

Support Groups and Resources

NOTE: If you are aware of inaccurate or out-of-date information, please let us know at f2ontario@bell.net. We appreciate your assistance in helping us keep accurate information available for families!

- ♥ **Mental Health Crisis Service** provides individuals, age 16 and older who are experiencing a mental health crisis, with a crisis telephone line and mobile outreach service. The crisis line is open 7 days a week, 24 hours a day. For more information visit www.crisisline.ca.
To call within Ottawa: 613-722-6914
outside Ottawa: 1-866-996-0991

Support Groups – For Families and Friends of People with a Mental Illness

- ♥ **ANCRSS (Advocates for the Not Criminally Responsible Schizophrenia Sufferers)** is a program provided by the Schizophrenia Society of Ontario (schizophrenia.on.ca) that operates as an **Ontario based e-mail support group**. Their members have a loved one who suffers from a severe and persistent mental illness who have come into conflict with the law as a result of their illness and are involved in the forensic/criminal justice system. For information or to join this confidential network, call 1-800-449-6367 or 416-449-6830 or send an e-mail to: ANCRSS@gmail.com.
- ♥ **Borderline Personality Disorder.** For information about an Ottawa support group for families of people diagnosed with BPD, call Viviane at 613-820-8203. Please visit the Ottawa Network Borderline Personality Disorder's website at www.on-bpd.ca.
- ♥ **F.I.M.I. Families Impacted by Mental Illness – Sharing the Journey!** F.I.M.I. is a group of family members from Lanark County who have been affected by the mental illness of a loved one. The group meets on a monthly basis to share their experiences, learn about community resources, and provide support in a safe non judgemental environment. For more information, visit the website www.fimi.webcentre.ca or call Lanark County Mental Health at 613-283-2170.
- ♥ **Mood Disorders Ottawa (MDO) Monthly Information Meetings** are intended for families, friends and consumers, and features guest speakers. The meetings are held on the 3rd Tuesday of the month (September through May), from 7:30-9:30 p.m. at the Southminster United Church, 3rd floor, 15 Aylmer St, Ottawa (at the corner of Bank and Aylmer Streets, just south of Landsdowne Park). For free parking, entrance is at the rear. For more information, call 613-737-7791, or leave a message on the MDO Info-line at 613-526-5406, or email mdosupport@hotmail.com
- ♥ **The Family-to-Family Mutual Support Group – Orleans** (based on the NAMI model), for family members and friends, meets on the 3rd Thursday of each month (with the exception of July, August and December) from 7:00 p.m. to 9:00 p.m., at the Orleans United Church, 1111 Orleans Blvd. For more information, contact Madeleine Bertrand by telephone at 613-993-2711 or by e-mail at f2ontario@bell.net. Also see the **NAMI Family-to-Family Education Program** description on page 4 and contact information.

- ♥ **OCD Parent Support Group** is intended for any parent who wishes to connect with another parent, who is facing the challenges of Obsessive Compulsive Disorder with their child. This Group is parent led, informal, with a positive, solutions oriented focus. Meetings are held on the 2nd Wednesday of each month from 7:30 – 9:30 p.m. at Ralph & Sons Diner, 3420 Carling Ave., Nepean. If you would like to attend a meeting, or would like information, please contact Barb Nesrallah at 613-831-3222, or email her at barbnesrallah@rogers.com. Website: www.ocdottawa.com

- ♥ **Parents' Lifelines of Eastern Ontario (PLEO)** is a non-profit, volunteer driven family support organization for families whose children, youth or young adults up to age 24 are dealing with mental health issues. They offer four support groups, some are offered in English and some in French, generally based on the age of your child or youth. No registration is required. For more information about the support groups, dates and location of meetings, call 613-321-3211, e-mail info@pleo.on.ca or visit their web site at www.pleo.on.ca/?page_id=20.

- ♥ **The Royal Ottawa Health Care Group (ROH) Family Information Sessions** offered by social workers at the Royal. These sessions are usually free of charge and frequently held on the grounds of the Royal Ottawa Mental Health Centre at 1145 Carling Avenue in Ottawa, unless otherwise specified. For more information go to www.rohcg.on.ca then click on Family Information and Support Groups at the bottom of the page.
 - **The Education Series:** runs for four consecutive Monday evenings from 7:00 p.m. to 9:00 p.m. and **deals with topics such as the Mental Health Act, the hospital system, symptoms, how to help the person with the illness, how to care for yourself, and community resources.** It takes place at the Royal Ottawa Mental Health Centre, 1st Floor, Mood and Anxiety, rooms 1141 and 1200. There are three groups: (1) schizophrenia, (2) mood disorders and (3) anxiety disorders. For more information, contact: Donna Horner at 613-722-6521 ext 6421, Amanda Telford 613-722-6521, ext 6442.

 - **Coping with Mental Illness Series:** family and friends who wish to go into the aspects of **coping with illness in greater detail** meet on the 1st and 3rd Tuesdays of each month, from 6:00 to 7:30 p.m., at the Royal Ottawa Mental Health Centre, Room 1420. **For more information, call:** Vanessa Morel 613-722-6521, ext. 6207, or Emily Deacon at 613-722-6521, ext. 6774.

