



URBAN RUNAWAY

Urban Runaway Resources

If you are experiencing a mental health or addictions crisis:

- Contact your doctor
- Go to the nearest hospital
- Call 911 or Telehealth Ontario at 1.866.797.0000

Kids Help Phone 1.800.668.6868	Ontario Assaulted Women's Hotline 1.866.863.0511
Canadian Centre for Child Protection 1800.532.9135	Ottawa Rape Crisis Centre 613.562.2333
The Canada Suicide Prevention Service 1.833.456.4566	Sexual Assault Support Centre 613.234.2226
National Eating Disorder Information Centre 1.866.633.4220	Youthline Mental Health Crisis 613.238.2088
Bullying Canada 1.877.352.4497	Bernadette McCann House for Women (Pembroke) 613.732.3131
Families for Addiction Recovery 1.877.352.4497	Cornerstone Women's Shelter (Ottawa) 613.237.4669
WISE Ottawa 613.230.6700	Harmony House Shelter (Ottawa) 613.233.3386
Ottawa Police 613.236.1222	Lanark County Interval House 613.257.5960
Ottawa Community Housing 613.738.2287	North Renfrew Family Services 613.584.3358
Ottawa Police 613.236.1222	Phoenix Centre for Children and Families 1.800.465.1870
Ottawa Community Housing 613.738.2287	Operation Come Home 613.230.4663
Distress Centre Ottawa 613.238.3311	Ottawa Community Housing 613.738.2287