

## African, Caribbean, Black (ACB) Mental Health and Substance Use Resource List

This resource list was compiled by SWCHC & OPH in consultation with agencies and organization providing free services to ACB communities in Ottawa.

[AccessMHA.ca](http://AccessMHA.ca) and [1Call1Click.ca](http://1Call1Click.ca) are not ACB specific. Both serve as the centralized access to multiple mental health and addiction resources in Ottawa.

	Crisis Support	Counseling	Family Counseling	Support/Activity Group	Mental Health Assessment	Age Range	Telephone	Website
<b>Community Health and Resource Centers</b>								
<a href="#">Somerset West (B,O,L)</a>	•	•		•		All ages	ACB-343-571-0097 613-238-8210 (General)	swchc.on.ca
<b>Substance Use Support</b>								
<a href="#">Le Cap (F)</a>	•	•	•		•	All ages	613-789-2240 ext. 0	centrelecap.ca
<a href="#">Accessmha.ca (B)</a> <sup>(1)</sup>					•	16+	<a href="#">Accessmha Contact</a>	accessmha.ca
<a href="#">1call1click (B)</a> <sup>(1)</sup>					•	0-21	613-260-2360 or 1-877-377-7775	1call1click.ca
<b>Support Lines &amp; Counseling Services</b>								
<a href="#">Black Racialized Individuals Support Line (E, O)</a>	•			•		All ages	613- 596-3299	britanniawoods.com
<a href="#">ACB Support Line (E,O,L)</a>				•		18+	343-571-0097	swchc.on.ca
<a href="#">Call me! Let's Chat (E)</a>				•		Seniors	613-741-6433	jakukonbit.com
<a href="#">Counselling Connect ACB HUB (B,O)</a>		•				16+		counsellingconnect.org
<a href="#">The Walk in Counselling Clinic(ACB) (E) Thursdays</a>		•				18+	613-755-2277	walkincounselling.com
<b>Community Agencies</b>								
<a href="#">Britannia Woods (B,O)</a>	•	•		•		12+	613-820-0853	britanniawoods.com
<a href="#">Centre for Resilience and Social Development (E,O)</a>		•	•	•		12+	613-686-6333	thecrsd.org
<a href="#">Jaku Konbit (E,O,L)</a>		•		•		12+	613-741-6433	jakukonbit.com
<a href="#">Repfo (F,O,L)</a>	•	•	•	•		All ages	613-741-9491	repfo.ca
<a href="#">Somali Centre for Family Services (E,O)</a>	•	•	•	•		All ages	613-526-2075 ext.255	scfsottawa.org
<a href="#">Somali Youth Support Project (O)</a>				•		Somali 12+	613-820-4622	pqchc.com
<a href="#">FAMHAS</a>		•				All ages		famhas.ca
<a href="#">ACB Peer Support Group (E)</a>				•		18+		<a href="#">Register here</a>

\* The services reflected on this list are available as of January 2021. Services are subject to change. This list will be reviewed and updated annually.\*\*Referral may be required for certain services. B=Bilingual, E=English, F=French, O=Other, L=Language interpretation available

For more resources and supports please visit [OttawaPublicHealth/COVIDMentalHealth](https://OttawaPublicHealth.COVIDMentalHealth)