

Helpful Resources & Links

Finding Help

- Canadian Mental Health Association: [1-833-456-4566](tel:1-833-456-4566)
- Kids Help Phone: [1-800-668-6868](tel:1-800-668-6868)
- Ottawa Crisis Line: [1-613-722-6914](tel:1-613-722-6914)
- Distress Centre of Ottawa and Region (EN): [1-613-238-3311](tel:1-613-238-3311)
- Youth Services Bureau 24/7 Crisis Line (EN/FR): [1-613-260-2360](tel:1-613-260-2360)
- South-East Ottawa Community Health Centre: [1-613-737-5115](tel:1-613-737-5115)
- A Friendly Voice for Seniors: [1-613-692-9992](tel:1-613-692-9992)

Local Websites & Resources

- [Ottawa Food Banks](#): Find an agency serving you
- [Bag Half Full YOW](#): A free grocery delivery service for people who are sick, elderly, self-isolating and immunocompromised with limited ability to go out for groceries. Click the link to register for the service
- [Good Food at Your Doorstep](#): Purchase a \$20 Good Food Box to be delivered at your doorstep. It contains enough mixed fruit and vegetables to feed a family of 4 – 5 for about one week.
- [Operation Ramzieh](#): Offering free food crisis kits to seniors delivered to their doors. Availability is based on the level of donations they receive, so check the website often if you're in need of a kit or would like to donate.
- [Drive-Thru Emergency Pet Food Bank](#): Providing a two-week supply of pet food for dogs and cats of all sizes. Residents can access the service once per month. Appointments required.

Resource Links:

- [Local Resource List](#): Support & Assistance from the City of Ottawa
- [Ottawa Public Health](#): Provides up-to-date health information around COVID-19 and the City-wide impacts (multilingual resources [here](#))

- ❑ [YMCA at Home](#): The YMCA has launched a free website offering virtual YMCA experiences to help stay healthy during physical distancing measures. No membership required.
- ❑ [Parents for Diversity Communication Tool in Multiple Languages](#): Parents for Diversity has developed a communication tool, written in multiple languages, to help parents reach out to teachers and administration to request extra support, in their language of choice.
- ❑ [Peer-to-Peer COVID-19 Discussion Forum](#): This online peer-to-peer discussion forum is a space where you can offer support, encouragement, and share your experiences with managing your stress and anxiety related to the COVID-19 virus. You can also get tips and suggestions for how best to cope in this difficult time.
- ❑ [Live Coffee Breaks with Crime Prevention Ottawa](#): Every Tuesday and Thursday from 9:45 – 10 am. These twice-weekly events are a chance to catch up with different service providers, board members, and experts in the community on the interesting work they're doing during this unprecedented time.
- ❑ [Newcomer Youth Online Homework Help](#): Ottawa Community Immigrant Services Organization is offering high school students online homework help through Zoom or Google Hangouts. Sessions are 1 on 1 and last about 1 - 2 hours. Students must request a session with Daniela at darrieta@ociso.org or [1-613-518-0680](tel:1-613-518-0680) x 113. Same-day requests are not accepted.
- ❑ [Ottawa Public Library](#): Offering online films, ebooks, audiobooks, databases, e-magazines, and newspapers for all ages. You must be an Ottawa Public Library cardholder to use the services. Get your card [here](#)

Support Groups

- ❑ [Counselling Connect](#): This service provides free access to a same-day or next-day phone or video counselling session. Sessions are 45 – 90 minutes. There is no waiting list.
- ❑ [Unsafe at Home Ottawa](#): secure text and online chat service for women who may be living through increased violence and abuse at home during the COVID-19 pandemic.
- ❑ [The Good Companions Centre Without Walls](#): A free, interactive, telephone-based program connecting seniors 55+ and adults with disabilities 18+.
- ❑ [Virtual Women's Wellness Group](#): For women who are going through or have gone through domestic or family violence. Group meets weekly. Click on the link to email/register
- ❑ [COVID-19 Support Services for Seniors](#): A one-stop site for seniors to request support services, including food and pharmacy deliveries, meals on wheels, transportation and more.