Centres

An information hub about the various activities, programs, and groups available to older adults in Ottawa.



How to access: A list of activities for older adults can be found here: <https://ottawa.ca/en/recreation-and-parks/older-adult-activities> while a list of senior centres can be found here: <https://ottawa.ca/en/recreation-and-parks/older-adult-activities/seniors-centres>

Seniors' Centre Without Walls

Through the use of multi-person phone calls, SCWW provides the opportunity for participants to join in on health and wellness seminars, educational lectures, brain-stimulating activities, listen to live musical entertainment, join in on general conversations, and make new and meaningful friendships – all from the comfort of home! It works just the same as attending a class or a lecture at the centre, but instead it is facilitated over the telephone.



How to access: Register for free via 613-236-0428 ext. 2323 or email: scww@thegoodcompanions.ca <https://thegoodcompanions.ca/programs-services/seniors-centre-without-walls/>

AccessCSS

AccessCSS connects you to community support services (CSS) that support older adults in Eastern Ontario, helping people to remain safe, independent and healthy at home and active in their community as they age. AccessCSS offers access to community support services that provide help with food (meal delivery programs), transportation (to medical appointments), respite (a break from caregiving), adult day programs, homemaking/home maintenance, caregiver support, palliative services, and specialized services for those living with dementia. At times, fees may apply. In some cases, services are subsidized to enable reduced costs.



How to access: You can find a community support service near you by using the online map, found here: <https://www.accesscss.ca/find-services>

3.

Men's Shed – Ottawa



The objective of Men's Sheds is to promote the emotional wellbeing of its members. Often men in our society, especially when retired, suffer from loneliness, isolation, boredom and a lack of purpose. Men's Sheds provides men with companionship, social and creative activities, and the space to come together and do fun things.



How to access: Dates, times, and locations of Men's Shed events can be found here: <https://www.mensshed-ottawa-centre.ca/WhenWeDolt/>

Ottawa Senior Pride Network



The Good Companions offers three programs specifically for The 50+ 2SLGBTQIA+ community. (1) The Rainbow Coffee Club provides an opportunity for The 50+ 2SLGBTQIA+ individuals to get together to socialize and make connections in a respectful, inclusive environment. (2) Out and About Saturdays - Recreational, educational and social activities for members of The 50+ 2SLGBTQIA+ community. (3) The Wellbeing Check-in program provides 2SLGBTQIA+ seniors with regular check-ins from 2SLGBTQIA+ volunteers. Volunteers contact seniors over the phone or social media to check on a client's well-being.



How to access: To join a program or if you have any questions, please call 613-236-0428 or email: info@thegoodcompanions.ca
<https://ospn-rfao.ca/>

Manotick and Area Centre for Arts & Wellness



The Manotick and Area Centre for Arts & Wellness (MACAW) focuses on intergenerational connections for seniors through arts and wellness. In keeping with tradition, this space has been used for a multitude of activities such as Tai Chi, yoga, art, music, and dance classes as well as community dances. Our popular concert series focusses on our local singers and musicians.



How to access: You can find more information about and keep up to date with the creative arts and wellness programs being offered by MACAW here: <https://www.manotickmacaw.com/events-1>
You can also call 613-692-4576 or email: manotickmacaw@gmail.com

3.

Older Adult Centres' Association of Ontario



The Older Adult Centres' Association of Ontario (OACAO) is a trusted partner and recognized leader in the development of quality and relevant resources, services, and support for community-based older adult centres.



How to access: OACAO provides an online interactive map that you can use to find an older adult centre near you:

<https://www.oacao.org/about-oacao/find-centre>

A Friendly Voice



A free, confidential “warm line” for older adults aged 55. It’s a welcoming space where you can freely connect with a caring individual without expectations or judgment. Whether you’re struggling with loneliness or simply looking to stay socially healthy and add some connection to your routine, A Friendly Voice is here to lend an empathetic ear and engage in delightful conversations.



How to access: Call 1-855-892-9992 (Toll-free).
Email: info@afriendlyvoice.ca for more information.
<https://afriendlyvoice.ca/>

Amintro



Amintro is a friendly online community full of like-minded, fun and interesting people who are 50+ that are happy to grow and nurture new friendships. Introduce yourself to the Amintro community at your own pace and stay up to date on information, products and services for inspired living. Casually connect with members just like yourself and start building lasting friendships.



How to access: Create your own free Amintro account here:
<https://app.amintro.com>

Building Resiliency

Ottawa Public Health Resilience Guide

Workbook to help build resilience skills to cope with and work through challenges and recover from challenges in a positive way afterward. Building resilience is something that you can learn at any time in your life. It is never too early or too late to learn and practice being resilient.



How to access: Freely available online here:

https://www.ottawapublichealth.ca/en/public-health-topics/resources/Documents/building_resilience_adult_activity_guide_en.pdf

Bounce Back (CMHA)

BounceBack gives you access to materials and resources that can be customized to fit your needs. You will learn new skills through workbooks, activities, videos, and a trained coach who can provide up to six telephone sessions.



How to access: Sign up for the program yourself here:

<https://bouncebackontario.ca/adults/>

Or you can have a referral submitted by a health care professional. In eastern Ontario, Royal Ottawa Mental Health Centre is responsible for coordinating all referrals into the Bounce Back program.

Contact the Royal at 1-877-527-8207 for more information.

Information about Sleep

The Royal

Information about the importance of sleep for overall health and wellbeing while providing practical guidance for addressing sleep-related issues.



How to access: Freely available online. Information about common sleep problems and disorders and tips for getting a better sleep:

Search: <https://www.theroyal.ca/glossary/>

Resource Hub: <https://www.theroyal.ca/thehub>

Education

Council on Aging of Ottawa – Smart Aging



The Smart Aging Program is a series of workshops covering key topics facing older adults today. Each workshop is designed to provide older adults with the information they need, before they need it, so that they and their loved ones are prepared to make informed decisions. Smart Aging's various workshops provide people with an opportunity to discuss important issues with others, reflect on their own personal circumstances and decide on actions they want to take to reach their desired outcomes.



