

COMING TOGETHER AS AN INCLUSIVE AND SUPPORTIVE COMMUNITY

If you are interested in learning more about local organizations from the mental health sector working with persons living with mental health and/or substance use disorders this is your chance to meet them as they share their story

Wellness Together Canada (WTC) is a virtual portal that provides free mental health and substance use support to anyone living in Canada and Canadians living abroad. Funded by the Government of Canada, WTC was launched in response to the rise in mental distress caused by the COVID-19 pandemic. The program continues to evolve to provide the first ever 24/7 population health intervention for mental health and substance use in Canada. Visit booth # - 89

NAMI Family-to-Family Programs, Ontario - offers free education and support for family and friends who care for people with a mental health condition. This 8-week course is taught by trained family members who have lived with this experience. It discusses the clinical treatment of serious mental illnesses and teaches the knowledge and skills that family members and friends need to support and understand their loved one and to cope more effectively. Past participants have described this program as *life changing*. For more information, visit: f2ontario.ca. Visit booth # - 90

Rideauwood Addiction and Family Services - is a community-based treatment centre that has been supporting those impacted by problematic substance use, addiction, and related mental health challenges for more than 45 years. 40 counsellors serve youth, young adults, adults, and families. Rideauwood runs over 15 comprehensive programs that include prevention, education, and individual and group treatment.

Whether it is substance use, gambling, gaming, or other compulsive behaviours, and whether individuals want to reduce their use, use in safer ways, or eliminate their use entirely, Rideauwood counsellors are here to help. At Rideauwood, compassion is at the heart of everything we do. We also understand that there is no “right path” to recovery – only the path you choose. Visit booth # - 88

Ottawa Salus - For more than 45 years, Ottawa Salus has been providing supportive housing and mental health services to adults living with severe and persistent mental illness, both in Salus housing and within the greater community. Our supportive housing model of care is successful in making housing a reality for so many people because of the crucial mental health support that frontline staff provide to clients. Salus offers both transitional and permanent affordable housing opportunities in a variety of settings. To learn more about Salus, visit www.salusottawa.org. Visit booth # - 82

Reach Legal Services - mobilizes to a network of more than 200 lawyers, mediators, and paralegals in the Ottawa region. Clients referred to a lawyer, paralegal, or mediator may receive up to three hours of free, confidential, and personal legal services. Should additional time be required, clients and legal professionals will negotiate the terms of representation. To access this referral service please complete the [online referral form](#) or contact us at [613-761-9522](tel:613-761-9522) ext. 452. There are no opportunities to make an in-person referral. Visit booth # - 83

Ottawa Public Health Mental Health Team - works with community partners to address and respond to emerging needs by applying the public health roles of bringing data to bear, facilitating collaboration, promoting well-being, and preventing harms by raising awareness of existing services. We focus on increasing mental health literacy, reducing stigma, fostering resilient communities, and increasing awareness of life promotion, suicide risk and prevention. Visit booth # - 91

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Ottawa Paramedic Services - on March 1, 2022, in partnership with The Ottawa Hospital, the Ottawa Paramedic Service launched the Mental Wellbeing Response Team which aims to provide individuals with appropriate mental health care in the community. The Team is comprised of a specially trained paramedic and a mental health professional from The Ottawa Hospital, who, together, respond to non-violent, non-criminal 9-1-1 calls for service in the city of Ottawa where mental health and/or substance use issues are contributing factors. Through the Mental Wellbeing Response Team, callers to 9-1-1 experiencing a mental health and/or substance use complaint can receive a medical assessment by a paramedic and a mental health assessment by a mental health professional who can provide resource referrals, a care plan, and arrange for follow-up mental health care within the community. Visit booth # - 87

Psychiatric Survivors of Ottawa (PSO) is a non-profit organization founded by and continues to operate entirely by people with lived experience in mental health and /or substance use health. We are led by our values of self-determination, hope, non-judgement, mutuality, and authenticity. We have provided peer support services in Ottawa for over 30 years and have continued to expand our offerings to include family peer support and peer support at inpatient hospital mental health units throughout Ottawa and several partnerships with other organizations. We are located at 211 Bronson Ave. suites 313-314 and are open 7 days a week. We offer free membership! For more information, please contact us by email at info@pso-ottawa.ca or by telephone at (613) 567-4379 ext. 118 **OR** visit our website: www.pso-ottawa.ca Visit booth # - 82

The Creative Café – we welcome musicians, poets, storytellers...to perform in front of an audience and of course, have fun - <http://creativecafefecreatif.com/the-cafe/> . Visit booth # - 16
info@creativecafefecreatif.com

In the Wind Art Collective - is an artist's collective that aims to bring together various artists, writers, and performers to talk about and show their work. This is a gathering of people who seek ways to publish writing, show and sell art, and/or prepare performances for the public. Visit booth # - 16

- We look to create networks of artists, writers, and musicians.
- We seek venues to show and perform writing, music, and art.
- We document our work and make it available online wherever possible/ desirable.
- We work on the building of collections to make it easier to show and sell.
- We practice public conversation about our work