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*Immediate Contact /Crisis Lines*

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**uOttawa Protection Services 24/7** - 613-562-5411. Protection Services can locate you quickly in the event of an emergency 24/7.

**The Distress Centre of Ottawa and Region**

We are your local connection to mental health support and resources, 24 hours a day, 7 days a week

Distress: 613-238-3311 | Crisis: 613-722-6914 or 1-866-996-0991

<https://www.dcottawa.on.ca/>

**Crisis Text Line** - 24/7 (Bilingual). Text HOME to 686868 from anywhere in Canada - no need for a data plan or Internet connection. (For French, text PARLER to the same number).

**Good2talk, the Post-Secondary Student Helpline** - 24/7 (Bilingual): 1-866-925-5454

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*On Campus/Student-specific Services*

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**'Walk-in' Counselling Services – Student Academic Success Service (SASS)**

<https://sass.uottawa.ca/en/counselling/walk-in>

**Empower Me via UOSU Health Plan 1-888-741-6389** ; <http://studentcare.ca/rte/en/IHaveAPlan> **Ottawa EmpowerMe EmpowerMe**

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*Ottawa Area Drop in Counselling Services (Free)*

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**The Walk-in Counselling Clinic – 3 Ottawa locations**

Support for Life's Challenges. Free Counselling Services- no Appointment Necessary. Trained Professional Counsellors. No referral is required.

[www.walkincounselling.com](http://www.walkincounselling.com) or 613-755-2277

**Wabano Centre for Aboriginal Health : Wabano Centre for Aboriginal Health Walk-in Counselling Clinic**

Wabano's Mental Health Walk-in Counselling is a free counselling service for First Nations, Métis, and Inuit clients of any age or gender.

299 Montreal Road, Ottawa, ON, K1L 6B8 - 613-748-0657 - <http://www.wabano.com/mental-health/walk>