

Counselling Options

1. 1Call1Click. This is a new initiative in Ottawa to try and make it easier for children and youth to get access to mental health support. My understanding is that they'll be able to set you up with ongoing counselling. <https://1call1click.ca/en/index.aspx>
2. St Paul University counsellors. Service fees here are negotiated, based on what the client can afford. They offer 30 sessions (which is incredible!)
https://ustpaul.ca/en/counselling-and-psychotherapy-centre-home_360_120.htm
3. The Counselling Group. Fees here are also determined based on what the client can afford. Your first step is to talk with an intake worker who can set you up with a counsellor specifically trained to help with the thing you need most. They have in-person and phone sessions. <https://thecounsellinggroup.com>
4. YSB Drop-In. Students (under 18 yrs) can access drop-in counselling through the Youth Services Bureau. Often, they'll set up an intake appointment where youth can discuss their needs with a counsellor who will then give suggestions for the duration and frequency of counselling. The drop-in clinic is at 2301 Carling on the 2nd floor. Or you can call to set up an appointment at 613-562-3004.
<https://www.ysb.ca/services/ysb-mental-health/mental-health-services/>
5. Youth counselling is also available to youth who live close to the school through The Nepean Rideau Osgoode Community Resource Centre. This information can be found here:
<https://nroccr.org/services/counselling/youth-counselling>
6. The Centre for Psychological Services and Research @ the University of Ottawa provides psychological services in both English and French. Cost is on a sliding scale (you pay what you're able). There tends to be a waitlist but they go through the waitlist quickly. It's best to phone: 613-562-5289
<https://socialsciences.uottawa.ca/centre-psychological-services-research/>
7. Walk In Counselling. These are single-session counselling services on a first come, first served basis. Sessions are approximately 1.5 hours in length. They say that although clients are sometimes referred to other services, in many cases a single concentrated visit is all that is required. There are many locations. <https://walkincounselling.com/>
8. Counselling Connect. Free same-day or next-day phone or video counselling. They connect you to counsellors from various organizations around the city and sessions are free. This is typically just a one-time session, but they can help you to set up something ongoing if you need. <https://www.counsellingconnect.org>
9. Other private counselling (anyone you're able to Google!) is also an option if you have access to a health benefits package (e.g. through a parent's workplace).