



WE'RE HERE TO HELP

YSB MENTAL
HEALTH
SERVICES

FREE BILINGUAL SERVICES:

613-562-3004  **YBSB.CA**

24/7 CRISIS LINE SERVICES:

613-260-2360 (Ottawa)

1 877-377-7775 (toll-free)

24/7 ONLINE CRISIS CHAT:

CHAT.YSB.CA

For youth ages 17 and under and/or their parents or caregivers

YOUTH MENTAL HEALTH

WALK-IN CLINIC:

Noon to 8 p.m. (last session 6 p.m.)

Walk-in sessions for youth ages 12 to 20 and/or their parents or caregivers.

TUESDAYS

THURSDAYS

BANK ST. HUB

ORLEANS

300-1355 Bank St. 2225 Mer Bleue Rd.