

Mental Health Services – Leeds, Grenville & Lanark

These services are free. A doctor’s referral is not needed to use them.

Depending on your situation, mental health services might also be available through your family doctor, workplace programs, school or a private counselor.

Local Mental Health Services Local (Lanark, Leeds and Grenville)		
Agency	Description	Contact Info
Brockville General Hospital brockvillegeneralhospital.ca/en/patient-care/mental-health-program.aspx	If you are worried someone may need police or medical help right away, contact 9-8-8 Helpline. Call or text 9-8-8.	Call or text: 9-8-8 Available 24/7
Children’s Mental Health of Leeds and Grenville cmhlg.ca	For children, youth and families. Children 12 and over can refer themselves.	1-800-809-2494 8:30 am–4:30 pm
Connect Youth – a program of John Howard Society of Kingston & District johnhoward.on.ca/kingston/services/youth-services/	Services for youth ages 12–25 in Leeds and Grenville. Offers help with basic needs, life skills, transportation and housing.	Call or text: 613-918-0173
ConnectWell connectwell.ca/services/mental-health/	Counselling, support services and group programs for those over the age of 18 and living in Lanark County.	1-866-762-0496
Country Roads Community Health Centre crchc.on.ca	Group therapy is offered throughout the year. Sessions are open to anyone in the community.	Portland: 613-272-3302 Westport: 613-273-9850
Distress Centre Lanark, Leeds & Grenville developmentalservices.com/services-distress	Private phone support service from 5:00 pm to midnight every day.	1-800-465-4442 5:00 pm to midnight, daily
John Howard Society johnhoward.on.ca/kingston/	We help young people, homeless people, and people involved with the law get mental health care.	613-246-2092
Lanark County Community Justice commjustice.org	We resolve conflicts and crimes using “restorative justice,” which is different from regular courts. We support parents with teens.	Email: admin@commjustice.org Call: 1-613-264-1558
Lanark County Mental Health lcmh.ca	Help for adults and youth over 17 with mental health concerns.	613-283-2170 Monday-Friday 8:00 am–4:00 pm
Lanark, Leeds and Grenville Addictions and Mental Health llgamh.ca	Mental health services for people 16 and older; addiction services for any age.	1-866-499-8445 Monday–Friday 8:30 am–4:30 pm 24/7 Crisis Line: 1-866-281-2911
Open Doors for Lanark Children & Youth opendoors.on.ca	For children, youth and families.	1-877-232-8260 Monday-Friday 8:30 am–4:30 pm Tuesday 8:30 am–8:00 pm
PLEO Parents’ Lifelines pleo.on.ca	For parents of children to age 25 facing mental health, addiction, or behavioural challenges.	1-855-775-7005
Rideau Community Health Service rideauchs.ca/programs-services/counselling-services	Mental health services for people 18 and older. Individual and groups available.	613-283-1952
RNJ Youth Services rnjyouth.com	Help children and youth aged 8 to 17, and their families in Leeds, Grenville and Lanark.	Brockville: 613-342-4238 Smiths Falls: 613-284-8304
Wellness Access for Youth (WAY) kdh.on.ca/way	Connects youth ages 12–24 and their families in North Grenville to wide range of service.	Call: 1-866-741-1929 Email: info@wellnessaccessforyouth.ca

Mental Health Services, Phone or Virtual		
Agency	Description	Contact Info
1 Call, 1 Click kidscomefirst.ca	Helps children and families find the best mental health care for them. For ages 0-21.	1-877-377-7775, 9:00am-5:00pm Book online through the website
Access MHA accessmha.ca	For people 15+ needing mental health or addiction services.	Book online through the website
Anxiety Canada anxietycanada.com	Free online programs to help manage anxiety for all ages.	Website
BounceBack Ontario bouncebackontario.ca	Skills program to help with depression and anxiety; can work through the program with a coach over the phone or on your own.	Website
ConnexOntario connexontario.ca	Free info and help for mental health, drug, alcohol or gambling issues.	Call: 1-866-531-2600 Text: "CONNEX" to 247247 Live chat online via website
Good2Talk Post-secondary Student Helpline good2talk.ca	For students dealing with mental health or addiction issues.	Call: 1-866-925-5454 Text: GOOD2TALKON to 686868 or Facebook Messenger Available 24/7
Kids Help Phone kidshelpphone.ca	Free counseling for kids and teens.	Call: 1-800-668-6868 Text: CONNECT to 686868 or Facebook Messenger Available 24/7
LGBT Youth Line youthline.ca	Peer support by phone, text or chat for LGBTQ youth.	Call: 1-800-268-9688 Text: 647-694-4275 Sunday-Friday 4:00pm- 9:30pm
One Stop Talk onestoptalk.ca	Help for children and youth under the age of 18. Parents and caregivers are welcome to connect to the service with their child.	Call: 1 855 416 8255 Monday to Friday 12pm – 8pm Saturday 12pm – 4pm Book online through the website
Trans Lifeline translifeline.org	Peer support for transgender people.	1-877-330-6366 Available 10:00am to 4:00pm

Feeling Unsafe		
Agency	Description	Contact Info
Assault Response & Care Centre (ARCC) brockvillegeneralhospital.ca/en/patient-care/assault-response-and-care-centre.aspx	Help for anyone affected by sexual assault, abuse, or partner violence.	Call: 613-345-3881 Monday-Friday 8:30 am–4:30 pm After hours: <ul style="list-style-type: none"> Mental Health Crisis Team – 1-866-281-2911 Assaulted Women’s Hotline – 1-866-863-0511 Male Survivors of Sexual Assault Provincial Crisis Line – 1-866-887-0015
Family and Children’s Services of Lanark, Leeds and Grenville fcsllg.ca	Helps protect children so they can grow up safe. Anyone can call if they are worried about the safety or well-being of a child under the age of 18.	Call: 1-855-667-2726 Email: info@fcsllg.ca
Lanark County Interval House and Community Support lcih.org	Safe shelter for women and children escaping domestic violence.	Crisis Line 1-800-267-4409 Available 24/7
Lanark County Sexual Assault & Domestic Violence Program psfdh.on.ca/sexualassault	Help for anyone affected by sexual assault, abuse, or partner violence.	613-283-2330 x1258
Leeds and Grenville Interval House lgih.ca	Safe shelter and support for women and children escaping domestic violence.	Crisis Line 1-800-267-4409 Available 24/7
Victim Services of Lanark County victimserviceslanark.ca	Support to victims of crime, tragedy or disaster.	Call: 1-866-575-0067 After-Hours Emergency Homelessness 613-206-1486
Victim Services of Leeds & Grenville vslg.ca	Support for victims of crime or tragedy, including help with dating violence, assault, or abuse.	Call: 613-341-7700 Email: info@vslg.ca

