

# Mental Health Resource List

Updated June 2025

While every attempt has been made to verify the following information, the Peer Support Team cannot guarantee the information below has not changed since reviewing resources.

## PSYCHOLOGY TODAY

- Offers most current/up to date clinicians
- Able to search for specific therapists (language, gender, specialty ect.)
- [Psychology Today Canada: Health, Help, Happiness + Find a Therapist](https://www.psychologytoday.com/ca/therapists)

## EMPLOYER/PROVINCIAL PROVIDED RESOURCES

### GreenShield+

- This is our EAP provider
- 5 free hours of counselling
- For more information or to make an appointment go to <https://app.greenshieldplus.ca/>
- When creating an account use organization code **countyofrenfrew**

### Frontline Resilience

- Offers therapy at no cost to County of Renfrew Paramedic Service employees
- When you phone, make sure to let them know you are a CORPS employee
- If you need help with the intake, feel free to reach out to a Peer Support Team member for assistance.
- 1-833-376-6856

### Warrior Health

- Internet based cognitive behavioural therapy (ICBT)
- Self-screening tools
- Educational resources
- 24/7 PSP service hub phone line for navigational assistance
- PSPNET Families

## LOCAL RESOURCES

### Robbie Dean Center

- Up to 8 sessions free (not sure what cost is after 8 sessions)
- There is a 3 week wait list
- 613-629-4243 info@RDFCC.ca

### Thrive over Survive

- Services are 120\$/50 min session (she may have a sliding scale)
- <https://thriveoversurvive.ca/services/psychotherapy>
- She can do virtual or in person (Arnprior only)
- 613-432-1809
- She has a certificate in CBT for trauma and is a former nurse

### Mental Care

- Located at 7 Argyle st S, Renfrew
- Provide mental health services to children, teens and adults
- Offer therapy on a local farm for children
- Have Social Workers, Psychotherapist, Psychologist and nutritionist on staff
- [Mental care | Parenting Practice Loving Caring | Ontario](#)

### Valley Mental Health

- [Counselling | Valley Mental Health | Pembroke](#)
- 84 Isabella st Unit 3, Pembroke
- 613-735-2116 or 1-800-661-0340

### Northern Serenity Therapy and Wellness

- [Northern Serenity Therapy and Wellness](#)
- Offers virtual therapy and a sliding scale
- Registered Psychotherapist
- 705-380-0630
- [kim@northernserenitytherapy.ca](mailto:kim@northernserenitytherapy.ca)

### Valley Counselling and Psychotherapy

- [Counselling | Valley Counselling & Psychotherapy | Arnprior](#)
- 160 William st W #53 Arnprior
- Offer Individual therapy, Couples therapy, family therapy and children 12+ therapy

- They use Cognitive Behavioural Therapy (CBT), Therapy for Trauma and PTSD and Dialectical Behavioural Therapy (DBT)
- Have a psychotherapist and social worker on staff
- 613-663-2366

### Connected Counselling Services

- [Therapy In Pembroke With Connected Counselling Services](#)
- Offer services for adults, teens, children and couples
- Areas of support: Anxiety, depression, trauma & PTSD, Neurodivergence, sex & Intimacy issues, eating disorders, therapy for 2SLGBTQIA+, therapy for veterans, therapy for retirees and parent support
- Have Psychotherapists, Social Workers, sex therapist
- 84 Isabella st #4, Pembroke
- 613-585-3834

### Mental Health Services of Renfrew County

- Program is administered by the Pembroke Regional Hospital
- Services for individuals 16 y/o and older
- [Pembroke - Mental Health](#)
- Pembroke 425 Cecelia Street, Carefor Complex, Ground Floor 613-732-8770 / 1-800-991-7711
- Barry's Bay Satellite Office 19663 Opeongo line 1-800-991-7711
- Renfrew Satellite Office 180 Plaunt Street, Suite #1. 1-800-991-7711
- Arnprior Satellite Office 128 Mary Street, Unit C 1-800-991-7711

### Bernadette McCann House

- Provides support services for victims of abuse,
- crisis and support line 613-732-3131 / Toll Free: 1-800-267-4930. Texting Support Line: 613-639-1233
- [Services - Bernadette McCann House](#)

### Phoenix Centre for Children and Families

- [Home - Phoenix Centre](#)
- Free mental health services for children and youth 17 and under
- Main office Pembroke 130 Pembroke st W 2<sup>nd</sup> floor. Satelite offices in Arnprior, Deep River, Killaloe and Renfrew
- 613-735-2374 or 1-800-465-1870

### **Petawawa Military Family Resource Centre**

- [CFMWS | MFRC | Petawawa | CFMWS](#)
- Support services for military members and their families
- Family information line 1-800-866-4546