- ♥ **The Schizophrenia Society of Ontario (SSO), Ottawa Region** is a non-profit family based organization providing support, information and education, public awareness and advocacy to families and friends of people with schizophrenia. SSO also assists families to navigate the mental health system. For more information, contact the Schizophrenia Society of Ontario, Ottawa Region office at 613-722-6521, Cynthia Clark ext. 7776 or Sheila Deighton ext. 7775 or email Cynthia, Family & Community Coordinator at cclark@schizophrenia.on.ca. You can also visit the website of the Schizophrenia Society of Ontario at www.schizophrenia.on.ca.

Support Groups – For People Who Have a Mental Illness

- ♥ **Anxiety Disorders Association of Ontario.** The ADAO's mandate is to assist individuals with anxiety conditions and their families, to promote both public and professional awareness of these conditions, and to provide programs, and educational services. They do this to foster personal mental health and well being for those in our community, and to build a community that is more supportive of persons with anxiety conditions. The ADAO provides information and assistance through its educational materials, public presentations, and a wide variety of programs including a 14-week Anxiety, Panic and Avoidance Behaviour Management Workshop. Call 613-729-6761 or 1-877-308-3843, or visit their website at www.anxietydisordersontario.ca.
- ♥ **A.P.P.L.E. (A Post Psychiatric Leisure Experience) of Ottawa** offers free social and recreational activities in the evening and on weekends for post psychiatric members who are 18 and over. Call 613-238-1209 for program information dates, times and locations, or email at contact@appledropin.com. A.P.P.L.E. is located at the Bronson Centre, 211 Bronson Avenue, Ottawa, Ontario, K1R 6H5. Visit the website: www.appledropin.com.
- ♥ **Mood Disorders Ottawa (MDO) Peer Support Group, formerly known as Charlie's Rap Group** is a support group for people with a mood disorder. Meetings are held from 7:15 – 9:15 p.m. every 2nd and 4th Tuesdays of the month at 1355 Bank Street, 4th floor, (across from the Billings Bridge Shopping Centre). For more information, leave a message on the MDO Info-line 613-526-5406 or contact the facilitators (evenings): Yvan 613-526-2111. Website: www.moodisordersottawa.ca.
- ♥ **Discovery 2000** is a recreational group for individuals with a mood disorder. A calendar of events is available by calling 613-526-5406 and leaving your name and address.
- ♥ **OCD Support Group (Obsessive-Compulsive Disorders Self-Help Group)** provides a supportive atmosphere in which people can share their common experiences and concerns. People broaden their perspective from dialogue, and discover new ways of thinking and being. Location: McNabb Community Centre 180 Percy St. Ottawa. Every 2nd Wednesday evening 7:30 – 10:00 p.m. Contact: Mark (613) 736-7364. For more information about The Ontario Obsessive Compulsive Disorder Network visit their website at www.ocdottawa.com.
- ♥ **Psychiatric Survivors of Ottawa (PSO)** is an advocacy, referral and support organization for survivors and users of the mental health system. Members drop in for socializing and to use the resource library, computer, fax machine, photocopier and lounge area. Workshops for member development, advocacy discussion group, social-education meetings. PSO also produces the Community Resource Guide, a directory listing services or supports available in the Ottawa area. For a copy of this directory or for more information about meeting dates, times and locations, call PSO at 613-567-4379 or visit their website at www.psychiatricurvivors.org. PSO is located at 211 Bronson Avenue, Suite 313, Ottawa, Ontario, K1R 6H5. Email: psychsurvivors@gmail.com.
- ♥ **The Friendship Support Group** (formerly the Schizophrenia Society Self-Help Group) for people living with mental illness meets most Wednesday nights, except for holidays, from 6:30 – 8:30 p.m. at the Carlington Community and Health Services centre, 900 Merivale Road, Ottawa - two blocks south of Westgate Shopping Centre, Bus #85 and #176. There are planned activities. For more information, call the Cynthia Clark, the Family and Community Coordinator at the Schizophrenia Society of Ontario, Ottawa Region office at 613-722-6521, ext. 7776.

Other

- ♥ The **NAMI Family-to-Family Education Program** is a 12-week course for families of individuals with severe brain disorders (mental illnesses). The course is offered at no cost and taught by trained family members who are volunteers. Courses in Ottawa are generally offered in the fall and the spring each year. To pre-register, call 613-737-7791 or email f2ontario@bell.net. For information and to pre-register for courses at other locations in Ontario visit the Family-to-Family Programs, Ontario, website at www.f2ontario.ca.
- ♥ ROH Patient & Family Resource Centre - A rich source of information on different mental illnesses, the Mental Health Community Library is located at the Royal Ottawa Mental Health Centre, 1145 Carling Avenue, in Ottawa. The staff at the reception desk in the main lobby can provide directions. The library is open Monday to Friday, 9:30 – 4:30 p.m. and 6:00 to 9:00 p.m., Saturday and Sunday, 10 a.m. – 2 p.m. For more information call 613.722.6521, ext. 6899 or e-mail communitylibrary@rohcg.on.ca. You can also access on on-line catalogue of mental health resources at www.rohcg.on.ca, click on “Mental Health Resources”, then “Patient and Family Resource Centres”, then “Mental Health Community Library-ROMHC Campus”. Scroll to the bottom for the On-line catalogue of mental health resources.