



Mental Health Resource Sheet

This list provides a guide to mental health resources in the Lanark County area, including emergency services, support for specific groups and services related to grief, addiction, and crisis care. However, this is not a comprehensive list, and we encourage all patients to speak directly with their individual providers for more tailored resources.

Access MHA

ACCESS MHA offers mental health and addiction services through a centralized access point, making it easier for individuals to find and connect with the appropriate care. They offer free, confidential, and 24/7 services to help people navigate the mental health and addiction system.

Phone: 1-844-437-3247 (24/7, toll-free)

Website: <https://www.accessmha.ca/>

Big Brothers Big Sisters of Lanark County

Big Brothers Big Sisters of Lanark County (BBBSLC) is a non-profit organization dedicated to empowering youth through mentorship. Founded in 1973, it has been serving the communities of Lanark County by providing life-changing mentoring relationships that ignite the power and potential of young people

Phone: 613-283-057

Website: <https://lanark.bigbrothersbigsisters.ca/>

BounceBack®

BounceBack® is a free, evidence-based mental health program offered by the Canadian Mental Health Association (CMHA), designed to help individuals cope with mild to moderate anxiety, depression, and stress.

Phone: 1-866-345-0224 (toll-free)

Website: <https://bouncebackontario.ca/>

Breathr: Mindful Moments

Breathr helps introduce the concept of mindfulness and provides an easy access point for beginners.

Website: <https://www.psychologytools.com/#>

CMHA Bereavement Resources

CMHA's bereavement program provides a range of tools and support options to assist individuals in their grief journey.

Phone: 613-283-2251

Website: <https://cmhabereavement.ca/>

Connect Well Community Health

Provides mental health services for adults dealing with depression, anxiety, childhood abuse, grief and loss, relationships, addictions, and more.

Phone: 613-257-7121

Location: Carleton Place, Lanark, Beachburg

Website: <https://connectwell.ca/>

ConnexOntario

Provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness, and/or gambling.

Phone: 1-866-531-2600

Website: <https://connexontario.ca/>

Distress Centre of Ottawa and Region (DCOR)

Provides 24/7 confidential telephone counseling, crisis support, and referrals.

Phone: 613-238-1089

Text Support: 343-306-5550

Website: <https://www.dcottawa.on.ca/>

Farmer Wellness

The Farmer Wellness Initiative provides Ontario farmers, farm families, farm employees, and spouses and dependents of farm employees with free, unlimited mental health counselling.

Phone: 1-866-267-6255

Website: <https://farmerwellnessinitiative.ca/>

Kids Help Phone

Provides confidential phone and web counselling for children ages 20 and under, 24/7

Phone: 1-800-668-6868

Text: 686868

Website: <https://kidshelpphone.ca/>

Lanark County Social Services

Lanark County Social Services is a division of the County of Lanark that provides a broad range of programs and supports to enhance the well-being of individuals and families within the community.

Phone: 613-267-4200

Website: <https://www.lanarkcounty.ca/en/family-and-social-services/family-and-social-services.aspx>

Lanark County Mental Health

Lanark County Mental Health provides a wide range of services, including individual counseling, group therapy, case management, and crisis support.

Phone: 613-257-7727 (Carleton Place office)

Website: <https://www.lcmh.ca/>

Lanark, Leeds and Grenville Addictions and Mental Health

LLGAMH is a community-based organization dedicated to providing comprehensive mental health and addiction services to individuals aged 16 and older in the Lanark, Leeds, and Grenville regions of Ontario.

Phone: 1-866-499-8445

Website: <https://llgamh.ca/>

Open Doors

Walk-in and scheduled counselling services for children and youth ages 0-18.

Phone: 877-232-8260

Website: <https://www.opendoors.on.ca/>

Ontario Structured Psychotherapy Programs

For depression, anxiety, and anxiety-related conditions, the Ontario Structured Psychotherapy Program offers free in-person or virtual services.

Website: <https://www.theroyal.ca/osp>

Suicide Crisis Helpline

Call or Text: 9-8-8

Website: <https://988.ca/>

Togetherall

An online mental health support community designed to help individuals who are experiencing feelings of anxiety, depression, loneliness, or stress. It is a peer-led platform that provides a safe, anonymous space for users to connect with others who are going through similar experiences, offering mutual support and understanding.

Website: <https://togetherall.com/en-ca/>

Therapy in a Nutshell

Free Resources and courses

Website: <https://therapyinanutshell.com>

Wabano Centre for Indigenous Health

Wabano provides a comprehensive range of services to support the health and wellness of the Indigenous community

Phone: 613-748-5999

Website: <https://wabano.com/>

Local Hospitals

Almonte General Hospital

Address: 75 Spring Street, Almonte

Phone: 613-256-2500

Website: [Almonte General Hospital](#)

Carleton Place Hospital

Address: 211 Lake Ave East, Carleton Place

Phone: 613-257-2200

Smiths Falls & Perth District Hospital – Smiths Falls site

Address: 60 Cornelia St W, Smiths Falls, ON

Phone: 613-283-2330

Smiths Falls & Perth District Hospital – Perth site

Address: 33 Drummond St W., Perth, ON

Phone: 613-267-1500

Website: [Perth and Smiths Falls District Hospital](#)