How to access: *The Smart Aging Program and workshops are offered throughout the year in multiple locations, in both official languages, and through various platforms including in-person, online via Zoom and by telephone. More information can be found here:*
<https://coaottawa.ca/smartaging/smart-aging-workshops>

Senior Watch Old Ottawa South – Guide to Healthy Aging



This guide to healthy aging in the community is designed to help you think about how to tackle the challenge of remaining in your home as you age. There are lots of resources out there. Pour yourself a coffee, dive in and think about the changes you might need to ensure your ability to remain in your home as you get older.



How to access: *Freely available online here:*
<https://oldottawasouth.ca/healthy-aging-guide>

Ottawa Public Library – 50+ Programs



A series of in-person and online programs and events aimed at older adults offered by the Ottawa Public Library.



How to access: *Dates, locations, and information about upcoming events can be found here:*
<https://booking.biblioottawalibrary.ca/program>

3.

Ottawa Public Library – Homebound Services



Homebound Services is a free program offering monthly delivery of Ottawa Public Library (OPL) materials directly to your door. This service is available to Ottawa residents who are unable to visit the Library regularly due to age, illness or disability. The program delivers to individual homes, retirement residences, and long-term care facilities within the City of Ottawa. A minimum commitment of three months is required to sign up for the service.



How to access: You can register for free here:

<https://about.biblioottawalibrary.ca/en/homebound-services>

For more information, please call Homebound Services at 613-580-2944 or contact them by email Homebound@BiblioOttawaLibrary.ca

Online Tools and Mobile Apps

Mental Health Commissioner Canada

The apps listed on this site have received the MHCC badge, indicating they meet the high standards for digital mental health support. This collection is regularly updated to reflect apps' ongoing ability to maintain certification requirements. This initiative is part of a broader strategy to improve access to safe and effective e-mental health tools across Canada.



How to access:

<https://mentalhealthcommission.ca/mhcc-assessed-mental-health-apps/>

Ontario Shores Centre for Mental Health Sciences

On-line Tools and Mobile Apps - App Library

Including: Mood Disorders (Daylio), Anxiety Disorders (Mindshift), and Wellness (Calm)



How to access: <https://www.ontarioshores.ca/resources-support/online-resources-and-tools>

4.

Emerging Needs and First-line Care

Resources for people with new or mild mental health problems

Mental Health Support Groups

Let's Get Together Club



A safe space for seniors with mental health challenges. Participants are provided with opportunities to socialize, develop friendships, and engage in leisure, education and wellness activities in a safe, structured and supportive setting. Information, supportive counseling, consultation with health professionals, and referrals to other community services and programs is also offered.



How to access: Program referrals are made by Health atHome – Champlain, as well as health care professionals and other Community Support Services and programs. Cost is \$10.00 per day. For more information, call 833-922-2734. <https://carefor.ca/programs/adult-day-programs/lets-get-together-club/>

Psychiatric Survivors of Ottawa – Peer Support Programs



Join other supportive peers for some in-person mutual support in a non-judgmental, confidential space. A topic of discussion is chosen at the beginning of each group by the participants. Sessions are offered both in-person and online via Zoom.



How to access: PSO's services are free. No referral required. Session registration can be found here: <https://www.pso-ottawa.ca/peer-support-group>. For more information, contact info@pso-ottawa.ca.

Mood Disorders Ottawa – Support Groups



Mood Disorders Ottawa offers an in-person peer support group on Tuesdays and an on-line peer support group on Thursday hosted via ZOOM. Peer support groups are a safe, supportive place surrounded by adults 18+ years of age with a mood disorder where you can join a friendly, confidential discussion of mood disorder-related topics and personal issues.



How to access: Information about the peer support groups can be found here: <https://www.mooddisordersottawa.ca/support-groups>. For more information, contact info@mooddisordersottawa.ca.

Counselling Connect

Free mental health and addictions support in a group setting. Available in English and French. Led by peers or staff.



How to access: Find and register for a support group here: <https://walkincounselling.com/group-support>

Individual Mental Health Assessment and Treatment

AccessMHA

AccessMHA is a new, single point of entry into eastern Ontario's system of care for mental health, substance use, and addictions. AccessMHA will help you connect with appropriate services in a timely manner and support you through the process.



How to access: Find local mental health screening and services here: <https://www.accessmha.ca>

Counselling and Family Service Ottawa

Counselling and Family Service (CFS) brings hope and support to residents of Ottawa who are facing some of life's biggest challenges, including mental health challenges and gender-based violence. Professional counsellors can help you explore and better understand the challenges you're facing, whether you've experienced trauma, are having difficulty managing your anger, are feeling depressed or anxious, or have relationship issues to work through. These services are available to all residents of the Ottawa region who need them, regardless of income, faith, culture, gender or sexual identity. In-person, virtual and phone sessions are available.



How to access: CFS offers individual counselling by appointment and on a first come, first served walk-in basis. For more information, call 613-233-8478 or email info@cfsottawa.ca. <https://cfsottawa.ca/programs-and-services/>

Coalition of Community Health and Resource Centres of Ottawa



Community Health and Resources Centres help individuals in the local community take control of their physical and mental health. The Centres provide a wide range of health, mental health and addictions services to people of all ages, including older adults. Services are delivered through workshops, drops-ins, support groups, community meetings, training, outreach, counselling, and education programs.



How to access: Find your local Community Health and Resource Centre below:

<https://coalitionottawa.ca/map/>

Eastern Ottawa Resource Centre

Lowertown Community Resource Centre

Pinecrest Queensway Community Health Centre

Vanier Community Resources Centre

Rideau-Rockcliffe Community Resource Centre

Sandy Hill Community Health Centre

Carlington Community Health Centre

Somerset West Community Health Centre

Centretown Community Health Centre

South-East Ottawa Community Health Centre

Western Ottawa Community Resource Centre

Orléans-Cumberland Community Resource Centre

Nepean, Rideau and Osgoode Community Resource Centre

University of Ottawa – Centre for Psychological Services



The Centre offers psychological services for the following issues: anxiety, family conflict, depression, relationship distress, grief, parental concerns, school, career, physical health, behavioural difficulties in children, sexual health, work stress, trauma. Services are offered to individuals from the Ottawa-Gatineau region. The Centre is committed to creating a safe and welcoming environment regardless of your origin, identity or family context (e.g., culture, religion, gender identity, sexual orientation, ability).



