

SUPPORT CAN CHANGE EVERYTHING



**YSB**

**MENTAL  
HEALTH  
SERVICES**

**WE'RE HERE TO HELP**

## **YSB MENTAL HEALTH SERVICES**

Free bilingual services

**613.562.3004**

**YSB.CA**

**YOUTH MENTAL HEALTH CLINIC**  
Tues and Thurs, Noon-8 p.m.  
(Last session at 6 p.m.) Ages  
12 to 20 and/or their parents or  
caregivers

For immediate help

**24/7 CRISIS LINE**

**613.260.2360** (Ottawa)

**1 877.377.7775** (toll-free)

**ONLINE CRISIS CHAT**

**CHAT.YSB.CA**

Mobile team (Ottawa)  
Ages 17 and under and/or their  
parents or caregivers