

## RESOURCES IN THE OUTAOUAIS REGION

### CRISIS AND DISTRESS

EMERGENCY .....	911
QUEBEC POISON CONTROL CENTRE .....	1-800-463-5060
ONTARIO POISON CONTROL CENTRE .....	1-800-268-9017
DIRECTION PROTECTION DE LA JEUNESSE (YOUTH PROTECTION).....	(819) 776-6060
CENTRE D'AIDE 24/7..... (CRISIS AND DISTRESS COUNSELLING)	(819) 595-9999
SUICIDE PREVENTION .....	1-800-463-9868
KIDS' HELP PHONE .....	1-800-668-6868
<a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>	
TEL-JEUNES .....	1-800-263-2266
(Telephone assistance for Youth)	
CLSC NUMBERS FOR REGIONS (Health care and social services)	
CLSC des Collines (Masham area) .....	(819) 456-2819 (819) 671-3777
CLSC de Gatineau.....	(819) 561-2550
CLSC Grande-Riviere...(Aylmer) .....	(819) 684-2251
CLSC de Hull .....	(819) 770 6900
CLSC de la Petite-Nation...(Thurso area).....	(819) 983-7341
CLSC de la Vallée-de-la-Lièvre...(Buckingham area).....	(819) 986-3359
Centre de Santé du Pontiac .....	1-800-567-9625
Centre de santé Vallée-de-la-Gatineau .....	1-800-441-2600
TEL-AIDE OUTAOUAIS.....	(819) 741-6433 1-800-567-9699

### GRIEVING

BEREAVED FAMILIES OF ONTARIO .....	(613) 567-4278
<a href="http://www.bfo-ottawa.org">www.bfo-ottawa.org</a>	
DEUIL APRES SUICIDE..... Bereavement after suicide	(819) 568-4555
ENTRAIN-DEUIL DE OUTAOUAIS.....	1-866-770-4814 (819) 770-4814

## RESOURCES IN THE OUTAOUAIS REGION

### SEXUALITY

JEUNESSE IDEM (Sexual Orientation) .....(819) 776-2727 1-877-776-1445  
[www.jeunesseidem.com](http://www.jeunesseidem.com)

PINK TRIANGLE (Understanding Homophobia) .....(613) 563-4818  
[www.pinktriangle.org](http://www.pinktriangle.org)

PFLAG Ottawa.....(613) 860-7138  
(parents, friends and family of bisexual, gay, lesbian and transgender individuals)

#### YOUTH CLINICS (CLSC)

Gatineau ..... (819) 561-2001 ext 1878

Aylmer .....(819) 684-2251 ext 260

(Walk-in clinic Monday from 3pm to 6 pm)

(Nurse, social Worker, Nutritionist) available to Aylmer residents only

CLINIQUE DES FEMMES (Women's Clinic)..... (819) 778-2055

L'ANTRE-HULLOISE .....(819) 778-0997

(Services for pregnant teens)

HIV/AIDS/STD .....1-800-463-6066  
(CLSC de Hull)

STI HOTLINE.....1-800-463-5656

SEXUAL HEALTH CENTER (Ottawa)..... (613) 234-4641

INFO SIDA .....1-800-267-7432

BUREAU REGIONAL ACTION SIDA (BRAS) .....(819) 776-2727  
(support for people living with aids)

[www.sexualityanduca](http://www.sexualityanduca)

[www.cendrillon.ca](http://www.cendrillon.ca)

[www.youngandhealthy.ca](http://www.youngandhealthy.ca)

### DRUGS-ALCOHOL-ADDICTION

CITPO (Centre d'intervention et prevention en toxicomanie de l'outaouais)

Drug and Alcohol Counseling (French only) .....(819) 770-7249

DRUGS: HELP AND REFERRALS .....1-800-265-2626

CENTRE JELLINEK ..... (819) 776-5584

(Drug and alcohol counseling and treatment)

[www.jellinek.org](http://www.jellinek.org)