How to access: To find out if you or your family can benefit from these services, contact the Centre by phone (613-562-5289), e-mail cpsr@uOttawa.ca. <https://www.uottawa.ca/faculty-social-sciences/centre-psychological-services-research>

Saint Paul University Counselling and Psychotherapy Centre

The Centre offers counselling and psychotherapy in English and French. Services are provided by counselling interns at the Master of Arts and doctoral level in Counselling and Spirituality at Saint Paul University. The counselling interns are supervised by professionals who are certified and accredited by a recognized professional association.



How to access: For more information or to receive counselling and psychotherapy services, email counselling@ustpaul.ca or call 613-782-3022. <https://ustpaul.ca/en/Counselling-and-Psychotherapy-Centre>

Ottawa Pastoral Counselling Centre

The Centre offers psychological services for the following issues: anxiety, family conflict, depression, relationship distress, grief, parental concerns, school, career, physical health, behavioural difficulties in children, sexual health, work stress, trauma. Services are offered to individuals from the Ottawa-Gatineau region. The Centre is committed to creating a safe and welcoming environment regardless of your origin, identity or family context (e.g., culture, religion, gender identity, sexual orientation, ability).



How to access: You can book an appointment here: <https://theopc.ca/book>. For more information, email opc.ottawa@gmail.com or call 613-235-2516.

Capital Choice Counselling

Capital Choice Counselling is an established counselling group in Ottawa, Kanata, Orleans, Nepean, Ottawa South, Barrhaven, Riverside South, Stittsville. Utilizing a network of over 40 Registered Psychotherapists, Psychologists, Social Workers, and Counsellors, Capital Choice Counselling is able to serve you better by connecting you with the right counsellor who works for you.



How to access: You can register for services here: <https://capitalchoicecounselling.com/find-a-counsellor/>
For more information, contact Capital Choice Counselling here: <https://capitalchoicecounselling.com/contact-us/>

Ontario Structured Psychotherapy



This program provides free, short-term, face-to-face Cognitive Behavioural Therapy (CBT) for adults experiencing depression, anxiety disorders, obsessive-compulsive disorder, and/or post-traumatic stress disorder (PTSD).



How to access: Apply to the program yourself here:

<https://www.accessmha.ca> or have a referral from your physician and/or nurse practitioner. Questions about the referral process can be directed to the OSP intake team at the Royal Ottawa Mental Health Centre: 1-877-527-8207.

Walk-In Counselling Clinic



The Walk-In Counselling Clinic provides immediate counselling services to individuals, couples, and families. Focusing on your strengths, the clinic offers professional counselling services to assist with a wide variety of issues. Walk-in sessions are free to all members of the community, with no restrictions based on age or location/address and no need for an appointment. Services are available on-site and virtually, and in English, French, Arabic, Spanish, and Mandarin.



How to access: Locations of walk-in clinics can be found here:

<https://walkincounselling.com>. For more information, call 1-613-755-2277 or email mpobric@jfsottawa.com.

Counselling Connect



One-stop centralized intake for same-day or next-day phone or video individual counselling sessions, offered by several agencies. Counselling Connect offers each person 1-3 individual counselling sessions but does not provide long-term counselling beyond these 1-3 sessions.



How to access: You can register for counselling sessions here:

<https://www.counsellingconnect.org/>

A variety of counselling services are available focused on different communities and identities.

Sleep Problems

The Royal – Sleep Clinic



The Sleep Disorders Clinic at The Royal offers clinical expertise in sleep medicine to the general public (by referral), but it has staff with specialized knowledge of the relationship between sleep and mental illness. This includes expertise in the very specific sleep problems related to certain psychiatric illnesses, which is not routinely available in other sleep clinics.



How to access: To access these services, have your primary care physician use the sleep study or consultation form on the Royal site. Forms must be faxed to 613-798-2980. For more information, call 1-613-722-6521. As per the Royal's revised website of 2026, please consult theroyal.ca/thehub for information on their programs, clinics, services, and resources.

Queensway-Carleton – Sleep Lab



The purpose of the Sleep Lab is to perform comprehensive overnight or daytime studies to evaluate sleep disorders. It generally includes monitoring of the patient's airflow through the nose and mouth, heartbeat as measured by an electrocardiograph (ECG), blood oxygen levels, brain wave patterns, eye movements and the movements of respiratory muscles and limbs. The Sleep Lab can help identify such syndromes as Sleep Apnea, Narcolepsy and Insomnia. Sleep studies require the patient to stay overnight in the Sleep Lab and appointments are made available 7 nights a week.



How to access: To book a Sleep Study, have your doctor fax this requisition to the Patient Scheduling Department and you will be called for an appointment shortly: [https://www.qch.on.ca/uploads/Cardio/Sleep Lab Requisition Form.pdf](https://www.qch.on.ca/uploads/Cardio/Sleep%20Lab%20Requisition%20Form.pdf)

Campus Civic – Sleep Disorder Labs

Our Sleep Disorders Labs are dedicated to diagnosing and treating patients with sleep-related disorders. These conditions include difficulties falling asleep and / or staying asleep at night, or difficulty in staying awake during the day.



How to access: To schedule an appointment, you must be referred by a doctor. Ask your doctor to complete the Referral Request to the Sleep Centre, including all relevant information, and fax it to 613-761-5211. <https://www.ottawahospital.on.ca/en/clinical-services/deptpgmcs/clinics-and-services/sleep-centre/>

Living Arrangements

Naturally Occurring Retirement Community (NORC) – Information & NORC Finder

65+



A NORC is a geographic designation for an area, such as a rental/condo building or neighbourhood block, that houses a high density of older adults. NORC buildings have become home to many seniors for a variety of reasons, including greater ease of mobility, not wanting or able to maintain a single-family home, economic pressures, or a desire to be closer to amenities. The Council on Aging of Ottawa (COA) has partnered with Ottawa Neighbourhood Solutions (ONS) to create an interactive map that identifies Ottawa NORCs where a higher proportion of older adults (65+) live in Ottawa.



