

Local Mental Health & Addictions Resources

Important Numbers

(note: most resources listed below have websites for more info)

Lanark Leeds and Grenville Addictions and Mental Health
24/7 Crisis Line
1-866-281-2911

Good2Talk (Ontario): Post-Secondary Students Mental Health Helpline
1-866-925-5454/Text GOOD2TALKON TO 686868

Distress Centre of Lanark Leeds and Grenville
Crisis Line 5pm-12am
1-800-465-4442

First Nations and Inuit Help Line
1-855-242-3310

Addiction, Mental Health, Problem Gambling Help Line (ConnexOntario)
1-866-531-2600

Trans Life Line
1-877-330-6366

Kids Help Phone
1-800-668-6868

Lanark County Interval House Crisis Support
1-800-267-7946

Local Counselling Services

Lanark County Mental Health
613-283-2170
Smiths Falls, Carleton Place
Services for adults and transitional aged youth 17+

Children's Mental Health Leeds & Grenville
1-800-809-2494
Brockville, Kemptville, Prescott, Elgin, Gananoque
Services for children and youth in Leeds and Grenville

Lanark Leeds and Grenville Addictions and Mental Health
1-866-499-8445
Main office: Brockville
Locations through Lanark Leeds Grenville
Mental health services for individuals 16+ and addictions services for those of any age

Rideau Community Health Services
613-283-1952/613-269-3400
Smiths Falls, Merrickville
Services for adults 18+ without private insurance benefits or EAP

Open Doors
1-877-232-8260
Smiths Falls, Perth, Carleton Place
Services for children and youth in Lanark County

North Lanark Community Health Centre
613-259-2182
Lanark
Individual and group services for adults 18+

Country Roads Community Health Centre
613-272-3302
Portland, Westport
Individual and group services for adults 18+

Lanark County Interval House Outreach Programs
613-253-3336
Services for women and children who are victims of abuse in Lanark County

Local Fee-For-Service Counselling (winter 2020)

Private Pay/Insurer Pay/EAP

Some Questions to ask your insurer/EAP Provider:

- Which psychological services are covered by your insurance policy or benefit package, and who can provide them (ie. Registered psychotherapist, registered social worker)
 - Whether your plan requires a receipt from an Ontario Registered Psychologist
 - Whether individual or family counselling is covered
- The insurer's procedure for reimbursement (set amount per session, total amount, or portion of fee per visit)
 - Whether you need a physician's referral.
 - The procedure for your reimbursement.

Please note: Any referral obtained from this resource does not constitute or imply endorsement by Rideau Community Health Services. This list is subject to change and is not exhaustive in area. All information public.

Perth/Lanark Area

Lori Ann Beckstead MA BEd RP

(855) 465-5792

Balderson/Lanark Village

Child/Youth, Adolescent, Family

Behavior; mental health; social; academic;
relationship concerns

Art therapy; Play therapy; Attachment based;

CBT; Expressive Arts.

Fees: \$160-\$210

Kathy Doornekamp BA M.Div. RP

(613) 201-1000/ (844) 201-1001

Perth/Kingston

Adolescents (14+), adults

Marital/premarital; relational; grief, mood,
spirituality, divorce, self-harm

CBT; Gestalt; Emotion Focused; Solution

Focused; Mindfulness; Narrative

Speaks French and Spanish

Fees: contact for more information

Heather Church PhD BCBA RP

Blue Heron Psychotherapy Svcs.

(613) 200-9716

Perth ON

Children (including autism/developmental),
youth, adults

Mood; grief; life transitions; org.l mental health

CBT; Acceptance and Commitment Therapy
(ACT); ABA/IBI (behavioral analysis/intervention)

Fees: \$140

Marleen MacDonald MSW RSW/Susan

Cressy MACP RP Pro-EFW

Highland Gate/Equine Facilitated Wellness

(613) 257-9332

Lanark Highlands

Child/youth, adult, couple, family

Addiction; relational; mood; trauma

Emotion Focused; ACT; Equine Facilitated.

