

WHERE TO GET HELP, CITY OF OTTAWA–DOWNTOWN

DRUG DETOX/MAINTENANCE/WITHDRAWAL:

OATC 338 Montreal Rd – 1 877 937 2282

Shepherds of Good Hope – 233 Murry St – 613 789 8210

The Booth Centre – 171 George St – 613 241 1573

Detox and maintenance support also at 11 Selkirk St – 613 234 1144

SUPPORT LINES

Ottawa Withdrawal Management – support – 613 241 1525

Ottawa Addictions Access and Referral Services OAARS 613 241 5202

CONNEX support, info, and referrals 1866 531 2600

IN CRISIS, Call - 613 722 6914

SUPERVISED SITES / WHERE TO USE SAFELY /

179 Clarence St - 7 days a week , 9am to 9pm

230 Murry St. - 7 days a week – 24 hours

221 Nelson St. Mon to Fri 9am to 4pm

SHELTER

Women’s shelter – 319 Booth St. – 613 254 6584 (Cornerstone)

Ottawa Mission – 35 Waller St. 613 234 1144 (intake before 7pm)

Capital City Mission 521 Rideau St – 613 241 2407

FOOD

Ottawa Food Bank, call 613 745 7001 for direction to nearest location

MEALS

Shepherds of Good Hope – each day at 1130am – 233 Murry St

Ottawa Mission – 8am and 3pm. – 35 Waller St.

Centre 507 – 507 Bank St. - 613 233 5026,

MEETINGS

N.A. – support and information on meetings call 1 888 811 8941 –or

N.A. meetings; Sunday 10am @250 Somerset East Or 730pm @140 Laurier West,

Smart Recovery Meetings (not 12 step/NA) , Saturday @10am 1489 Merivale Rd.

YOUTHS IN CRISIS–call 613 260 2360 –or got to 147 Bessier St -613 241 7788

Because; when the drugs are done what will you have?

*We are **AddictNoMore** - find us at **AddictNoMore.ca***

*on Twitter @Addict_No_More
Email – Robert@addictnomore.ca*