How to access: Information about NORCs, services, and their benefits can be found here: <https://coaottawa.ca/2022/02/02/norc-ssps-an-innovative-supportive-housing-model-for-older-adults>. The online NORC Finder can be found here: <https://www.neighbourhoodstudy.ca/norcs>

Champlain Health Line - Long-term Care Homes

65+



Long-term care homes care for people with significant health challenges and cognitive impairment who need 24-hour access to nursing care and supervision. While homes are publicly funded by the government to provide primary health care and nursing care, support with the activities of daily living, a variety of therapies and activities, and special diets, residents also pay a fee for their accommodation. Long-term care homes are also known as Homes for the Aged or Nursing Homes.



How to access: You can find a list of long-term care homes in the Ottawa-area and their contact information here: <https://www.champlainhealthline.ca/listservices.aspx?id=10665>

Ottawa Community Housing

65+



Ottawa Community Housing (OCH) offers approximately 5,000 homes to about 33,000 tenants, including seniors, families, individuals, and people with disabilities. These homes, including 24 buildings for older adults, are located in various communities throughout Ottawa and house a diverse population with different languages, cultures, and ethnicities.



How to access: You can apply for affordable housing here. For subsidized rentals, apply here: <https://housingregistry.ca/the-forms>

5.

Long-term and More Severe Mental Health Problems

Resources for people with ongoing or serious mental health problems

Individual Mental Health Assessment and Treatment

The Royal and Geriatric Psychiatry Community Services of Ottawa (GPCSO) – Outpatient



The Ottawa Geriatric Psychiatry Outpatient Services provide bilingual, inter-professional care through both community-based services (GPCSO) and hospital-based services (The Royal). They support adults aged 65+ who have complex mental health needs, as well as those under 65 with a confirmed diagnosis of Alzheimer’s disease or frontotemporal dementia. Their multi-disciplinary teams include geriatric psychiatrists who provide diagnosis and treatment for older adults with cognitive disorders and mental illnesses. GPCSO provides outreach services through dedicated case managers, who conduct comprehensive psychosocial assessments and develop individualized care plans tailored to each client’s mental health needs.



How to access: *The Royal and GPCSO operate the Ottawa Geriatric Psychiatry Services Centralized Intake, which serves older adults (65+) with severe, persistent, or complex psychiatric illnesses. Referrals for outpatient services must be completed and signed by a physician or nurse practitioner. Prioritization is based on clinical need and aims to reduce emergency room visits whenever possible. Referral forms and criteria are available here: <https://www.gpcso.org/en/our-services/referral-form.aspx>*

The Royal – Inpatient Services



The Royal operates an inpatient unit for older adults (65+) with severe, persistent, multiple and/or complex psychiatric illnesses. They receive specialized multidisciplinary assessment and treatment, including access to electroconvulsive therapy (ECT) services. The most common conditions treated are depression, anxiety, and dementia complicated by behavioural and psychological distress. Patients usually stay 6 to 8 weeks. This program does not admit patients for the purpose of long-term care placement. Admission requires an evaluation and referral from a geriatric psychiatrist affiliated with a hospital, long-term care home or community-based service.



How to access: *For inpatient services, patients must be evaluated and referred by a geriatric psychiatrist. Prioritization is based on clinical need and coordinated to reduce unnecessary emergency room visits where possible. Referral form and criteria can be found here: <https://www.theroyal.ca/programs-clinics-services-directory/geriatric-psychiatry-program/>*

5.

Bereavement

Bereaved Families of Ontario – Ottawa Region



Bereaved Families helps and supports people who are experiencing the death of someone important in their lives. Their programs are offered virtually and in-person. Memorial events are held in-person. Everyone is welcome to participate regardless of religion, culture, ethnicity, physical ability, or gender.



How to access: For more information, <https://bfo-ottawa.org/> or call 613-567-4278 or email office@bfo-ottawa.org.

Hospice Care Ottawa



Hospice Care Ottawa's programs and services offer immediate support for a period of time after the death of a loved one due to a life limiting illness. Their programs and services follow a peer led model and offer a variety of programs and services to meet individual bereavement needs.



How to access: Information about the different services and programs offered can be found here <https://www.hospicecareottawa.ca/>. To find out more about community Bereavement Support services, call 613-591-6002.

Compassionate Ottawa

Compassionate Ottawa can help you, your family and friends deal with grief and loss in a number of ways. Compassionate Ottawa has brought together a number of resources that will help you better understand the causes of grief, the grieving process and how to interact with those who are grieving. They also offer grief and bereavement workshops in the community led by trained facilitators.



How to access: Information about grief and bereavement can be found here: <https://compassionateottawa.ca/resources> while events and workshops can be found here: <https://compassionateottawa.ca/events>

Substance Use and Gambling

Centretown Community Health Centre - LESA Program



The Lifestyle Enrichment for Senior Adults (LESA) program helps individuals 55 and older to address problem gambling and substance abuse. Individual and group counseling is available.



How to access: For more information, call 613-233-4443 or email lesa@centretownchc.org. <https://www.centretownchc.org/programs/the-lesa-program%3A-substance-use-%26-problem-gambling-supports-for-people-55%2B>

Monfort Renaissance - Service Access to Recovery



Service Access to Recovery (SAR) is a starting point for people 16 years and older who are concerned about their substance use and want to understand and discuss treatment options. SAR conducts screening and assessments, offers referrals and provides information, support and guidance.



How to access: Information about the program can be found here: <https://montfortrenaissance.ca/en/?scrolled>. To reach Service Access to Recovery (SAR), call 613-241-5202 or email info@mri.ca.

Sandy Hill Community Health Centre



The Centre provides a confidential and supportive continuum of services for individuals, family members and youth seeking help for substance use, behavioural health challenges such as problem gambling and co-occurring mental health concerns. Services include counselling, psychotherapy, case management, systems navigation, care coordination and a variety of supportive and psychoeducational groups.



How to access: Information about specific services can be found here: <https://www.sandyhillchc.on.ca/substance-use-addictions-and-mental-health>. To access the rapid access addiction medicine clinic, call 613-569-3488. For problem gambling counselling, call 613-789-1500.

The Royal – Substance Use and Concurrent Disorders



The Royal's Substance Use and Concurrent Disorders Program (SUCD) serves people living with complex substance (drug or alcohol) use, mental health, and physical health issues. This program offers a range of inpatient and outpatient services for people living with substance use and mental health concerns.



How to access: The Substance Use and Concurrent Disorders Program accepts self-referrals and does not require a referral from a physician or a nurse practitioner. If you require more information or would like to talk to access any services, please call 1-613-722-6521 or visit the Rapid Access Addiction Medicine (RAAM) clinic site: <https://theroyal.accessraam.ca>

5.