Fees: contact for more information

Deb McGuire MSW RSW

Bend Wellness
(613) 390-0199
Perth/Workshop locations across Lanark
Age 12 and up
Individual counseling (Perth)
Mindfulness and yoga workshops with kids,
youth or adults
Strength-based trauma informed
Fees: contact for more information

Jan Nadon-Murray MACP BSc.

JNM Wellness
(613) 704-5809
Perth/Carleton Place
Child/youth, Adults, Couple, Family
Mood; Anger; Trauma; Addiction;
Sexuality; Gender Identify; Borderline PD
CBT; Client Centred; Psychoeducational
Business partner provides nutritional counseling
Fees: \$90+

Nicola Oddy MA RP MTA CCC

Chicadee Studio Music Therapy
(613) 264-0242
Music therapy (voice; instrument)
Approved internship supervisor for Canadian
Association for Music Therapy since 2002;
teaches @ Concordia/Carleton
Fees: contact for more information

Alia W. Offman C.Psych RP

Self-Balance Psychol. Svcs
(613) 264-1985
Perth/Drummond School Rd.
Adults
Approach includes: CBT; Mindfulness
Fees: \$160-\$210

Smiths Falls Area

Judy K Halwley MSW RSW RP

(343) 308-4184
Smiths Falls ON
Adolescents (14+), adults, elders
Trauma, Addiction, Anxiety, Youth, Personality
Disorders
Narrative, strengths based; mindfulness, CBT,
DBT, Motivational Interviewing, Family therapy,
Trauma Incident Reduction,
ADHD coaching
\$140-\$250 (sliding scale)

Shulamit Ber Levtov MA RSW CCTP

Also Director **Kemptville Stress Relief Centre**
(613) 868-9642
Jasper/Kemptville
Individual Adults
Stress and anxiety for women in business,
women and men who've experienced childhood
abuse/domestic violence
Humanistic; Mindfulness; Experiential (Gandlin);
Somatic; Trauma Focused
Certified Kripalu Yoga Teacher
Speaks French and English
LGBTQQAAP positive
Also works with essential oils
Fees: \$210+

Merrickville/Kemptville Area

Natalie Carriere MA RP

The Lighthouse/Le Phare
(613) 371-6778

Teen girls, adults, elders
Individuals, couples, families, groups
Stress, moods, PTSD, relational (including
separation/divorce, assertiveness; life
transitions; self-esteem

Two other clinicians with different certifications
plus one counseling intern.

Fees: First 75 min, \$195-\$220 + HST then 50
min \$139-\$145 (counseling intern ½)
French and English

Sharry Byrd-Wilson BA MACP CCC

Winds of Change Counseling
(613) 706-1784

Adults, elders
Individuals, groups
Difficult life transitions including traumatic grief
and loss; mood, isolation.
CBT; Mindfulness; Solution focused; Acceptance
and Commitment.

Will meet at office, client home, walk and talks
Fees: \$80-\$100

Kemptville Stress Relief Centre

Director **Shulamit Bar Levtov, MA RSW CCTP**
(613) 868-9642

Kemptville

Psychotherapy, counseling, acupuncture
Adults

S. Levtov (stress women in business/men &
women trauma/Therap. Yoga) Four other
clinicians: Meagan Cummings RP (trauma);
Katie Cassady RP (stress/couples); Chuck
Leblanc MA (men/adolescents mood/emotions);
Alicia Niewiatowska CCAC (Addiction); Andrea
Empey (Acupuncture/Cupping)

Fees: \$130-\$180

Edward Murray PhD, Psy.D., MA C.Psych

Daybreak Counselling and Psychological
Services

(613) 794-8124

Merrickville/Brockville

Toddlers through to elders (individual/group)
Trauma and PTSD, Mood

Adlerian; CBT; EMDR; Hypnotherapy;
Prolonged Exposure; Rational Emotive;
Psychodynamic; Trauma focused

