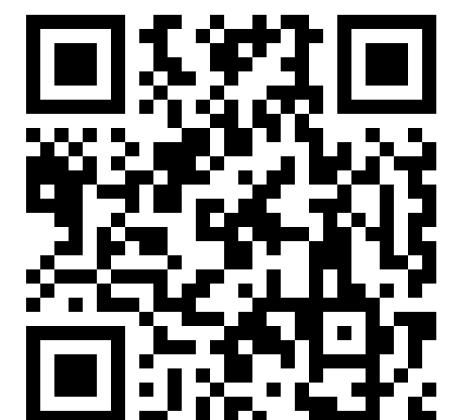


Navigation Services



Crisis Lines

Mental Health Crisis Line & Local Crisis Team

1-866-996-0991

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

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

Suicide Crisis Helpline

9-8-8

SMS 9-8-8

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

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.

GR OHT Connect to Services

www.groht.ca/connect-to-services

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

211

1-800-211-211

211ontario.ca

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

Health811

1-800-811-811

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

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

Health

Health Care Connect

1-800-445-1822

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

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

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

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

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

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

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

eMentalHealth.ca

 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

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

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

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

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

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