Ottawa Public Health – Stop Overdose Ottawa



The overdose crisis, with the increasingly toxic and unpredictable unregulated drug supply, continues to have devastating impacts on people, their families, friends and the community. Learn more about the situation in Ottawa, how community members can address this complex crisis together, and where harm reduction and treatments services and supports are available.



How to access: Contact information for organizations such as drug treatment centres, crisis lines, shelters, locations to pick up safer injection and inhalation supplies, as well as information on other community agencies can be found here: <https://www.ottawapublichealth.ca/en/public-health-topics/find-your-way-community-resource-guide.aspx>
<https://www.ottawapublichealth.ca/en/public-health-services/stop-overdose-ottawa.aspx>

AccessMHA



AccessMHA makes it easier to help find mental health, substance use health, and addictions support, services, and care. AccessMHA will pair you with a trained mental health, substance use health and addictions professional who will connect you to the services you need from a network of partner organizations.



How to access: Start by finding local service providers near you and book an appointment here: <https://search.caredove.com/accessmha?layout=top-map&lang=en>

Memory and Cognitive Impairment Services

Bruyère Memory Program



Bruyère Memory Program is Eastern Ontario's only dedicated medical clinic specializing in the assessment, diagnosis, and treatment of cognitive impairment, dementia, and Alzheimer's disease. The Bruyère Memory Program provides diagnosis, treatment/management of dementia, and referral to community support services.



How to access: Patients must be referred to the program by a physician or a licensed nurse practitioner. For clinic information visit: <https://www.bruyere.org/en/memory-program>. The referral form can be found here: https://www.bruyere.org/uploads/memoryprogram/C715011-202505_D.pdf. For more information, call 613-562-6322.

Geriatric Psychiatry Community Services of Ottawa (GPCSO) – CARERS Program



The CARERS Program focuses on practical skills and emotional supports needed to care for people living with dementia; teaches problem solving techniques, a structured approach to address problems; coaches care partners in communication skills through the use of simulation; and provides strategies for keeping a meaningful relationship with the person living with dementia.



How to access: For more information or to register, please call 613-562-9777. <https://www.gpcso.org/en/our-services/carers.aspx>

Alzheimer Society of Ottawa and Renfrew County – First Link



First Link® is a referral program designed to help newly diagnosed people with dementia, and their families, get the help they need as soon as possible. Whether you are living with Alzheimer’s disease, another form of dementia, or supporting someone who is, First Link® connects you and your family to your local Alzheimer Society programs and other community services.



How to access: You can apply to First Link® yourself (referral form found here: <https://firstlinkontario.ca/referral-form>), but it is recommended that you are referred to the program by your family doctor or other primary care provider. For more information about First Link®, please feel free to email info@ottawarenfrew.alzheimeront.org or call 343-630-1841 or visit online at: <https://alzheimer.ca/ottawa/en/help-support/programs-services/first-link>

Parkinson Canada – Support Groups



Parkinson Canada hosts local support groups in your community to provide mutual support from other people living with Parkinson’s Disease. Support groups offer a safe environment for talking about your experiences, enhancing your ability to cope with the daily challenges of Parkinson’s.



How to access: You can find a Parkinson’s support group near you here: <https://www.parkinson.ca/resources/support-groups>

5.

Information About Dementia and Neurocognitive Disorders

The Dementia Society Ottawa and Renfrew County – Dementia Education



The goal of dementia education is to provide information that helps you expand your knowledge and understanding of dementia and brain health. The more you know about dementia the better able you are to prevent it, and to live well with it.



How to access: Dementia education events can be found here: <https://dementiahelp.ca/education>, factsheets here: <https://dementiahelp.ca/factsheets>, and videos here: <https://dementiahelp.ca/educational-videos>

Champlain Dementia Network



Information and resources for individuals living with dementia and caregivers. The information from this site can help you if you're asking yourself questions like: "What should I say about my diagnosis to family and friends?", "I want to meet others who are facing the same issues, how do I do that?", and "Why my loved one is acting this way – how do I talk to them?".



How to access: Resources can be found for free here: <https://champlaindementianetwork.ca>

Alzheimer Society of Ottawa



Learn more about dementia, including its most common type (Alzheimer's disease), other types of dementia and evidence-based recommendations for prevention and treatment.



How to access: Resources can be found for free here: <https://alzheimer.ca/en/about-dementia>

Parkinson Canada



Parkinson Canada provides a broad range of materials to help individuals, families and health professionals learn about Parkinson's, a complex neurodegenerative disease. Whether you are newly diagnosed or have been living with Parkinson's for some time, these resources aim to help make the journey a little easier.



How to access: Freely available online here: <https://www.parkinson.ca/resources/educational-publications>. If you can't find what you are searching for, you can contact support@Parkinson.ca.

5.

Lewy Body Dementia Canada



Find the easy to understand, reliable and useful information about Lewy Body Dementia, including the most important information, symptoms, treatments and insights to make the best of a very challenging condition. Everything on the website is written by, and from, the perspective of a family care partner. Although much of the information is appropriate to all forms of dementia, the information provided is specifically and carefully developed to aid those caring for, and those diagnosed with, Dementia with Lewy Bodies and Parkinson's Disease Dementia.



How to access: Freely accessible online here:
<https://www.lewybodydementia.ca/learning-about-lewy>

Huntington Society of Canada

The Huntington Society of Canada (HSC) provides information on Huntington disease (HD) to help caregivers offer the best possible care and to enable individuals living with HD to stay informed and live their best lives.



How to access: Factsheets, brochures, and other publications about Huntington disease are freely accessible online here:
<https://www.huntingtonsociety.ca/learn-about-hd>

More Intensive Home Supports

Ontario Health atHome – Champlain Area



If you feel that you or someone you know would benefit from health care support at home, at school or in the community, Ontario Health atHome can open the door to a world of options and opportunities. Health atHome provides a wide range of health care services and resources that are covered through the Ontario Health Insurance Plan (OHIP), and can be provided in a patient's home or at a nursing clinic. These services can include care coordination, nursing, physiotherapy, occupational therapy, nutritional counseling, speech therapy, social work, personal support, and medical supplies and equipment.