Clinical Director of First Responders United
residential PTSD treatment program

Fees: \$220 (sliding scale)

Carleton Place Area

Alison Adamovits MSW RSW

Carleton Place Positive Change Centre
(833) 406-0282

Carleton Place

Children 6+, adults, elders

Individuals, families

Women's issues, child/adolescents, trauma

CBT; EMDR; Mindfulness

Fees: \$130-\$150

Hillary McKenzie MSW RSW

Kanata-Stittsville Counselling

[\(866\) 586-5759](tel:8665865759)

Adults, elders

Mood, trauma and PTSD, body positivity,
Borderline PD

CBT; DBT; psychodynamic Acceleration
Resolution Therapy; solution focused and
mindfulness

Supervised by Registered Psychologist Dr.
Brenda Saxe

Fees: \$140-\$180 (sliding scale)

Christa McParlan MSW RSW

CLM Counseling and Psychotherapy
(613) 900-6046
Carleton Place

Child, adolescents, individual adults, couples
Mood, addiction, anger, sexuality and gender
identity, trauma, borderline pd, pain
Attachment based; CBT; Marital; Family
Systems; Narrative Mindfulness
Fees: \$130

Jan Nadon-Murray MACP BSc.

JNM Wellness
(613) 704-5809

Perth/Carleton Place
Child/youth, Adults, Couple, Family
Mood; Anger; Trauma; Addiction;
Sexuality; Gender Identify; Borderline PD
CBT; Client Centred; Psychoeducational
Business partner provides nutritional counseling
Fees: \$90+

Dr. Laura S. Stradwick PsyD CPsych

Stradwick Psychology and Neurofeedback
Clinic
Stittsville/Ottawa
[\(613\) 226-6767](tel:6132266767)

Large team including psychologists,
psychometric testers, counselors (RSWs; MAs
registered as psychotherapists) and
neurofeedback technicians.

Children 6 and up, adolescents and adults
ADHD, mood, PTSD, chronic pain, ODC
Neurofeedback/Biofeedback;
Psychotherapy/CBT; Mindfulness: Attachment;
psychodynamic, ADHD Evaluations
Fees: \$100-\$200

Some Ottawa Counselling Services you may want to consider

Family Services Ottawa

(613) 725-3501 (Counseling Intake)
Individual, couple, or family
Programs for LGBTTQ+ community
Groups: Post-Partum; Women who have
experienced domestic violence; artists with
mental illness, and more
Services in French and English
Free Walk-In Counselling
Sliding Scale for Ongoing Individual

**St. Paul's University Counseling and
Psychotherapy Centre**

(613) 782-3022
Individual, couple, or family
Services in French and English
Services provided by counseling interns at
Masters or doctoral level who are supervised.
Fee based on what you can afford.
Mood; Trauma; Relationship; Life transitions;
Personal growth; Spiritual questions;
Communication and Assertiveness.
Fees: \$75 (less negotiated depending on
financial situation)

Capital Choice Counseling (Ottawa)

1-613-425-4257(Ottawa)

A network of over 40 Registered
Psychotherapists, Psychologists, Social
Workers, and counselors in different locations
across Ottawa and surrounding area.

Individual, couple, or family/groups

Services in French and English

Wide range of areas of focus.

See website for more information

Fees: Regular fee is \$150 per hour. The fee
could be higher depending on counselor
credentials. The fee could be lower depending
on financial situation. Fee for intern counselors
is \$70 or less (if in financial need).

Centre for Interpersonal Relationships

Ottawa and Toronto

1-855-779-2347 (Ottawa)

Individual, couple, or family/groups

Services in French and English

Services provided by large staff of therapists
with wide range of training and areas of focus;
also counseling interns at Masters or doctoral
level who are supervised can provide services at
a reduced cost

See website for more information

Free consultation

Fee: contact for more information.