NARCOTICS ANONYMOUS.....1-800-879-0333

ALCOHOLICS ANONYMOUS ..... (819) 595-1946

AL-A-TEEN/AL-ANON.....1-888-860-3431

[www.al-anonlateen.org](http://www.al-anonlateen.org)

SERENITY RENEWAL FOR FAMILIES ..... (613) 523-5143

(For families with substance abuse problems)

GAMBLING: HELP AND REFERRAL .....(819) 210-3442

## RESOURCES IN THE OUTAOUAIS REGION

CAMH..... (613) 569-6024  
(Centre for addiction and mental health)  
[www.camh.net](http://www.camh.net)

### VIOLENCE

SEXUAL ASSAULT SUPPORT CENTRE .....(613) 234-2266  
(Ottawa 24 hour support line)

MAISON L' AUTRE CHEZ SOI ..... (819) 685-0006  
(Service for women and children victims of domestic violence)

CENTRE D'INTERVENTION EN ABUS SEXUELS..... (819) 595-1905  
(Family centre for sexual abuse intervention)

SOS CONJUGAL VIOLENCE.....1-800-363-9010

### FAMILY

PARENTS ANONYMOUS .....1-800-361-5085  
(Telephone assistance for parents having difficulty)

HEBERGE-ADOS ..... (819) 771-1750  
(Youth shelter under 18 years)

GITE-AMI..... (819) 776-0134  
(Shelter 18 years and over)

BIG BROTHERS/BIG SISTERS ..... (819) 778-0101  
[www.gfgsocom](http://www.gfgsocom)

L' ASSOCIATION DES FAMILLES MOMPARENTALES ..... (819) 663-0878  
ET RECOMPOSEES DE L'OUTAOUAIS  
(Support for single parents and blended families)

### MENTAL HEALTH

PIERRE JANET HOSPITAL..... (819) 771-7761

DR RICK McCENDIE..... (613) 220-3815  
Psychologist.....rickmcc@magma.ca

DR MARK TOTTEN ..... (819) 682-0756  
MSW, PHD...mdtotten@sympaticoca ..... (613) 296-8433

CENTER FOR COUNSELLING AND PASTORIAL SERVICES .....(613) 782-3022

MAISON ALONZO WRIGHT ..... (819) 246-7277

ANXIETY DISORDERS ASSOCIATION..... (613) 729-6761  
[www.anxietyontariocom](http://www.anxietyontariocom) .....1-877-308-3843

CANADIAN MENTAL HEALTH ASSOCIATION..... (613) 737-7791  
[www.cmhaca](http://www.cmhaca)

## **RESOURCES IN THE OUTAOUAIS REGION**

ADHD INPERSPECTIVE ..... (613) 233-2343  
(Management Center)

### **EATING DISORDERS**

HOPEWELL EATING DISORDERS SUPPORT ..... (613) 241-3428  
CENTRE OF OTTAWA    www.hopewellonca

OTTAWA EATING DISORDER CLINIC.....(613) 729-0801

GABO.....(819) 760-6769  
Support group for eating disorders in the Outaouais

### **EMPLOYMENT**

CARREFOUR JEUNESSE EMPLOI DE L'OUTAOUAIS ..... (819) 561-7712  
(employment needs and orientation) ..... (819) 682-7712

LA RELANCE OUTAOUAIS .....(819) 770-6444  
(Job search)

HUMAN RESOURCES CENTRE FOR STUDENTS ..... (819) 770-9413  
(May to September)

EMPLOI QUEBEC .....(819) 772-3502

TRIO-JEUNESSE ..... (819) 595-1106

HUMAN RIGHTS/YOUTH RIGHTS OF QUEBEC .....(819) 772-3681 1-800-361-6477

### **ABORIGINAL SERVICES**

THE ODAWA NATIVE FRIENDSHIP CENTRE..... (613) 722-3811

KUMIK ELDERS LODGE..... (613) 953-2913

WABANO CENTRE FOR ABORIGINAL HEALTH ..... (613) 748-5999

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