### **Project Trauma Support:**

- [projecttraumasupport.com](#)
- Offers programs that address PTSD and Operational Stress Injury in Military Personnel, veterans and first responders
- Offer residential experiential treatment programs for those suffering with PTSD (registration is required)

### **Ottawa Christian Counselling**

- [Home - Christian Counselling Ottawa](#)
- Offers a range of individual, couple and family therapies
- Faith-based counselling available if requested
- 804 Greenbank road
- 613-729-8454

## **OTHER LOCATIONS/VIRTUAL**

### **Mental Health Crisis Line:**

- For individuals 16 y/o or older
- Provides screening, assessment, referrals, support in crisis, suicide intervention and transfer to local crisis team or 911 when advisable
- [Home - Crisis Line](#)
- 1-866-996-0991

### **Boots on the Ground**

- [Boots on the Ground | Peer Support for First Responders](#)

- Offers a province wide peer support line for first responders, run by first responders.
- 24/7 helpline 1-833-677-2668

### **Breakwater Institute**

- [Home - Breakwater Institute](#)
- Specialize in First Responders
- Can provide assessments, psychotherapy and Biologically-based therapies (EEG biofeedback, Repetitive Transcranial Magnetic Stimulation, Heart Rate Variability biofeedback)
- 149 King St W, Cambridge
- 613-519-884-6226

### **PSPNET**

- You can do therapist guided courses (Cognitive Behavioural Therapy)
- You have access to a therapist to ask any questions you may have about the course
- The therapist guided course is free
- <https://www.pspnet.ca/en/for-psp/online-courses>

### **Parent's Lifelines (PLEO)**

- [Home - PLEO](#)
- Provides family peer support for parents and caregivers whose children are 25 and under and dealing with mental health and addictions
- Parent's helpline, parent support groups, mobile one-on-one support.
- 613-321-3211 or 1-855-775-7005

### **211 Ontario**

- A helpline for social and community resources including mental health resources, dial 211

## ADDICTIONS

### **Renfrew County Addiction Treatment System**

- [Renfrew County Addiction Treatment System](#)
- Addictions Treatment Service 1-800-265-0197
- Mackay Manor 1-877-819-4181
- Pathways Alcohol and Drug treatment services 1-888-241-1135
- Renfrew County Withdrawal Management Services 613-432-7620
- Renfrew County Addiction Supportive Housing program 613-432-9878

### **Homewood Health**

- [Home - The Residence at Homewood](#)
- Offers inpatient treatment for addictions & mood disorders
- 1-866-352-4652
- 148 Delhi st, Guelph

### **ENH Edgewood**

- [Addiction Rehab & Mental Health Treatment Centres Across Canada | EHN Canada](#)
- Offer inpatient treatment for addictions and various mental health disorders.
- Locations across Canada. Closest location is 2225 Lansdowne st W, Peterborough 1-866-629-0586
- Have virtual options for addictions, mental health and workplace trauma

### **Ontario Addictions Treatment Centres**

- [OATC | Ontario Addiction Treatment Centres | Ontario Addiction Treatment Centres](#)
- Information Line for new patients 1-877-937-2282

## ONLINE RESOURCES

### **Warrior Health**

- [Confidential on-demand, stigma-free resources for public safety personnel and their families | Warrior Health](#)

### Ottawa Public Health:

- [Ottawa Public Health](#)

### Renfrew County and District Health Unit:

- [Renfrew County and District Health Unit | Optimal Health For All in Renfrew County and District](#)

### Centre for Suicide Prevention

- [www.suicideinfo.ca](#)

### Canadian Mental Health Association

- [www.cmha.ca](#)

### The Royal Ottawa

- [The Royal - Mental Health - Care & Research | The Royal](#)

### Badge of Life Canada

- [Badge of Life Canada – Empowering Canadian First Responders and Public Safety Personnel](#)

### PSPNet

- [PSPNET | Home](#)

### Garnet Families

- [Garnet Families](#)

### Wounded Warriors

- [Wounded Warriors Canada | National Mental Health Service Provider](#)

### Warrior kids

- [Warrior Kids Camp | Wounded Warriors Canada](#)

#### **Atlas Institute for Veterans and Families**

- [Atlas Institute for Veterans and Families · Get resources, find support](#)

#### **Canadian Virtual Hospice**

- [Kids Grief](#)

#### **Strongest Families Institute**

- [Home - Strongest Families Institute](#)

## **BOOKS**

- Feeling Good: The New Mood Therapy by David D. Burns, M.D
- The Body Keeps the Score by Bessel van der Kolk M.D
- Prehospital Behavioural Emergencies and Crisis Response by Dwight Polk
- Something for the Pain by Paul Austin
- Save My Life School by Natalie Harris
- Damaged: A First Responder's Experiences Handling Post Traumatic Stress Disorder by James Meuer
- Codependency No More by Melody Beattie
- 56 Seconds by Sylvio Gravel