How to access: Anyone can make a referral. To request home and community care services, please complete this online referral form:
<https://www.ontariohealthathome.ca/blobohahprod4cd80afe1b/wp-content/uploads/2022/09/CH-Referral-Form-EN.pdf>, or call us at 1-800-538-0520 (toll-free) or 613-745-5525. For more information, you can visit Champlain area Health at Home.

Hospice and Palliative Care

Champlain Hospice Palliative Care Program



An interactive map to help you locate hospices and palliative care units in Ottawa and surrounding communities. Hospices provide physical, emotional and spiritual supports in a peaceful homelike setting, with a focus on pain and symptom management and quality of life.



How to access: The map can be found online here:

<https://champlainpalliative.ca/support-services/services-and-supports-for-palliative-care/>.

Hospice Care Ottawa



Compassion and comfort is the focus of Hospice Care Ottawa. Their services are provided at no charge to individuals with a life-limiting illness and their families. HCO offers emotional and social support to individuals facing a life-limiting illness and living at home through their Community Programs (Day Hospice and In-Home Support programs). When being at home is no longer possible, Hospice Care Ottawa provides 24-hour care in a home-like and peaceful environment at their three Residential Hospices.



How to access: Information about community care services can be found

here: <https://www.hospicecareottawa.ca/services/> while you can learn more about residential hospice care here: <https://www.hospicecareottawa.ca/services/residential-hospice-care>

Hospice Palliative Care Ontario

Information about what hospice palliative care is and where you can find specific hospice palliative care services in your community.



How to access: Freely available online here or you can call 1-833-621-

0728, Monday to Friday, 8:30 AM to 4:30 PM. <https://www.hpco.ca/finding-information-and-services-care/>

6.

Services for Equity-Deserving Groups

Resources tailored to racial/ethnic background, religious community, or sexual orientation

2SLGBTQIA+

Ottawa Senior Pride Network



The Good Companions offers three programs specifically for The 50+ 2SLGBTQIA+ community. (1) The Rainbow Coffee Club provides an opportunity for The 50+ 2SLGBTQIA+ individuals to get together to socialize and make connections in a respectful, inclusive environment. (2) Out and About Saturdays - Recreational, educational and social activities for members of The 50+ 2SLGBTQIA+ community. (3) The Wellbeing Check-in program provides 2SLGBTQIA+ seniors with regular check-ins from 2SLGBTQIA+ volunteers. Volunteers contact seniors over the phone or social media to check on a client's wellbeing.



How to access: To join a program or have any questions, please call 613-236-0428 or email info@thegoodcompanions.ca. Visit online at: <https://ospn-rfao.ca/>

Centretown Community Health Centre



A collection of free programs and services developed for the community, by the community. Programs and services offered by 2SLGBTQIA+ staff at the Centretown Community Health Centre and through community partners.



How to access: Information about the various programs and how to access them can be found here: <https://www.centretownchc.org/lgbtq2s>

6.

Psychiatric Survivors of Ottawa – Rainbow Peers Support Group



Join other supportive peers for some in-person mutual support in a non-judgmental, confidential space. This is a group where 2SLGBTQIA+ people of all ages (16+) gather as a community to create a safe space to share about sexual orientation, gender identity, mental health, and experiences accessing services. All identities are valued, celebrated, and welcome! Sessions are offered online via Zoom.



How to access: *Psychiatric Survivors of Ottawa's services are free. No referral required. Session registration can be found here: <https://www.pso-ottawa.ca/rainbow-peers>*

African, Caribbean, and Black Canadians

African, Caribbean & Black Wellness & Resource Centre – Seniors Program



Senior programs are available on Wednesdays and Fridays from 10 am – 1 pm. Programs aim to enhance wellbeing by providing social, physical, and mental stimulation in a supportive group environment; provide a forum to socialize and form friendships, intellectual stimulation in the form of quizzes, health education, discussion groups, question-and-answer periods; participate in social activities including games, crafts, films, sing-a-longs, speakers, and entertainers; access counselling and referral services; and provide information, referral, advocacy, and support.



How to access: *For more information, call 613-801-7426 or email acbprograms@gmail.com. <https://acbwellness.ca/programs>*

Psychiatric Survivors of Ottawa – African, Caribbean, and Black Peer Support Group



Join other supportive peers for some in-person mutual support in a non-judgmental, confidential space. This is a safe and culturally-responsive space for members of the African, Caribbean, and Black community living with mental health and/or substance use challenges. We talk, share, and support one another. Sessions are offered online via Zoom.



How to access: *Psychiatric Survivors of Ottawa's services are free. No referral required. Session registration can be found here. <https://www.pso-ottawa.ca/peer-support-programs>. For more information, contact info@pso-ottawa.ca.*

Diverse Communities

Social Planning Council of Ottawa – Ethno-Cultural Seniors Network



The Ethno-Cultural Seniors Network works with local grassroots organizations to improve standard of living for ethno-cultural seniors, who are disproportionately at risk of isolation, and face multiple barriers in accessing appropriate services.



How to access: Information about programs and projects can be found here: <https://www.spcottawa.on.ca/mecs>

Ottawa Public Health – Multilingual Mental Health Resources



Online videos for ideas of ways to support your mental health and that of your loved ones during challenging times. These videos are available in English, French, Somali, Arabic and Mandarin. A number of things can affect your mental health and cause stress. Find out what you can do to cope and be more resilient.



How to access: Freely available online here: <https://www.ottawapublichealth.ca/en/public-health-topics/multilingual-mental-health-resources-for-diverse-communities.aspx>

Inuit, First Nations, and Métis

Wabano Centre for Aboriginal Health



At Wabano, you have access to regulated mental health professionals for individual or group therapy sessions, addictions recovery specialists, land-based cultural activities with traditional knowledge keepers, and art-as-healing for you or your family. Services available in Cree, Ojibway, Inuktitut, English, and French.



How to access: More information about the Centre and programs can be found here: <https://wabano.com/health-and-wellness/mental-wellness>

Odawa Native Friendship Centre



The Aboriginal healing and wellness program is designed to deliver individual and group-based services to Aboriginal individuals, families and children. Services include but are not limited to; healing circles, counselling, crisis intervention, education, and training, Kanawayhitowin community actions plans, and activities using the Kizhaay Anishnaabe Niin Initiative model.



