

## **Crisis, Single Session Counselling Appointments, and Other Important Contacts (2021 List)**

If you feel yourself to be in a situation of crisis, in addition to the options of calling 9-1-1 or going to the hospital, please consider the following crisis telephone contacts, counselling, and options for immediate or timely support:

1. **Renfrew County Mental Health Crisis Line - 1.866.996.0991**
2. The new **Renfrew County Walk-in Counselling Clinic** offers video or telephone single session counselling every Thursday. Please call: 1-844-441-0981 during the clinic hours, from 12:00 pm to 6:00 pm.
3. **FREE SINGLE SESSION 'COUNSELLING CONNECT' SERVICE** (telephone / video) during the week.  
Go to <https://www.counsellingconnect.org> to book a session, or call 613-755-2277
4. Hope for Wellness Helpline for Indigenous Peoples of Canada (Counselling / Crisis) - 1.855.242.3310
5. Child, Youth, and Family Crisis Line of Eastern Ontario - 1.877.377.7775
6. Kids Help Phone - 1.800.668.6868
7. Bernadette McCann 24-hour Crisis / Support Line - 1.800.267.4930
8. Women's Sexual Assault Crisis Line - 1.800.663.3060
9. Trans Lifeline - 1.877.330.6366
10. LGBTQ Youthline - 1.800.268.9688
11. Phoenix Centre for Children and Families - 613.735.2374 (general information line)
12. Mental Health Services of Renfrew County - 613.732.8770 Ext.8006 (intake and information line)
13. Robbie Dean Family Counselling Centre - 613-629-4243 or email at [info@rdfcc.ca](mailto:info@rdfcc.ca) (24 hour reply)
14. Renfrew County Addiction Treatment Services - 613.432.9855 (intake and information line)

## **Free Online Supports, Programs, and Therapist-led Cognitive Behavioral Therapy**

1. Bounceback Program <https://bouncebackontario.ca/bounceback-for-clients/>  
Through BounceBack, adults and youth 15+ learn skills to help manage worry and anxiety, combat unhelpful thinking, and become more active and assertive. It offers two ways to support people:
  - **BounceBack Today** online videos: learn practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving, and healthy living. You can watch the videos on the website at any time at [bouncebackvideo.ca](https://bouncebackvideo.ca) (entering email address and access code: bbtodayon)
  - **BounceBack Telephone Coaching and Workbooks**: For additional support in managing depression and anxiety, BounceBack offers an educational/motivational guided self-help program with coaching.
2. AbilitiCBT <https://myicbt.com/home>  
A therapist-led internet based cognitive behavioral therapy program offered by Morneau Shappell, and currently free to Ontario residents. Specific areas of focus include anxiety related to the pandemic, anxiety in general, depression, pain management, and insomnia.
3. Mindfulness-Based Stress Reduction: Online FREE Course - <https://palousemindfulness.com/>  
Mindfulness-based stress reduction is an eight-week evidence-based program that offers intensive mindfulness training to assist people with stress, anxiety, depression and pain.
4. Anxiety Canada <https://www.anxietycanada.com/>  
Anxiety Canada provides information to help you understand anxiety, as well as resources and tools to help you manage your anxiety including the free 'My Anxiety Plan' online 10 hour course, and the free MindShift™ app which helps youth and young adults manage anxiety, using step-by-step strategies.
5. Online Chronic Disease Self-Management Program <https://www.selfmanagementontario.ca/>  
The Online Chronic Conditions Self-Management Program (Better Choices, Better Health®), is FREE to individuals across Ontario who are living with one or more chronic conditions such as diabetes, chronic pain, high blood pressure, stroke, cancer, heart or kidney conditions.
6. Mobile Self-Help and Information Apps (US Department of Veterans Affairs): <https://www.ptsd.va.gov/appvid/mobile/index.asp>  
Insomnia Coach, CBT-i Coach, PTSD Coach, PTSD-Family Coach, Mood Coach, Mindfulness Coach, etc.
7. Counselwise Blog <https://counselwise.ca/blog/>  
A daily blog to provide short, daily counsel on a variety of topics and interesting facts about mental health.