

# YOUTH SERVICES BUREAU

35 PROGRAMS 20 LOCATIONS ACROSS OTTAWA



WE'RE  
HERE TO  
HELP



**YSB offers accessible, free services to Ottawa youth and families, including:**

- Mental health walk-in clinic
- 24/7 crisis support
- Housing assistance
- Health clinic
- Employment programs
- Support for youth in conflict with the law
- Youth and family counseling

**FOR INFORMATION ABOUT YSB  
CALL 613-729-1000 OR VISIT YSB.CA**

**CRISIS LINE (YOUTH AND FAMILIES): CALL 613-260-2360 | 1-877-377-7775**

**OR CHAT WITH A YSB COUNSELLOR AT CHAT.YSB.CA**  
(THURS. TO SUN. 4 P.M. TO 10 P.M.)



@YSB\_BSJ



YOUTH SERVICES BUREAU OF OTTAWA