

# DEPRESSION RESOURCES



## CRISIS RESOURCES

### **YOUTH SERVICES BUREAU**

24/7 Crisis Line & Chat services for ages 18 and under who are experiencing a crisis, and for parents, guardians, caregivers, friends or service providers who are concerned about a young person in crisis

**Phone:** 613-260-2360

**Long distance toll-free:**  
1-877-377-7775

**Crisis Chat:** [chat.ysb.ca](http://chat.ysb.ca)

### **THE DISTRESS CENTRE**

24/7 crisis line (connects to crisis team)

**Phone:** 613-722-6914

**Long distance toll-free:**  
1-866-996-0991

24/7 distress line (emotional support, service information)

**Phone:** 613-238-3311

Text & Chat option open  
10:00AM-11:00PM daily

**Text:** 343-306-5550

**Chat:** [www.dcottawa.on.ca](http://www.dcottawa.on.ca)

### **ALL EMERGENCIES**

Call 911 or present to local emergency department

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## **Books**

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- Acquainted with the night: a parent's quest to understand depression & bipolar disorder in his children – *Paul Raeburn*
- Depression and your child: a guide for parents & caregivers - *Serani*
- Danny and the blue cloud: coping with childhood depression – *Foley & Ng-Benitez* (for ages 4-8)
- Depression: a teen's guide to survive and thrive – *Freeland & Toner*
- When life stinks: how to deal with the bad moods, blues, and depression o *Michel Piquemal*
- When nothing matters anymore: a survival guide for depressed teens – *Bev Cobain*

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## **Skill Building Materials**

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### **BounceBack**

- Free skills building program by the Canadian Mental Health Association available as online videos or through a phone coach
- Youth 15+ and adults struggling with low mood, anxiety, stress, worry
- Self-referral 19+, youth 15-18 can self-refer but will need to list a doctor on the referral if selecting coach option
- Website: [www.bouncebackontario.ca](http://www.bouncebackontario.ca)

### **Workbooks**

- Mindfulness for teen depression: a workbook for improving your mood – *Christopher Willard*
- My feeling better workbook: help for kids who are sad & depressed – *Sarah Hamil*

### **Centre for Clinical Interventions**

- Government of Australia Mental Health Resource Website
- Includes workbooks, modules, and worksheets with self-help resources for a variety of mental health conditions (anxiety, mood, self-image)
- <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

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## **Websites**

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- <https://www.revivre.org/en>
- <https://ottawa.cmha.ca/document-category/mental-health/>
- <https://cmho.org/>
- <https://kidshealth.org/>