
HELPFUL RESOURCES

When you need a little help, there are some great resources to help you through the tougher times.

KIDS Help Phone

- Toll free: 1-800-668-6868

CONNECT YOUTH

- Phone: 613 918 0173
- Email: info@connectyouth.ca

Mental Health Crisis Line

- toll free: 1-866-996-0991

Children's Mental Health of Leeds and Grenville

- Website: <https://www.cmhlg.ca>
- Toll free 1-800-809-2494
- Brockville 613-498-4844
- Gananoque 613-382-5047
- Kemptville 613-258-1959
- Prescott 613-925-1615

The Distress Centre of Ottawa & Region

- Distress: 613-238-3311 |
- Crisis: 613-722-6914 or 1-866-996-0991 |
- TEXT 343-306-5550 Chat & Text 10am-11pm

Developmental Services of Leeds and Grenville

- Phone: 613-345-1290
- toll free 1-866-544-5614
- Website: <https://developmentalservices.com>

Family and Children's Services of Lanark, Leeds and Grenville

- During hours- 613-258-1460 (Kemptville)
- After hours- 613-258-0867 (Kemptville)
- Toll- Free- 1-855-667-2726
- Website: <https://fcsllg.ca>

Canadian Mental Health

- Crisis Line 1-866-281-2911

Addictions and Mental Health (Lanark and Leeds)

- Brockville (main office)- 613-342-6214
- Kemptville- 613-258-7204
- Prescott- 613-925-5940
- Gananoque- 613-382-4016
- Smiths Falls- 613-326-0628
- Delta- 613-928-3460
- Toll-free – 1-866-499-8445
- Website: <https://llgamh.ca/smiths-falls.php>

TriCounty Addiction Services

- phone: 613-345-7453
- toll free: 1-800-563-0062

United Counties of Leeds and Grenville

- Phone:(613) 342-3840
- Toll free:1-800-267-8146
- Website: <https://www.leedsgrenville.com/en/index.aspx>

Ontario Disability Support Program

- Toll free: 1-800-267-0834
- Website: <https://www.mcass.gov.on.ca/EN/MCASS/PROGRAMS/SOCIAL/odsp/index.aspx>

Homes for Special Care

- Toll free: 1-866-532-3161

Leeds & Grenville Community Housing

- Phone: 613-342-3840
- Website: <https://www.leedsgrenville.com/en/services/social-housing.aspx>

Salvation Army

- phone: 613-258-3583

Telehealth Ontario – Free Access to a Registered Nurse 24 Hours a Day

- Toll Free: 1-866-797-0000
- Website: <https://salvationarmy.ca/>

Health Canada

- Toll Free: 1-866-999-7612

- Website: <https://www.canada.ca/en/health-canada.html>

Child Abuse Hotline

- Toll Free: 1-800-387-KIDS (5437)

Parent Help Line

- Toll Free: 1-855-427-2736
- Website

Victim Information Service

- Toll Free: 1-800-518-8817
- Website

Centre for Addiction & Mental Health

- phone: 416-535-8501
- Website

Centre for Children & Families in the Justice System

- phone: 519-679-7250
- Website

Children's Mental Health Ontario

- phone: 416-921-2109
- Website

Bereaved Families Online

- Ottawa region: 613-567-4278
- Website: <https://bereavedfamilies.net>

Mothers Against Drunk Driving (MADD Canada)

- Toll Free: 1-800-665-6233
- Website: <https://madd.ca/pages/>

Ontario School Council Support Centre

- Address: 14 Marilyn Ave., Gormley, ON L0H 1G0
- Email: gkerr@schoolcouncils.net

Ontario Federation of Home School Associations

- Address: 446 Grey Street, Suite 202, Brantford, ON N3S 7L6
- Website: info@ofhsa.on.ca

- Email: information@ldac-taac.ca

Association of Parent Support Groups in Ontario (APSGO)

- Box 27581, Toronto, ON M6A 3B8
- Toll Free: 1-800-488-5666
- Email: mail@apsgo.ca

Anti Bullying

- Website: www.Canada.ca/en/publichealthservices/bullying-preventionprogram/html

Kemptville Pride

- Website: kemptvillepride.com
- email: kemptvilleprideED@Outlook.com

WAY(Wellness Access for Youth) North Grenville

- phone: 1 866 741-1929
- Email: info@wellnessaccessforyouth.com