How to access: Information about the Aboriginal healing and wellness program can be found here. <https://ofifc.org/friendship-centre/odawa-native-friendship-centre-ottawa/> You can also contact healingandwellness@odawa.on.ca or call 613-722-3811.

Odawa Life Long Care



Odawa also has programming specifically for chronically ill, cognitively impaired, physically disabled, frail and elderly urban Indigenous people of all ages. The Life Long Care program aims to provide culturally appropriate services that strengthen physical, spiritual, mental and emotional well-being and enhance the quality of life for those receiving life long care services.



How to access: Information about the Aboriginal healing and wellness program can be found here: <https://odawa.ca/programs/xxlife-long-care2/>

Hope for Wellness Helpline

The Hope for Wellness Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week. Both telephone and online chat services are available in English and French. Telephone support is also available upon request in Cree, Ojibway (Anishinaabemowin), and Inuktitut.



How to access: To reach the helpline, call 1-855-242-3310. For more information or to chat online with counsellors, visit the website here: <https://www.hopeforwellness.ca>

6.

National Association of Friendship Centres

The Friendship Centre Movement – made up of over 100 Friendship Centres and 7 Provincial/Territorial Associations – is the largest and most comprehensive urban Indigenous service delivery network in Canada. Friendship Centres provide culturally relevant programs and services for Indigenous people living in urban centres across Canada in multiple areas including, health, shelter, youth, justice and development. They have also become a place for Indigenous and non-Indigenous people to come together, to share traditions, and to learn from one another.



How to access: Friendship Centre locations can be found here: <https://nafc.ca/friendship-centres/find-a-friendship-centre>. For more information, visit National Association of Friendship Centres: <https://nafc.ca>

Jewish Canadians

Jewish Family Services



The Thelma Steinman Seniors Support Services, at Jewish Family Services of Ottawa, offers comprehensive services to assist Jewish seniors and their families to identify and access needed supports, resources and programs to successfully manage life transitions and changing circumstances. Their professional staff works with you to enhance independent living, safely and meaningfully.



How to access: For intake or more information about the services, please call 613-722-2225 or email info@jfsottawa.com. <https://www.jfsottawa.com/>

Newcomers

Ottawa Newcomer Health Centre



Integrated Mental Health Service for Refugees and vulnerable Immigrants was designed to provide services to those experiencing moderate to severe mental health challenges. The number and intensity of counseling sessions are tailored to the clients' needs. Therapy is offered by a team of psychotherapists who specialize in providing culturally appropriate, safe, and trauma-informed care. The program also includes mental health navigators who provide practical assistance and system navigation and referral support to clients and work closely with psychotherapists.



How to access: To receive integrated mental health support, please feel free to fill the form (found here: <https://onhc.ca/our-services/integrated-mental-health-services/integrated-mental-health-services-referral-from>) and submit it electronically.

Ottawa Community Immigrant Services Organization – Counselling



OCISO's Counselling Program is uniquely equipped to provide counselling services to the immigrant and refugee population in Ottawa. They offer individual and family clinical counselling to culturally diverse clients with migration and culture-related issues, and specialize in assisting survivors of war torture, trauma, political persecution and imprisonment. These services are private and confidential.



How to access: Services are offered in English, French, Spanish, Arabic, Farsi, Dari, German, and Czech. Interpretation services for other languages may be available. More information on how to access these services can be found here: <https://ociso.org/counselling>

The Counselling Group – Counselling for Newcomers



The Counselling Group helps ease the transition by offering newcomers extensive social support, counselling, advocacy and referral services that help them adjust to their new home. In addition to being culturally-responsive and providing services in multiple languages, the Counselling Group also has a multi-disciplinary team that includes social workers, psychotherapists, settlement workers and play therapists. Maximizing the potential of newcomer children and youth is important. Among the many services offered are play therapy, skill development programming, and school-based support. The Counselling Group also offers counselling and therapy for those who may be dealing with past trauma or mental distress.



How to access: Book an intake session by phone (613-755-2299) or use the online booking system here: <https://thecounsellinggroup.com/intake>

7.

Support for Caregivers

Resources for caregivers of older adults with mental health problems including resources to care for their own mental wellbeing.

Self-help

City of Ottawa



A workbook to help caregivers develop coping skills to promote their own wellbeing. The term “caregiver” refers to all the people involved in a person’s immediate circle of care. Many feel worried or anxious because of their responsibilities. It is important that you take care of yourself so you can continue being a healthy caregiver.



How to access: Freely available online here: https://www.ottawapublichealth.ca/en/public-health-topics/resources/Documents/taking_care_of_yourself_the_caregiver_adult_activity_guide_en.pdf

Champlain Hospice Palliative Care Program



As a caregiver, your health and wellbeing must be a priority. Champlain Hospice Palliative Care Program provides information and resources to help you incorporate self-care into your regular routine in order to help you, and those around you, in your caregiving journey.



How to access: Freely available online here: <https://champlainpalliative.ca/for-caregivers-patients/support-for-caregivers>

Therapy Groups for Caregivers

Geriatric Psychiatry Community Services of Ottawa (GPCSO) - Stress Reduction for Senior Caregivers Through Mindfulness



Offered twice a year. Mindfulness is about accepting yourself as you are in the present moment. Mindfulness means paying attention. Learning the skills of mindfulness may help you to increase the ability to accept that which cannot be changed, cope with overwhelming feelings and reduce negative thinking. Through learning to use simple breathing and stretching exercises you will learn how to manage the stresses of life and caregiving.



How to access: Must be a caregiver of persons living with dementia or other mental illness who are registered patients of GPCSO or The Royal Geriatrics Program and have a signed referral from a physician. <https://www.gpcso.org/en/our-services/community-geriatric-psychiatry.aspx>

The Royal – Family Services

The Royal offers a variety of information, education, and support to family members of clients at The Royal. The Royal's family information and support sessions are 90-minute, expert-led, live (not pre-recorded) events that highlight topics of interest to families and caregivers. They are an opportunity to learn from experts, find out about available resources, and connect with others.



How to access: Must be a caregiver of persons who are registered patients of the Royal. There is no cost to participate but registration is required. Most sessions take place on Zoom between September and June. As per the Royal's revised website of 2026, please consult theroyal.ca/thehub for information on their programs, services, and resources.

