

SUPPORTING A LOVED ONE WITH MENTAL HEALTH AND/OR SUBSTANCE USE HEALTH CHALLENGES

ARE YOU A CAREGIVER?

If you support a family member, partner, friend or neighbour with mental health and/or substance use health needs, you are a caregiver. Caregiving can sometimes feel overwhelming. Here are some helpful resources to help you support your loved one.

WHERE CAN YOU FIND HELP FOR A LOVED ONE IN OTTAWA?

Community Navigation of Eastern Ontario/2-1-1 connects you with over 7,000 programs and resources from across Eastern Ontario, whether you're supporting a loved one with mental health or addictions problems or navigating other challenges. Available 24/7, 365 days a year in over 200 languages when you call the helpline. Call or text: 2-1-1 or search online: <https://cneo-nceo.ca/search/>

The Royal Client and Family Resource Hub is a welcoming space and "one-stop-shop" for clients, family members, and caregivers at the Royal Ottawa Mental Health Centre. You can access information on how to navigate the Royal, access community resources and peer support. Available in English and French. Room 1113 (near reception), 1145 Carling Avenue, Ottawa. www.theroyal.ca/thehub

Rideauwood Addiction and Family Services

supports individuals, parents and families of people with substance use health problems. Services in English and French. Referrals can be made through AccessMHA (accessmha.ca for anyone 16 years of age or older or through 1Call1Click (1call1click.ca) for youth from birth to 21 years of age. Need help? Call 613-724-4881 or go to www.rideauwood.org

Black Community Supports Line provides practical and emotional support, service navigation, advocacy, health coaching and referrals. Available Monday to Friday, 9 AM – 4 PM in English and Swahili. Call 343-571-0097.

Black Racialized Individuals Support Channel (BRISC)

provides culturally responsive crisis counselling, emotional support and resource navigation for members of the African, Caribbean and Black community. Available in English, French, Arabic, Lingala, Somali and Kiswahili. Call 613-596-3299.

Counselling Connect/Walk-In Counselling Clinic

offers free, single-session therapy for anyone. Members of the African Caribbean and Black community can speak with Black counsellors. Services offered in English, with additional support available in French, Arabic, Mandarin, Cantonese, Somali and Spanish at select sites. Call 613-755-2277 or go to <https://walkincounselling.com/individual-family-counselling> to book an appointment.

The African, Caribbean and Black Wellness Resource Centre

fosters a culturally safe space where residents can access holistic support, including dental services, food cupboard, diabetes support and more. <https://acbwellness.ca/about-us/>

AMANI (Upstream) provides support to African Canadian and Caribbean Youth including counselling, treatment, group sessions, service navigation and a caregivers support group. Call 613-248-3330 or email info@upstreamottawa.ca.

Hope for Wellness Helpline (phone or online).

Available 24/7 for all Indigenous people across Canada. Call 1-855-242-3310 or www.hopeforwellness.ca

