



Local Mental Health & Addictions Resources

Important Numbers

Lanark Leeds and Grenville Addictions and Mental Health

24/7 Crisis Line
1-866-281-2911

Mental Health Helpline for College and University Students

1-866-925-5454

First Nations and Inuit Help Line

1-855-242-3310

Trans Life Line

1-877-330-6366

Distress Centre of Lanark Leeds and Grenville

Crisis Line 5:00PM-12:00AM
1-800-465-4442

Mental Health Help Line

1-866-531-2600

Kids Help Phone

1-800-668-6868

Local Counselling Services

Lanark County Mental Health

613-283-2170
Smiths Falls, Carleton Place
Services for adults & transitional youth 17+

Open Doors

613-283-8260
Smiths Falls, Perth, Carleton Place
Services for children and youth in Lanark County

Rideau Community Health Services

613-283-0739
Smiths Falls, Merrickville
Services for adults 18+ without private insurance
benefits or EAP

LLG Addictions and Mental Health

1-866-499-8445
Main office: Brockville
Locations through Lanark Leeds Grenville
Mental health services for individuals 16+ and
addictions services for those of any age

Children's Mental Health

1-800-809-2494
Brockville, Kemptville, Prescott, Elgin, Gananoque
Services for children and youth in Leeds & Grenville

Country Roads Community Health Centre

613-272-3302
Portland, Westport
Individual and group services for adults 18+

North Lanark Community Health Centre

613-259-2182
Lanark
Individual and group services for adults 18+

Lanark County Interval House Outreach

613-253-3336
Services for women and children who are
victims of abuse in Lanark County