

# Navigation Services



Kaniatarowanéhne Kaniatari:io Ata'karitéhtshera Raotinèn:ra



ÉQUIPE SANTÉ  
ONTARIO DU  
Grand  
FLEUVE



## Crisis Lines

### Mental Health Crisis Line & Local Crisis Team

 1-866-996-0991

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

24/7 mental health support for individuals 16 and older.

### Kids Help Phone


 1-800-668-6868

 Text CONNECT to 686868

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

24/7 support providing a safe space to be heard and connect with mental health resources.

### Suicide Crisis Helpline

 9-8-8  9-8-8

 [www.988.ca](http://www.988.ca)

24/7 support for anyone thinking about suicide or worried about someone else.

### Youth Crisis Line

 1-877-377-7775

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

24/7 crisis line and chat for children, youth (0-17), and those supporting them.

### Poison Centre

 1-800-268-9017

24/7 advice on exposure to poisons or chemicals.

## General Supports

### GR OHT Connect to Services

 [www.groht.ca/connect-to-services](http://www.groht.ca/connect-to-services)

Find services by location, search by category & send your own referral.

### 211

  2-1-1

 [211ontario.ca](http://211ontario.ca)

24/7 service connecting people to services in over 150 languages.

### Health811

 8-1-1

 [health811.ontario.ca](http://health811.ontario.ca)

Get health advice 24/7 from a nurse or find health & social services.

### Ontario Caregiver Organization

 1-833-416-CARE

 [ontariocaregiver.ca](http://ontariocaregiver.ca)

One-stop resource to support you in your caregiving role.

## Health

### Health Care Connect

 1-800-445-1822

 [ontario.ca/healthcareconnect](http://ontario.ca/healthcareconnect)

Find a family doctor or nurse practitioner. Register online or call to get started.

### Eastern Ontario Health Unit

 1-800-267-7120

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

Offers public health services and information on vaccines, mental health, child development, food and water safety, and more for Eastern Ontario.

### East Region Virtual Care Clinic

 1-888-684-1999

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

Provides virtual care appointments for Eastern Ontario residents, 7 days a week from 1-9 p.m. For non-emergency health concerns.

### Ontario Health atHome

 1-800-538-0520

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

Coordinates home and community care in Eastern Ontario. Nursing, therapy, personal support, and long-term care placement, all OHIP-covered.

# Mental Health & Substance Use

## AccessMHA

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

*Helps individuals 16+ in Eastern Ontario connect with the right mental health, substance use, or addiction supports through a single point of access.*

## The Walk-In Counselling Clinic

 2-1-1 for assistance with a phone booking

 [walkincounselling.com](http://walkincounselling.com)

*Free same or next day counselling by phone or video for youth, adults, and families. Up to 3 sessions in English, French, Arabic, or Spanish.*

## ConnexOntario

 1-866-531-2600

 Text CONNEX to 247247

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

*24/7 support by phone, chat, text, or email for mental health, addiction, and gambling referrals.*

## eMentalHealth.ca

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

*A bilingual online directory offering trusted mental health information and a searchable database of services, from self-help resources to professionals.*

# Children & Youth

## 1Call1Click

 1-877-377-7775

 [1call1click.ca](http://1call1click.ca)

*Helps children, youth (0-21), and caregivers connect to mental health, addictions, and neurodevelopmental services.*

## One Stop Talk

 1-855-416-8225

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

*Free, no-appointment virtual counselling for Ontario youth (0-17) by chat, video, or phone.*

## Youth Wellness Hub

 613-577-7216

 [www.youthhubs.ca/site/cornwall-sdg-youth-wellness-hub](http://www.youthhubs.ca/site/cornwall-sdg-youth-wellness-hub)

*Youth-led walk-in hub in Cornwall and Alexandria offering mental health, primary care, and social supports for ages 12-25.*

# Seniors & Disabilities

## AccessCSS

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

*Helps older adults and adults with disabilities across Eastern Ontario access over 370 community support services, such as brain injury rehab, dementia care, language disorder supports, through easy self-referral or e-referral.*

## Regional Geriatric Programs of Eastern Ontario

 613-761-4145

 [www.rgpeo.com](http://www.rgpeo.com)

*A coordinated network of specialized geriatric services for adults 65+, offering care from hospital to home, including assessments, memory clinics, community supports and more.*