Support Groups

AccessCSS - Caregiver Support Services

65+

AccessCSS Caregiver Support Services connects you to community support services (CSS) that support caregivers. This includes individual caregiver training, educational classes, caregiver support groups, and bereavement support.



How to access: You can find a caregiver support service near you by using the online map, found here: <https://www.accesscss.ca/caregiver-support>

The Dementia Society of Ottawa and Renfrew County

65+

The Dementia Society's caregiver peer support groups provide a safe environment to learn, share, express and help each other through mutual understanding and support. These groups are co-facilitated by an individual with lived experience with dementia, and a trained Dementia Society Care Coach. Experience a compassionate environment and receive up-to-date, accurate information.



How to access: Support group locations and registration can be found here: <https://dementiahelp.ca/activities>

Parkinson Canada – Care Partner Support Groups



Parkinson Canada offers care partner support groups to help carers connect and share with each other in a safe, comfortable space. Support Groups are led by trained facilitators, both in-person and virtually.



How to access: You can find out how to register for free care partner support groups here: <https://www.parkinson.ca/care-finder/ottawa-care-partners>

Psychiatric Survivors of Ottawa – Family Peer Support Group



Join other supportive peers for some in-person mutual support in a non-judgmental, confidential space. For family and friends supporting people with mental health and/or substance use challenges. Sessions are offered both in-person and online via Zoom.



How to access: Psychiatric Survivors of Ottawa's services are free. No referral required. Session registration can be found here: <https://www.pso-ottawa.ca/family-peer-support-group>. For more information, contact info@pso-ottawa.ca.

The Ontario Caregiver Organization – Supports for Caregivers

The Ontario Caregiver Organization offers several counselling, peer support, and other programs to help with your mental health and wellbeing.



How to access: Information about the SCALE (Supporting Caregiver Awareness, Learning and Empowerment) Program can be found here: <https://ontariocaregiver.ca/counselling-coaching/scale-program>
Registration for the peer support programs can be found here: <https://ontariocaregiver.ca/peer-support/peer-support>

Mental Health Literacy & Caregiving Resources

Behaviours in Dementia Toolkit



The Behaviours in Dementia Toolkit is an online library of over 300 free resources. The goal of the Toolkit is to help you better understand and compassionately respond to dementia-related changes in mood and behaviour.



How to access: Freely available online here: <https://behavioursindementia.ca/search-library>

Ottawa Public Health – Mental Health Caregiver Guide

This guide was created out of a need identified by a caregiver of a person living with severe mental illness. This guide is intended to provide you, the caregiver, with helpful tips, tools, and information. Ottawa Public Health encourages you to “build your own toolbox” using the various Activities in this guide. These activities are designed to help you think about what you are learning in greater depth and to put some tools in place to help with your learning. Some information may seem simple or obvious, but it is a great starting point. The information is based on things you can control, and things that you can do to complement a treatment plan, promote recovery, or while waiting for services.



How to access: Freely available online here:

https://www.ottawapublichealth.ca/en/public-health-topics/resources/Documents/mental_health_caregiver_guide_en.pdf

Hospice Palliative Care Ontario – Caregiver Support Education

This resource has been designed to provide help for family and friends all over Ontario who are primary caregivers. HPCO has gathered information that will help you cope with caregiving, communicate with health care providers, and help meet the needs of the person(s) you are caring for.



How to access: Freely available online here:

<https://caregiversupport.hpcoco.ca/ocp>

The Ontario Caregiver Organization – Tools for Caregivers

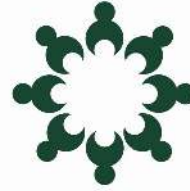
The Ontario Caregiver Organization provides practical resources and tools to help you with your caregiving journey.



How to access: Freely available online here: <https://ontariocaregiver.ca>.

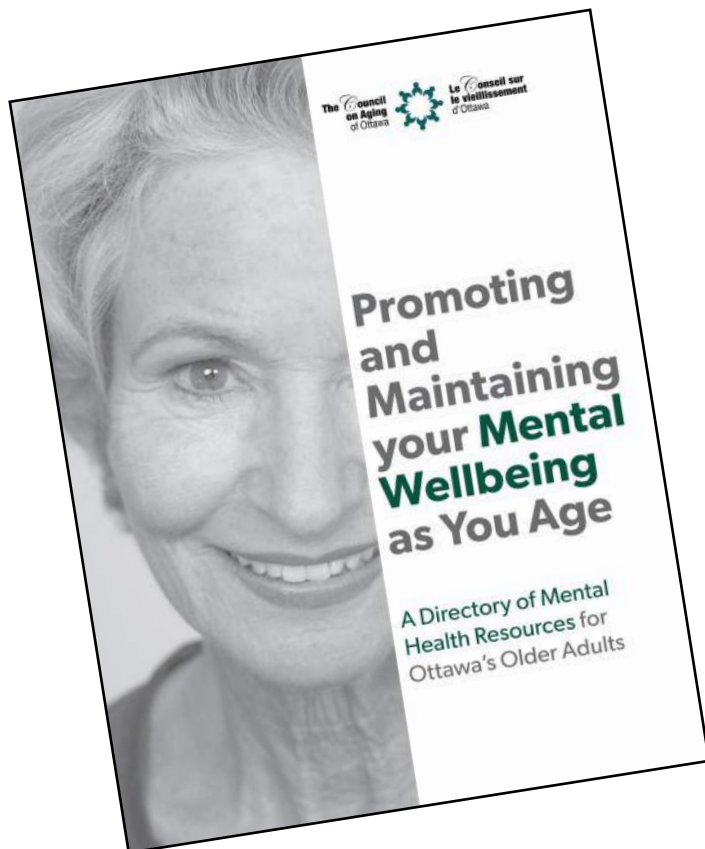


The Council
on Aging
of Ottawa

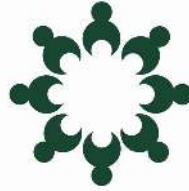


Le Conseil sur
le vieillissement
d'Ottawa

Promoting and Maintaining Your **Mental Wellbeing** as You Age



The Council
on Aging
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Le Conseil sur
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Favoriser et maintenir son **bien-être mental** en vieillissant





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