



Alternative Community Supports

We know that waiting for service can be hard. During this time, we want you to know that we will connect with your family as soon as possible. In the meantime, there are several ways we can support you, and a number of resources we would like to bring to your attention.

Please call us at any time should you have questions about your place on the wait list or should there be a significant change in your family's situation. **Contact the agency at 613-498-4844 and ask to speak with a Manager.**

Clinical resources for parents and youth:

- **One Stop Talk**
 - Provincial virtual walk in, single session counseling
 - www.onestoptalk.ca
 - 1-855-416-8255 (TALK)
 - 12pm – 8pm EST Monday to Friday, 12pm -4pm Saturday

- **PLEO – Parents Lifeline of Eastern Ontario**
 - Ontario wide, one on one, virtual support
 - www.pleo.on.ca
 - 613-321-3211 or 855-755-7005 (Available 24/7)

- **Pflag Canada**
 - Founded by parents to help family members understand and accept LGBTQ2S children.
 - pflagcanada.ca
 - 1-888-530-6777

- **Lanark, Leeds and Grenville Addictions and Mental Health (LLGAMH)**
 - Individual and family support; family support program available for those living with a family member who has a mental illness
 - 613-342-2262

- **Mental Health Crisis Line**
 - Call 613-345-4600 or 1-866-281-2911 (Available 24/7)

- **Triple P Parenting**
 - <https://www.triplep-parenting.ca/triple-p/>
 - 1-877-330-6366

- **Parent Support Line**
 - Free, confidential, non-medical service to provide support
 - 1-613-565-2467 x2
 - Monday to Friday from 9am to 4pm

Additional Crisis Lines:

- **Kids Help Phone**
 - Live chat Counselling service
 - 1-800-668-6868 or text 686868
 - Open 7pm to midnight through Facebook messenger
- **Suicide Prevention Service**
 - 1-833-456-4566
 - Text 45645 (4pm to midnight)
 - 24/7 chat available
- **LGBTQ Youth Line**
 - www.youthline.ca
 - Ontario: 647-694-4275
- **Ontario Drug and Alcohol Helpline**
 - 1-800-565-8603; call, chat and email (Available 24 hours a day, 7 days a week)
- **Crisis Text Line Canada**
 - Text 741741 (Available 24/7 anywhere in Canada)
- **Naseeha (Muslim Youth Helpline)**
 - Supports Muslim and non-Muslim youth in North America
 - 1-866-627-3342; call or text (Available 24/7)
- **First Nations and Inuit Hope for Wellness Phone Line**
 - Crisis counselling via chat available 24/7 (Languages: English, French, Cree, Ojibway and Inuktut)
 - <http://www.hopeforwellness.ca/>
 - 1-855-242-3310
- **Ottawa Youth Services**
 - <http://www.ysb.ca/services/ysb-mental-health/24-7-crisis-line/>
 - 613-260-2360 (Available 24/7 crisis line)
 - Chat available
 - Residents of Ottawa and Eastern Ontario
- **Canadian Human Trafficking Hotline**
 - 1-833-900-1010
- **National Indian Residential School Crisis Line**
 - For Indian residential school survivors and their family
 - 1-833-900-1010 (Available 24/7)

Additional resources for youth and families:

- **RNJ Youth Services**
 - Support for youth involved with the police and/or youth justice
 - Afterschool, social skills and educational programming
 - www.rnjyouth.com
 - 613-342-4238
 - 1-866-349-0539
- **Connect Youth**
 - Support for housing, food, transportation and more...
 - johnhoward.on.ca/kingston/services/youth-services/
 - 613-918-0173
- **Canadian Armed Forces (CAF) Support**
 - For kids and youth in military families
 - Text CAFKIDS to 686868 (Available 24/7)
- **Trans Lifeline Peer Support**
 - Canada – 877-330-6366
 - <http://translifeline.org/>
- **Good2Talk (Ontario)**
 - 1-866-925-55454
 - Text GOOD@TALK to 686868
 - For Post-secondary students in Ontario and Nova Scotia